

Cerebral Palsy Plus

We had another fantastic turn-out on our annual Cerebral Palsy Plus Fun Day, where over 80 individuals and families who are affected by Cerebral Palsy enjoyed sailing, kayaking and powerboating, thanks to the volunteers hard work.



Many of the parents commented on how nice it was to do something together, as a family, in an environment where ‘none of us are limited’. This event is aid to be the highlight of the Cerebral Palsy Fun Days, so a BIG thankyou goes out to all of our volunteers for your hard work and dedication. I am sure you will agree it is a very worthy cause, and though a busy day, it is great fun. Here are some quotes from the day:-

“Good Opportunities to meet with friends”

“REALLY good day”

“There’s something for everyone”

“It’s really nice to do something as a family”

“It is such an empowering day”

Holiday Club

With Holiday Club drawing to a close, we can reflect on the active and fun-filled summer we have had. With comfortably over **700 children** coming through our doors to enjoy the thrills of sailing and multi-sports, we have exceeded all previous years in supporting young sailors and novices to develop their skills and work through their stages in a fun and interactive format.

Here are some genuine quotes from a multisport Holiday club group:

“AllAboard is an amazing & it’s really fun & I would definitely do it again”

“AllAboard is wonderful, the staff are really nice & I would definitely do it again!”

“Holiday Club has really amazing activities. You never get bored – there’s lots to do!”

“AllAboard Holiday Club is really good – if it is your first time, don’t be scared because it’s really fun”

“It’s good exercise too!”

AllAboard at the Skiffie Worlds

By Robin Miller

At the end of July, 15 rowers from AllAboard headed to Strangford Lough in Northern Ireland, with the skiff *Hannah Moore*, to take part in the Skiffie Worlds - the St Ayles Skiff World Championships.



Two of our crews made it through the heats to the finals, which was a great achievement considering the majority of AllAboard’s team were rowing and coxing competitively for the first time.

For each race the skiffs lined up fifteen lanes abreast and raced over a 2 km course, including rounding a buoy half way. With choppy water, cross winds, clashes of oars and the occasional near collision, it all added up to some exciting, exhilarating and sometimes hair-raising rowing. In one race our Cox pulled on the anchor rope instead of the steering rope off the starting line and nearly took out the boat in the next lane!

To our surprise, despite finishing in the last two in several of our races, AllAboard came **26th out of the 41** teams overall. If we had a wider range of ages we could have entered even more races, so **our aim for the next Skiffie Worlds is to recruit some younger rowers.** Many teams were able to compete in Under Seventeen and Under Nineteen races, while we only had one team member under 50!



It wasn’t just about racing - there was plenty of time for socialising and sightseeing. The local pubs put on live music each evening, while some of AllAboard’s team rowed out to a tall ship where they were invited on board for a drink, and ended up climbing the rigging! The final awards ceremony and celebrations were held in a marquee on the village green in Strangford, with lots more live music, a display of Irish dancing, packed pubs and a few pints of Guinness. A big thank you to the event organisers and to all my fellow All Aboard rowers - Nick and Linda Bond, Sarah Cooke, Sarah Latham, Alison Orton, Jenny Ball, Sharon Cross, Mervyn Walters, Steve Evans, Elizabeth Jackson, Maxine Howlett, Fran Sheridan, and especially to John Read for towing the skiff to and from Ireland (and for masterminding building it), Jerry

Boaden for organising our participation in the event and All Aboard for the use of *Hannah More* - all helped make the week a very successful, enjoyable and memorable experience.

It's just a pity we'll have to wait three years for the next Skiffie Worlds!



Access Ignite Fair

A big thanks goes out to our instructor, Phil and volunteer, Emma for representing AllAboard at the Access Ignite Fair at Redmaid's School. Access Ignite are one of our partners in enabling individuals, groups and schools to access disability sport in Bristol. The fair gave disabled students the opportunity to try out and be introduced to new sports. Emma and Phil took the ergo rowing machines for student so students could race against each other.

Social Pub Quiz

Last week we had our social event at AllAboard by testing our general knowledge in a Pub Quiz. We had a good turn out and was enjoyed by all. Our next social evening if yet to be confirmed, though if you have any burning desires, please write your ideas up on the notice board upstairs.



Upcoming Events

PARALYMPIC FUN DAY – 17th September, 10am – 1.30pm



We are looking for volunteers to support us in putting on a fun morning to celebrate the last Paralympic Game sailing is involved in. We will be offering sailing, kayaking and ergo rowing. It will be all hands on deck, so if you are willing to volunteer for on-water or onshore duties, please email admin@allaboardwatersports.co.uk with the desired activity you would like to do.

WALK THE PLANK – 18th September, 2-4 pm



The festival will be launched by the Lord Mayor and people will have to 'walk the plank' from 2-4pm outside the M Shed. If you would like to volunteer on our stall or on the water, please contact the office.