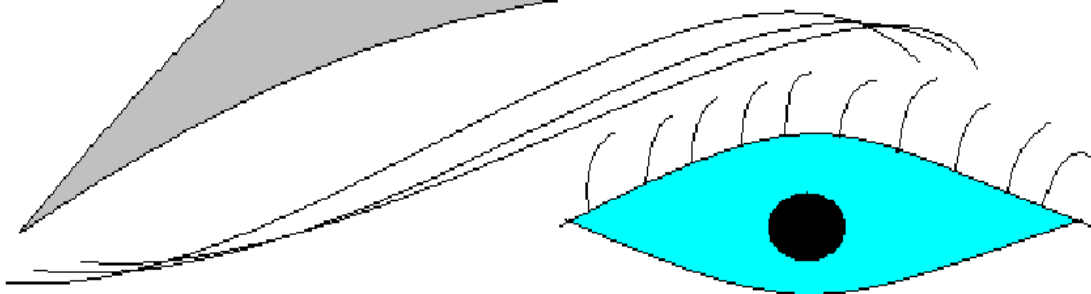


# An introduction to



C.I.C. Registration 6478935.

# Sailing Therapy



# Mission Statement

To introduce and make available water borne activities to people with learning disabilities.



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# Sailing as a Therapy

We have long valued sensory stimulus in the provision of care and development of people with learning difficulties. Being afloat offers many opportunities to experience sensory stimulus as well as other qualities that prove beneficial. Clients have been sailing and have not just enjoyed the day but have derived benefit long after the day is over.

One client from a home for young people with challenging behaviour found that, despite never having been given control of anything before, she could make the boat go where she wanted it to. When it was time to return to the marina she continued to steer from the middle of Portsmouth Harbour up a narrow channel to the marina entrance. Her escorting staff (and everyone else) was giving her genuine and well deserved praise and it was evident that they also valued her achievement. One month after the day was over, this client presented a letter that she had written about the events of the day to us, demonstrating the positive and memorable impact it had made on her.

Not only are clients returning for trips again and again but also plenty of willing escorts. Staff who have initially been cautious of sailing have found the day not only manageable but desirable. We are asked by off duty staff if they can come along and help.



# The Senses

## •Sight

- Surrounded by water, the light is very different. This is largely because of the reflection of the water, but also because of its' background colour. The bow waves and other water features glisten. Clients have been attracted to the whirlpools that come from the rudder.
- Many of the sights seen are only available from the sea. There is lots of wildlife. There are the other users on the water . Even familiar places, such as Portchester Castle, will be seen in a different way from the sea.

## •Sound and Balance

- Most people can imagine the sound of the waves, the wind or the sails, even if they have not had the experience.
- The motion is not too extreme. With out it, however, it would not be the same.

## •Taste and Smell

- The salt in the air and other aromas of the sea are very distinctive. Mostly (but not always) they are pleasant!

## •Touch

- There are many different textures to feel, such as the ropes or the woodwork.
- Even the boat touching the gravel on the bottom can be felt through the hull.



# Team Work

## Taking Control for Themselves

- Team Work

- Many of the manoeuvres whilst boating involve the crew working as a team. Any one that can will be expected to be involved in letting go or making fast mooring lines or picking up moorings. The skipper may have overall control but it is the helmsman that gives the commands that makes every one work together.

- Taking Control for Themselves

- All of our clients are taken places in a car or a minibus. So few actually drive. This is a chance to be in control.



- Personal achievement

- A young lad that suffered dyslexia, navigated from the chart table, up the channel using only the Global Positioning System and the remote control to the auto-helm. The only time that the crew intervened was when a mooring buoy obstructed our path. This was a valued experience to this young man.

# Where have we been? What did we see?



Most of our experience has been in the natural harbours of the Solent. Portsmouth Harbour was full of activity and we were able to get an impressive look at the Royal Navy. Frigates, Destroyers, Aircraft Carriers and the many other front line and support vessels are constantly coming and going. Also the harbour support vessels (Black and yellow vessels) go about their business taking supplies and personnel or towing the navy's ships to their berths. Helicopters fly overhead, operating from nearby military bases.

There is also a busy commercial port at Portsmouth Harbour. Ferries leave for France and The Isle of White. Container and freight vessels supply the port of Portsmouth and the rest of the country.



There are plenty of other users including canoes, paddle boards, racing yachts, dinghies, 'Old Gaffers' and other historic and modern vessels.



The Solent offered a bigger area and, with bigger boats, we were able to explore wider areas. The ships around us were bigger and we were able to visit historic sights such as Calshot where the flying boats serving the commonwealth used to take off and land and home of the Schneider Trophy

We have used a variety of wheelchair accessible boats in the past from 18 foot dories to 60 foot trimarans. All of them gave us access to the water but they didn't really meet our needs. We were limited by the choice of commercially available craft until we built our own.



# Rebecca Anne



Our experience has shown that rented craft tend to be a compromise. They often lack significant features, such as a canopy to protect the occupants from the effects of the sun, that we would regard as essential. We needed a boat of our own that is reliable, meets all of the legal requirements and is specifically designed to our needs.

In 2014 we launched our boat and began operating in Chichester Harbour. Rebecca Anne is a pontoon boat 20 feet long and 8 feet wide. She is licenced by Portsmouth Harbour Authority as a pleasure boat and can carry up to 10 guests and 2 crew.

Special features include the canopy that can offer UV protection as many of our service users have medication that makes them vulnerable to sunburn. Twin engines allows a service user that may be unaware of speed to still control the boat by turning one engine off. The pontoon configuration allows for a rectangular deck that offers the most deck space for wheelchairs and we can manage up to four people that stay in their chairs on board.

Northney Marina (PO11 0NH) has proved an excellent base to venture out in to Chichester Harbour. This is an ASSI (Area of Special Scientific Interest) and AONB (Area of Outstanding Natural Beauty). The views of the wildlife are exceptional including (Low tide only) views of the harbour seals.



# Is there a market?

## How do we reach that market?



Approximately 1 in 238 of the general population are classified as having a profound or severe learning disability (Valuing People White Paper first published 2001). In 2020 the population of Hampshire and West Sussex was 2M giving more than 9000 potential users.

The majority of our service users are brought by staff from the residential homes where they live or by the day centres that they attend. We have, however, had families that are pleased to have an activity that the family can do together. We have also taken out special schools.

# How are we funded

## Sailing therapy

Sailing therapy was registered on 21st January 2008. Our directors include people that have experience in the care industry, pleasure boating and charitable organisations

## What is a C.I.C.

A C.I.C. is a community Interest Company. C.I.C.s were first introduced in July 2005. They have been established in legislation to enable financial support to be provided to a 'Social Enterprise' in exchange for a dividend. This is paid instead of receiving tax relief on donations as would be the case in money given to a registered charity. The aim of the C.I.C., however, is to fund a 'Social Enterprise' and not to make money for an investor. To ensure that it remains with that aim, the rate of return is capped by the regulators. Should the C.I.C. go in to liquidation then the surplus assets need to be passed on to another 'Social Enterprise.'

The social purpose for the C.I.C. and operating terms are defined in a 'Memorandum' and 'Articles of Association' and overseen by an official 'Registrar.' Although it is a government backed institution, it is less regulated than a charity and much easier to run.

Details of Community Interest Companies (C.I.C.) can be found on the website [www.cicregulator.gov.uk](http://www.cicregulator.gov.uk).



## Who are the Beneficiaries?

The principle stakeholders are the people in our geographical area that have a profound or severe learning disability as mentioned before. These are not, however, the only beneficiaries. The clients are escorted by a family member, or member of staff from their home or day centre. Some times anxious at first, the 'Escorts' also find the activity a light relief from their usual caring activities, not only do they enjoy being out on the boat themselves, they also enjoy seeing the client benefit.

The boat will be manned by a crew of two. There will be a regular skipper and an additional experienced crew member. The second crew member could be a student with the relevant interests. There would also be a bank of relief crew to call on that would have the necessary administrative requirements. (This may include RYA proficiency certificates, DBS clearance and Health and Safety certificates.)

Lastly the boat would be based in a local boat yard and serviced by local companies.

## What do we expect to be the charge to the 'Client?'

Currently we charge (2022) £280 for the boat for the day. We have been successful in applying for grants to provide free days to specific groups that are local or relevant to the grant providers.

# Would you like to support us?

If you would like to support Sailing Therapy either practically or financially then all donations will be gratefully received.



## Enquiries to

David Weinstock  
6, Kilwich Way,  
Fareham,  
Hampshire,  
PO16 9EH

Tell. 07773 849747  
Email [info@sailingtherapy.org.uk](mailto:info@sailingtherapy.org.uk)