



Milton Keynes Sailability Newsletter Spring 2021

Chairman's Chatter....

It is great that the signs of spring are here and at last there seems to be some real prospect of a return to a near normal life by the summer. I for one will be glad when this long and rather dull winter has passed, and we can meet our families and friends again. No more Zoom and Gloom.

We are starting to make plans to start up our sailing again from May. We will spend some time in April on getting the boats ready and organising some training for our volunteers. Please feel free to come along, but as there will still be some social distancing needed then we will ask people to respect this.

We will introduce booking in scheme for the first part of the year. This is so people can arrive, sail, and leave without having to wait around for a boat to become available. This is new to us but may make life easier if people contact us in advance to book ahead. We will send an email out when booking slots are open.



Happy Sailing

Jon

Jon Osbiston – MK Sailability Chairman

Sailactivity Reminder

As mentioned in the winter newsletter, the RYA is very keen to get more people to participate in Sailing, however they need our help in asking people to record their time and progress in Sailability. They have created a web site called [Sailactivity](#) with the aim of promoting more people to be more active and also to record and measure how this makes people feel.

We are supporting the RYA in trialling this. There are 3 ways we can do this: You can log on yourself and record your own progress; you can get a friend or family member to do it for you; or finally you can give the club secretary permission to record your activity for you.

Please do take a look and create an account if you haven't done so already. It's very easy and takes a few minutes. We promise your details won't be shared with anybody else and you won't get any extra strange emails.

Log on and give it a try
<https://active.rya.org.uk/>

Log an activity

What best describes the activity you did? *

Social Instructing Sailing for leisure
 Sailing competitively Training Volunteering
 Power boating Boat maintenance Spectating
 Out of season Admin/meetings

Where did you do this activity? *

Milton Keynes Sailability

When did you attend? * 21/12/2020

How long did you spend doing this activity? * Select an option

How much do you agree with the following statements?

★ Today's activity is helped increasing my activity level
Completely disagree ——— Fully agree

♥ Today's activity improved my well-being
Completely disagree ——— Fully agree

👤 Today's activity made me connect with others
Completely disagree ——— Fully agree

#MoreThanSailing

Another reminder to follow Sailability on social media. It is very easy now just to click on the link and follow us on Facebook, Twitter and Instagram. The RYA is encouraging people to follow the Hashtag **#MoreThanSailing** on their chosen platform. All Sailability groups are being asked to use this Hashtag when promoting anything, and for us to start to develop a standard identify for Sailability Groups.

In addition, we are all encouraged to 'spread the word' by sharing posts, liking posts and reaching out to as many people as possible. We don't want to keep Sailability a secret and there are many more people out there who I'm am sure would love to take part if they know we existed – both as a volunteer helper or as a sailing participant. After all this is 'More than sailing', its about helping, sharing, caring, socialising, meeting friends, getting active, trying something new, going back to something you did years ago....

So, go online and search for **#MoreThanSailing** and follow the buzz in Sailability.

Please also follow us and like us online:



Follow us on [Twitter](#)



Support us on [Local Giving](#)



See us on [Instagram](#)



Like us on [Facebook](#)



Watch us on [YouTube](#)



Visit our [Website](#)

Sailability campaign

3. Reaching out: promoting Sailability

0844 556 9550
 RYA Sailability
 @RYASailability
 active.rya.org.uk
 rya.org.uk/Sailability

Join us on the water near you.
 Over 200 locations across the UK
 #Sailability #MoreThanSailing
 For people not defined by disability

Safety First

Sailing can be a hazardous activity, but our safety management practices manages and reduces these risks to an appropriate and acceptable level for each participant. We have reviewed our safety guide and will be publishing on our Web site. Sailability volunteers will also be undertaking training before we restart, so we can make sure you are as safe as possible when on the water. One of the key things to remember is to wear a life jacket or buoyancy aid that is appropriate for your build and your needs. We at Sailability provide these for you. Using a crotch strap is an important part of fitting your lifejacket. We will of course help you choose the right lifejacket and ensure it is fitted properly.

COVID Changes

The Committee have considered how we can get back on the water safely this year. The situation is improving and we can see the lockdown restriction easing. By the time we return to sailing, groups of 6 people will be able meet outdoors. We won't be able to use the indoor facilities, however the toilets will be open for use. We still think that we should take extra care on the water and on the shore. We have written [COVID Guidelines](#) here for you to read.

The committee think that providing we wear face coverings, then we can take two people to sail on Pippa (our Drascombe Lugger) as it's easy to maintain social distancing and we can support people getting into and out of the boat. We still won't be able to offer Buddy Sailing in the Access Dinghies until the summer - as both people are just too close together. However, we will encourage solo sailors and also like to introduce family sailing such that people in the same social bubble can sail together. We would like to think



that we could teach somebody from a family group some basic sailing skills in an afternoon with support from a coaching boat alongside.

We would also like to introduce pre-booking of sailing times. This will require the sailor to book in advance simply by email to say which boat and at what time. This will stop people having to wait around for their sailing time. We will also ask for payments in advance by bank transfer, we can also now take card payments.

Disabled Sailors Association

Whilst not supported by the RYA, they do organise some sailing adventures for people with a disability. Their views are more aligned to the 'serious sailor'. Their magazine is very colourful and there is an interesting review on the types of boats that can be sailed. If anybody has a real interest in getting afloat on the bigger boats that they operate, please do make contact.

<https://www.disabledsailing.org> Read their [magazine here](#)

There is another group based in Torquay that has a similar name and is also worth having a look at what they do if you are interested <https://www.disabledsailingassociation.org.uk>

Membership fees

Our fees will be the same as last year:

Full membership, all year. Sailing is subject to availability:

- £70 one off payment by card, cheque, or Transfer
- By Standing Order, or Local Giving. £5 per month

Pay as you Sail - £5 per sail for 1 hour. (if you have a second sail then another £5 should be paid). You can pay on the day by card, we still accept cash – but the card is easier for us.

To pay by Bank Transfer or set up a Standing Order, please use:

Account – Milton Keynes Sailability. Sort Code: 30-92-92. A/C. 35983068
use your surname as the reference.

Local Giving – If you are a Taxpayer, then we can receive Tax Credits when you pay or donate via [Local Giving](#).

Committed Committee

Just a reminder of who's on the committee:

Tim Harpin – Club President
Jon Osbiston – Chairman
Anna Ross – Secretary
Adrian Solesbury – Treasurer
Bryan Watson – Senior Sailing advisor
Mick Farmer – Member
Jill Berry - Member
Madge Carey – Member
Paul Cannon - Member
Don Searson – Senior Safety advisor

A special welcome to Paul Cannon who has volunteered to join the committee this year. I would still like to get a volunteer carer or parent of one of our disabled sailors to help out. If you fancy getting more involved, please contact us.

Sailability TV

We have found some really good video content on the RYA website, switch on the computer and click below:

<http://ryasailability.tv/rya/>

[NOTE that the RYA's link to play the videos wasn't working when this was written, but do keep trying]

Milton Keynes Sailability also has its own [YouTube Channel](#). Search for us or click here. Remember to Subscribe to keep in touch with us.

Sailing into 2021

So, we all really hope that we can return to sailing in 2021. The Government and RYA does allow organised activities to take place for disabled people even in lockdown. We are planning to sail with appropriate social distancing from May, subject to Government lockdown approval.

For our volunteers and sailing buddies there will be a Zoom call in March to talk through our plans. We also will organise a volunteer training day and of course the rigging day will be booked for April.

Dates

April	10/4 – Rigging Day	1000 – 1400
	24/4 – Training Day	1000 – 1600
May	1/5 - Saturday	1100 – 1600
	12/5 – Wednesday	1200 – 1600
	15/5- Saturday	1100 – 1600
	29/5- Saturday	1100 – 1600
June	9/6 – Wednesday	1200 – 1600
	12/6- Saturday	1100 – 1600
	26/6- Saturday	1100 – 1600
July	10/7- Saturday	1100 – 1600
	14/7 - Wednesday	1200 – 1600
	24/7- Saturday	1100 – 1600
August	7/8- Saturday	1100 – 1600
	11/8 - Wednesday	1200 – 1600
	21/8- Saturday	1100 – 1600
September	4/9- Saturday	1100 – 1600
	8/9 – Wednesday	1200 – 1600
	18/9- Saturday	1100 – 1600
October	2/10- Saturday	1100 – 1600
	16/10 - Derigging	1000 – 1400

The dates may be subject to change, dependent on weather and that we have enough volunteers to run a safe session. Any last min changes will be shared via our Facebook and

an email to all people. **Our volunteers are asked to arrive 1 hour before a session to assist in getting ready.**

Remember the changing rooms and Club House wont re-open until June subject to Government restrictions being lifted but the toilets will be open.

We will ask people to make a booking by email. Bookings will be open from 3 April and you will be able to book one slot per session upto four weeks in advance. However, if we have capacity, we will allow people to have a second sail. The booking slots will be staggered to allow safe changeover without too many people waiting on the pontoon.

Keep in Touch

If you know somebody who would like to join us, we always welcome new members, sailing volunteers and non-sailing helpers. Please do send an email with their details.

Keep in touch – either by [e-mail](#), [Facebook](#) and the [Web site](#).

Here's looking forward to actually going sailing in 2021.

Happy Easter

From the committee and management of Milton Keynes Sailability.



Accessible sailing for all....
#MoreThanSailing

Milton Keynes Sailability
www.mksailability.com Sailabilitymk@gmail.com

RYA
Sailability


MK Sailability

