



SAILING FOR THE DISABLED

MEMBER'S HANDBOOK



SAILING WITH PRIDE



Queen's Award for Voluntary Service

PATRON
Sir Miles Walker, CBE, LLB



We were highly delighted that on 2nd June 2006 it was announced that Sailing for the Disabled in the Isle of Man was one of the 104 organizations to receive The Queen's Award for Voluntary Service. We were especially proud to have it in 2006 being the year of Her Majesty the Queen's 80th Birthday.

The then Lieutenant Governor of the Isle of Man, Sir Paul Haddacks together with Lady Haddacks invited 50 of our members to Government House where he presented the Charity with a certificate and a piece of inscribed crystal.

The certificate and crystal are presently on display in the trophy cabinet of the Douglas Bay Yacht Club.

HOW IT ALL STARTED

In 1984 the landlord of the Creg ny Baa Hotel, Ray Kelso raised, with the help of the social club several thousands of pounds to successfully start a Spina Bifida organisation on the Island. He then found another cause! Following discussions with various people including Ivor Mellor, the then Head of Physiotherapy Service for the Isle of Man, he learned there were disabled people who would like to sail. Together with the "Friends of the Creg" he raised and gave £2,500 to purchase from John Qualtrough of Castletown a second-hand Leisure 17. The yacht was placed on a trailer, taken up to the "Creg" and there with great ceremony christened the "Creg Ny Baa"! A committee was formed and so "Sailing for the Disabled" came into being.

Over the next few years the membership of the Charity increased and fund raising began in earnest. Much of the money needed to purchase the 26' cruising yacht "Dunlin" which was capable of some offshore sailing to Ireland and Scotland was raised by one of our founder members and former Chairman, Terry Hopkins, who ran the London Marathon—no mean feat when you realise he is partially sighted!!

"Dunlin" was our vessel for about 10 years before fund raising started again for a larger boat. Together with a generous donation from Mann 2000, the Isle of Man Sports Council, the Manx Lottery, and many local businesses a new Bavaria 37 was purchased in May 2000

The Charity continued to go from strength to strength enrolling more people both able and disabled, offering services to special needs units on the Island thereby making sailing available to all

In April 2005 the charity purchased a larger yacht a Bavaria 46 cruiser which was named Pride of Mann II which allowed for further expansion of the sailing capabilities. Pride of Mann II served the charity well and completed over 33 thousand nautical miles before being replaced in September 2014 with a vessel that allowed further expansion of the charities reach into the community.

So 30 YEARS on

On September 28, 2014 in our 30th anniversary year, Pride of Mann III arrived in Douglas. She is our largest yacht to date and one which will service the charity for many years to come.

Pride of Mann III is a Beneteau Oceanis 48 Cruiser, which was adapted at the Hamble to meet our specific requirements.

- Fitted with 10 berths in five cabins which allows us to take up to 5 persons with disabilities plus Skipper/mate and 3 crew/carers on each cruise. On some cruises it may change slightly to allow each disabled member his/her own cabin, depending on disability. On day sails up to 14 people can be carried with a 1:2ratio.
- The yacht is fully equipped with the necessary safety equipment and modern electronics..
- The yacht has been adapted for use with a boarding ramp, a lift to the saloon and additional handrails to allow ease of access on board. We have the ability to carry wheelchair users subject to them being able to manage on board, the cockpit table slides to provide additional space.
- The full cockpit enclosure affords protection from the elements which ensures greater comfort during the winter months.

Sailing for the Disabled remains completely managed by volunteers; there are no paid officers. We receive no public funding but rely entirely on sponsorship and donations. A large part of our income comes from our Corporate members, to whom we are continually grateful.

Family: 5 cabins - 3 heads / 5 cabines - 3 salles d'eau



PRIDE OF MANN III

- **Beneteau Oceanis Cruiser**
- **Built 2014 in France**
- **Overall length 14.6 m**
- **Mast Height approx. 21.3m**
- **Five cabins**
- **Three toilets**
- **Shower**
- **Well equipped galley**
- **Modem electronics**
- **Extensive safety equipment**
- **Moveable cockpit table**
- **Stern boarding**
- **Lift to saloon available**
- **To contact the boat call:**

07624 471204

PUTTING TO SEA.....

All of the Charity's Skippers and mates have been approved by the Executive Committee and have undergone training and assessment with the charity prior to their appointment.

Both skippers and mates must hold current First Aid and VHF DSC Radio Certificates.

All crew/carers, including skippers and mates will have completed our Awareness Course which provides advice and practical experience in dealing with people with a variety of disabilities.

If you wish to serve as an active crew member you will be required to attend sail training sessions and work towards achieving RYA competent crew standard which many of our crew already hold, or even possibly go on to achieving a Skipper's qualification.

First Aid and VHF DSC Radio qualifications are also useful for crew members as are diesel engine maintenance, radar and sea survival courses, all of which can be taken locally.

For further advice and information on courses contact the Charity's Training Organiser or Awareness Officer, see our website for their numbers.

On all sails there is a mix of able and disabled members who all take part in the crewing of the boat to whatever level their disability allows.

As a new member you might prefer to join a short sail of approx. 4 hours leading to day sails as your experience grows. Overnight and weekend cruises introduce a new element of life on board where communal living takes on a new light. During the course of the sailing year, a mixture of sails of varying duration are available on the programme and will include off-island cruises of several days.

HOW TO BOOK YOUR SAIL

When you would like to go out on Pride of Mann III you should look on the website www.sftd-iom.com where you will find the current sailing programme. If you do not have access to the Internet telephone the Crewmaster and he will give you this information.

WHAT TYPE OF SAIL IS AVAILABLE TO YOU?

SHORT SAILS—We offer short sails of typically 4 hours in local waters from Douglas or Peel. If this is over a mealtime, you need to take a packed lunch to enjoy at a local anchorage.

ALL DAY SAILS—These vary between 9—12 hours in local waters going somewhat further than on a short sail. You will be advised of the arrangements for any meals by the skipper.

WEEKEND SAILING—When the weather permits you can join Pride of Mann II for a weekend sail around the Island or possibly off Island. We have visited Cumbria, North Wales, Eire, Northern Ireland, and the South of Scotland.

Each year we endeavour to plan some longer cruises of up to seven days when you get the chance to travel further afield and spend more time visiting the coastal towns.

The cost of food and drink is shared between all members of the crew. Alcoholic drinks are normally permitted aboard except in certain circumstances i.e. an under 18 group. Anyone requiring a special diet is asked to make their own arrangements for particular provisions. **SMOKING IS NOT ALLOWED below deck**; smoking on deck is at the discretion of the skipper.

Waterproof clothing, life jackets and safety harnesses are provided.

WHERE TO FIND US.....

Pride of Mann III is berthed on a pontoon in Douglas inner harbour and can be accessed via The Tongue. Pay and display parking for your car and on-shore toilet facilities are available nearby.



You should meet your skipper one hour before the time shown on the sailing programme outside the Douglas Bay Yacht Club. He will then organise your transfer to the yacht.

EMAIL ADDRESSES AND NUMBERS TO NOTE

- To book a sail crewmaster@manx.net 471222
- Membership enquiries membership@manx.net 471666

- To help with fundraising fundraiser@manx.net 371222
- General enquiries secretary@manx.net
- For sail training crewtraining@manx.net
- To contact the Chairman Sftd-chairman@manx.net

WHAT TO BRING WITH YOU

In addition to any medication you may need during your sail, it is recommended you bring the following:

All Sails

- Soft soled shoes at all times (not black)
- Complete change of clothes—people do fall in.
- Warm clothes & extra woollies
- Gloves, hat and neck towel
- Waterproof footwear plus spare socks
- Sunglasses and sun cream
- Spare sighted glasses, if required plus case and/or cord
- Camera

For longer voyages also take

- Sleeping bag plus a pillow slip
- Extra change of clothing to include smart(ish) clothes for ashore
- Wash kit and towel
- Ear plugs—some crew do snore!
- Medication—on all voyages please ensure you carry more medication that you need as all return times are provisional and delays are inevitable.
- All belongings should be carried in a soft bag—no suitcases.

If you sail off Island you should carry photographic identification in case, for any reason, you need to travel back by ferry or air. Should this be due to hospitalisation, and if our boat is required to return to the Island before you are discharged, then you are responsible for the cost of getting home. Whilst we would make every endeavour to wait until you were discharged, there could be circumstances that prevented this happening.

The UK and Northern Ireland have a reciprocal Health Agreement with the Isle of Man. However, Southern Ireland does not and the Executive Committee strongly recommend you consider travel insurance if you do not already have it.

ENJOY YOUR SAIL ON “ PRIDE OF MANN III”

If it is your first time sailing, or the weather forecast is 'variable' here are a few hints and tips to help you enjoy your sail, whether you are a VIP, carer or crew!

Have a light evening meal the night before, avoiding spicy dishes excessive alcohol, and anything that may cause your digestive system to work harder!

Have clothing that will give you two or three layers; it may be sunny in harbour but chilly out at sea. The SFTD skipper will provide you with foul weather gear to wear over your clothes

By all means have a sea sickness pill, preferably the night before, and again in the early morning of your sail as an 'insurance policy'. You will probably then think you didn't need them - great!

Pack the most un-necessary item you'll never need, a plastic or paper bag. If you have one you'll worry far less about needing one!

Pack easily digestible food that will give you energy rather than indigestion. It is often better to eat little during the trip, and then feel ravenous when you step ashore.

A pack of ginger biscuits or ginger sweets help some people and could help you!

If you do feel 'queasy' don't go below, you're likely to feel worse.

If you do feel unwell focus on the horizon, the shore or another distant object forward of the boat, rather than the next large wave; your eyes will see a smoother seascape and your stomach will act accordingly

If you are sick, bend down from a seated position and use your bag; you'll feel less embarrassed and we'll all hardly notice!

