

Accessible Sailing for All

If you have a disability or long term illness and you are looking for a physically active and competitive outdoor sport, why not come along to Frensham Great Pond on any Thursday or Saturday morning between April and October? You will find the water filled with sailing boats! Most of the sailors will have various disabilities, but this does not stop them sailing, either independently on their own, or with one of our volunteer helms.

Our sailors frequently comment that, when they are sailing, they are free from their limitations and can compete on equal terms with any able-bodied sailor. Frensham Pond Sailability will help you do this by providing a range of specially designed boats and the necessary support facilities. With the help of our experienced volunteers, you can learn to sail, or enjoy sailing again, and develop your skills as far as you want – to international competition level if you wish!

Sailability was originally launched in the UK, and is now active in 20 countries throughout the world. It is co-ordinated in Britain by the Royal Yachting Association who circulate news from different clubs and provide training and resources.

At Frensham Pond we have nearly 30 boats in our Sailability fleet. No previous experience of sailing is necessary. New sailors can go out with an experienced 'buddy' who will explain what sailing involves. However, our mission is encourage independent sailing as much as possible. Frensham Pond provides a uniquely safe environment for this.

After that, it is up to you! Frensham Pond Sailability is fully integrated into Frensham Pond Sailing Club, which has a National reputation for its dinghy racing achievements. We encourage competitive racing within Sailability through regular coaching, race training, and participation in racing events within the UK and mainland Europe. Please contact us if the above is of interest to you or to someone you know.

It only works because of our superb team of more than 100 volunteer helpers who operate all aspects of our activities, from administration, boat preparation and recovery, sailing training, and manning the safety boats which have to be present when sailors are on the water. We are always looking for more helpers, so please get in touch with us if you are interested. We provide training on all aspects of sailing, to ensure that our volunteers are thoroughly professional. Prior sailing experience is not required.

www.frenshampondsailability.org.uk

Frensham Pond Sailability is a Registered Charity No: 1142761 and a Private Limited Company No. 7621461
Frensham Pond Sailability's registered office is at the above address and is registered in England & Wales
Frensham Pond Sailability is part of Frensham Pond Sailing Club

Young people are an important part of what we do. A Youth Group meets on Saturday mornings and mixes those with disabilities with able-bodied youngsters from the Sailing Club. This group has developed into a real community with social activities as well as competitive fun events and trips.

Of course, none of this happens without funding. We are fortunate to have good relations with a number of local charitable bodies and other supporters, but we are always grateful for any donations, however small. But the most valuable part of our organisation is our army of volunteers, and this was recognised in 2016 when we won the Queen's Award for Voluntary Service.

We are always delighted to welcome new sailor and helper enquiries and visitors. More information about our activities can be found on our website www.frenshampondsailability.org.uk, on our pages on Facebook, Twitter and Instagram, and by contacting us at sailability@sailfrensham.org.uk .

Michael Buttler

PR Officer

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Frensham Pond Sailability works in partnership with Farnham and District Sports Association for the Disabled