

# TOP 10

• THINGS TO KNOW •

## 1 It's free!



All Trust trips cost you nothing. We provide all the kit you need, although you can bring a little pocket money.

## 2 UK wide

You can come wherever you live in the UK. Travel is organised for you.



## 3 Grouped by age

You will be with people of a similar age when you come aboard.



## 4 Not a competition



You don't 'win' a place. Everyone who is eligible can come.



believe in a brighter future

## 5 No cut off



Even if you were diagnosed as a baby and are now 24 you can come.

## 6 Never sailed?



Neither will most of the other young people. You learn together.

## 7 No swimming



Swimming ability is not needed. We don't go in the water and everyone wears lifejackets.

## 8 Life's essentials



There's clean showers, toilets and hairdryers for you. Each boat has at least one loo too.

## 9 Medical care



There are at least two qualified medics on every trip.

## 10 No pressure

Many young people open up about their cancer but you don't have to.



## Check us out on YouTube @emctrust



Watch young people talk about how the Trust helped them after treatment, find out what to expect in Cowes and Largs, discover the many sailing or outdoor adventure trips you could enjoy every year, learn the sailing basics before you even arrive and lots more!



## Experience a trip now

Take a virtual 360° yacht tour and discover exactly what happens when you come on your first trip.

## A trip is for you if you...

- Have had cancer or have a bone marrow failure syndrome.
- Will be eight by the time of the trip and were diagnosed before you turned 25.
- Are at least one year post Bone Marrow or Stem Cell transplant.
- Live in the UK.
- Can self-administer injections.
- Have the movement range to get in and out of a bath yourself.

## We also run canal trips

Ideal for young people who are full-time wheelchair users, have very poor mobility, or require a high level of support from staff.



## Keeping you safe

### We...

- Have clear safeguarding processes and responsibilities for protecting children and vulnerable adults.
- Ensure our safety procedures for all activities meet or exceed industry standards.
- Use best practice in safer recruitment and training for staff, skippers and volunteers.
- DBS/PVG check all staff, skippers and volunteers and run annual safeguarding training.
- Annually review our Code of Personal Conduct for all staff and volunteers.
- Have guidance for staff and volunteers about social media use and confidentiality.
- Are guided by feedback from across the Trust community to improve what we do.

## Support the Trust



**ONLINE:**  
ellenmacarthurcancertrust.org/donate



**BY TEXT:**  
Text EMCTRUST and your amount\* to 70085 (e.g. EMCTRUST 15)

\*Donation will default to £5 if you do not specify an amount. You will be charged the donation plus your standard rate.



@emctrust  
ellenmacarthurcancertrust.org

Follow us and stay involved  
Tel: 01983 297 750



# How it works

**YOUNG PEOPLE**  
We run **FREE** trips for two different age groups

**8-17**   **18-24 (ish)**

**CANAL TRIPS**

For those needing 1-2-1 support with, or anxious about, their mobility

**FOUR-DAY SAILING TRIPS**

In Cowes, Isle of Wight or Largs, Scotland

**RETURN TRIPS**

UK-wide sailing or outdoor adventure trips

**UNDER 18s** Can come back until they turn 18

**OVER 18s** Can come on two Return Trips

**"It helped me believe I could do anything."**  
RYAN

**VOLUNTEERING**

Many return as trip volunteers when they are 18+

**"It changes your outlook and just makes everything feel lighter."**  
MEGAN

**"The Trust helped rebuild my sense of individuality and confidence."**  
LAURA

**MOVING ON** When a young person feels ready to move on from the Trust, the door is always left open for them to return

## Find out more and join us for a trip

- Speak to your **Young Lives vs Cancer Social Worker** or **lead care nurse** (usually your **Teenage Cancer Trust Clinical Nurse Specialist** if you are/were on a Teenage Cancer Trust ward) for details, or
- Visit [ellenmacarthurcancertrust.org/our-trips](http://ellenmacarthurcancertrust.org/our-trips) to register your interest.

Register for a trip here

# Support across the UK

Young people join us from **Primary Treatment Centres** across the whole of the UK

**Other charity partners you might find us through...**

- Cancer Fund for Children, Northern Ireland
- Brain Tumour Charity
- Childhood Eye Cancer Trust (CHECT)
- Trekstock
- Blood Cancer UK
- Joshua Tree

Largs, Scotland

Cowes, Isle of Wight

# How does sailing help?

**"You realise you're not the odd one out. It's magical."**  
OLIVIA



**Under 18s**

During treatment young people are naturally protected and wrapped in cotton wool. On Trust sailing trips, young people have fun, make friends, try new things, push themselves and meet others who just get what they have been through. Everyone achieves together and feels happy and positive. There is a transformational change in four days.



**Over 18s**

Having cancer during these pivotal years has a huge impact on education, career prospects and relationships. By coming sailing with the Trust, young adults find comfort in not being the 'only one', rediscover their voice and what they are capable of, are inspired to be more independent and can start feeling positive about the future.

