

WASH Sailability...



OH YES YOU CAN!

WASH Sailability aims to introduce the fun, freedom and excitement of sailing to people with disabilities, be they physical, mental or sensory, and also their friends, families and carers. WASH operates at Lackford Lake home of St Edmundsbury Sailing and Canoeing Association (SESCA) on the first and third Saturday afternoon of the month and on Tuesdays 10-4 and Thursday mornings 10-1 from May to October.

WASH currently has nine Hansa Access 303w dinghies designed to take two people. The sailors sit in a deckchair type seat and steer with a joystick. The boats have a water filled keel to make them very stable. Sailors may choose to sail on their own (once trained) or with a friend or instructor.



To find SESCOA from the Bury St Edmunds west interchange on the A14 take the B1106 to Fornham All Saints mini roundabouts. Or

From Bury itself take the A1101 to Mildenhall from the Tollgate Lane traffic lights and arrive at the same mini roundabouts.

From here continue on the A1101 Northwest through Hengrave and Flempton. After Flempton (and its golf course) look for the first right turn signposted "Nature Reserve" just after the warnings for the traffic calming in Lackford. Take the left turn off this gravel track to the sailing club

For those with sat-nav use post code **IP28 6HX**

WASH has a team of suitably qualified volunteers (but more always welcome) who will man the safety power boat; instruct from the power boat or in the Hansa 303; and help on the shore. WASH will provide wind/waterproofs if required, buoyancy aids and life jackets but sailors will need clothing suitable for the outside temperature and soft soled shoes. Sailing is organised in 50 minute long sessions through the website, calling 01284 728850 on a sailing day or e-mail washesailability@mail.com . WASH will offer prospective members two taster sessions @ £6.00 each before asking keen sailors to become members of WASH @ £18.00 per year and £6.00 per session. Membership of WASH may give the sailor access to the boats at other times, especially racing on a Sunday

More information can be found on the following web sites :-

www.washesailability.org.uk

www.ryasailabilitytv.com

www.westsuffolksailing.org.uk



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Registered as a charity No. 1136527

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