

The primary aim of the project is to make the sport of sailing accessible for people of all ages with disabilities. This is to get the local disabled community on the water and keep them there to maintain a healthier lifestyle.

Aims and Objectives

The project aimed to reach and complete 14 participants aged between 17 and 25 with disabilities of varying types.

The aims to make the project sustainable is to set up a Disability Sailing Club at the end of the project to enable weekly participation for all

What challenges did you overcome to reach these achievements

- Safety of disabled participant was a necessity with the focus of the project.
- Kept costs down by allowing carers/parents to participate for free.

Main achievements

- The project successfully ran 2 blocks (2 x 6 weeks) and had 25 participants complete from the target of 14.
- 12 months on and the club is still running strong



What is in place to ensure sustainability?

- Further funding streams and partners have been apart of the project to help launch and ensure the project is sustainable such as the West Cornwall Youth Trust and also Wheely Boat Trust.
- Ensure that there is stepping stone process that enables new challenges for each person such as NGB achievement levels

Alec is 16 with Aspergers:

Tracey, Alec had a great time with Matt yesterday afternoon - just the two boys and it's really doing wonders for Alec's self-confidence. We just want Matt to know what a large part in Alec's life he is playing by Alec being able to achieve more than we/he expected!
With Regards, Lisa

Rory is 16 with Downs Syndrome:

I cannot thank you enough for this opportunity. I know it is a lot but please understand to have the chance to do something other than sit in a bowling alley (that can be fun but) is just wonderful. Thank you!!!!!!!

Key factors for good practice and what advice can you share with other projects?

Run an open day/taster sessions to gain interest and assess need.

- 110 people contacted the school with an interest to attend the club with 80 getting on the during the open day

Make sure you contact the NGB to find out ratios and guidelines for your sport as each can be different, especially with the need for additional supervision in the case of disability focus

'There have been so many success stories here at Mylor Sailability, it has been a rollercoaster of emotions for us all teaching everybody. Some clients who have changed for the better since starting sailing, e.g. no violent tendencies since they have started coming on a weekly basis, some great achievements of RYA awards.'

Sportivate