



**Get ready
to volunteer!**



**ellen
macarthur
cancer trust**
rebuilding young
people's confidence

There is some preparation before a trip. Please use this checklist to make sure you have fulfilled the criteria. Once all the boxes have been ticked, you're all set to go!

Two references provided by first-time volunteers

We will contact your referees directly, but if they do not reply we will ask you chase them for your reference. You will not be able to volunteer until we have received two references.

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Completed DBS/PVG checks

Up-to-date disclosure is a must. **England & Wales** – DBS check (needs updating every three years). **Scotland & NI** – PVG Scheme Certificate (a rolling check, does not need revalidating). If you do not have disclosure connected with the Trust, or if it needs updating, our team will be in touch.

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Attended a Volunteer Training & Update event

All new volunteers must attend one of our Volunteer Training and Update events before your first trip. Current volunteers are expected to attend one every other year as a minimum.

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Completed a Child Protection course

All volunteers must have completed a Level 2 Child Protection course and have a certificate or training record as evidence. These must be renewed every three years. If you do not have this training or if it has expired, we will send you a link to a free online training course, which provides a certificate.

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Signed our annual Safeguarding agreement

Volunteers must read and sign our Safeguarding agreement every year before attending a trip. The link to the agreement will be sent to you via email.

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Travel arranged

You are responsible for booking your travel to and from the trip. If you are travelling with young people, you will need to arrange your travel to the pick-up location. The onward journey will be covered by the Trust, and vice versa on return.

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What we do

Mental and physical effects of cancer can last long after treatment ends. We welcome young people aged 8-24(ish) on sailing and outdoor activity trips to support and inspire them to believe in a brighter future through and beyond cancer.

That's where you come in! Your enthusiasm and can-do attitude will ensure young people have a fantastic time and that you get the most out of the experience too.

Young people benefit from bonding with others who have been through similar experiences, are empowered by taking responsibility, and feel a sense of achievement when they learn new skills. Your encouragement makes all the difference in helping young people take these significant steps.

Trips are first and foremost about having fun, but safety is paramount. You play a vital part in this. That means a willingness to throw yourself into your role, ensuring the safety of your team, and being a positive role model across the week.



How do young people benefit?

- An increased sense of purpose from personal growth and feeling of accomplishment.
- Self-worth is strengthened, reducing anxiety and self-doubt.
- Improved autonomy moving from patient to post-treatment life, without hospitals and family dependence.
- Optimism for the future and feeling able to take the next step.

Our purpose

- Our aim is to inspire young people to feel positive about the future, learning to sail is a bonus!
- Adventurous activities bring young people together, allowing for peer-to-peer support and encouraging them to get involved and feel in control again.
- Going through cancer as a young person is isolating. A Trust trip may be the first time they have met someone their own age who they can relate to.
- Pushing physical boundaries and learning new skills helps them realise what they are still capable of achieving.
- Respecting young people makes a huge difference to their sense of self-worth.

What happens on a trip?

Sailing trips

Four-day first-time sailing trips always follow the same itinerary - weather dependent, of course! They begin from our base in either East Cowes on the Isle of Wight or Largs Marina in Scotland.

Day one starts with a welcome meeting and team introductions, followed by ice breaker games and a chance to bond with the crew you will spend the next four days with.

Throughout the trip we will sail approximately 8-10 miles, balanced with other activities like crabbing, games, and BBQs. Each night is spent on board the boats at our base or a local marina, playing Uno or Articulate (Trust favourites!), enjoying a hot chocolate, or having some down time.

On the final day, the trip returns to base for the boat clean-up, presentations, and goodbyes.

Return sailing trips – South Coast or Scotland Longer Cruising – are five days long and a little less structured. These involve longer periods

of sailing and visiting more marinas, depending on the crews' abilities and the weather.

Accommodation on board is snug. You will share a cabin with a team member of the same gender, but if there are any problems, do not hesitate to raise them with your Skipper, crew, or the Trust team.

All food and drink is provided. We want to promote a healthy diet and ensure everyone gets plenty of liquids. We can cater for dietary requirements as long as we know about them beforehand. Crews will prepare the majority of the meals on board. Along with hydration, sun safety is a big part of a volunteer's role. Thinking of creative ways to remind young people to apply sunscreen and wear the sun-protective clothing is all part of the fun!

All Trust trips operate under our safety management system, in line with Association of Sail Training Organisations guidance. Please read the Standard Operating Procedures which can be found on the yachts.



Outdoor activity trips

Five-day outdoor activity trips are an option for young people when they return to the Trust. These take place around the country, and we may work with different centres over time.

These trips combine land and water-based activities, offering something different than just sailing. Some young people choose to do these exclusively, enjoying the variety of experiences on offer and sleeping somewhere that doesn't bob with the tide.

Archery, high ropes, climbing, and mountain walks are just some of what you will get up to while staying dry, but canoeing, dinghy sailing, windsurfing, and ghyll scrambling will make good use of the provided waterproofs.

As with sailing, at the heart of these trips is the chance for young people to spend time with others who have been through similar experiences. They continue to make connections with those who understand them best, and you encouraging them to get involved, to try new things, makes all



the difference. Your involvement and support gives them the confidence and enthusiasm to push themselves and realise what they are capable of.

All activities are led by fully trained staff at the centres. We operate under each centre's own safety management guidelines.

You will have a fantastic week!

Other trips

East Coast Cruising (return trip)

Sailing like it used to be, aboard traditional wooden yachts. Departing from Essex, this is a classic and different experience at sea.

Prolific (return trip)

Cruise around the South Coast aboard this stunning 30m sailboat. Everything is a bit bigger so there's plenty to get involved in and space for chilling out and games.

Round the Island Race (return trip)

One of the world's biggest sailing races. Over 1,400 boats take part as you race around the Isle of Wight in one day. Always a popular weekend.

ASTO Small Ships Race (return trip)

Around 25 boats of all shapes and sizes, crewed by young people, go head-to-head in a fun race in the Solent. Fancy dresses and water guns at the ready!

Canal trips (first-time and return trip)

Run on specially-adapted canal boats in Essex with CanalAbility for those requiring a high level of support or who have greater mobility needs.

Siblings trip

An outdoor activity trip for siblings of young people supported by the Trust, who might also be significantly impacted by their sibling's illness.

Roles and responsibilities

All volunteers have a role to play in making our trips successful. Familiarising yourself with each role makes for simpler communication between the crew and for a harmonious trip!

Mate

- Helps the Skipper safely operate the boat and with the safety of the young people and crew.
- Looks after the young people at all times, taking full responsibility when other volunteers are occupied.
- Is a qualified Day Skipper or above, or has a similar level of experience.

Skipper

- A freelance Commercially Endorsed Skipper qualified to Yachtmaster Offshore level as a minimum.
- Overall responsibility for safety and wellbeing of crew, the boat, and its equipment at all times.
- First contact for queries. Speak to the Operations Manager if not available.

Graduate volunteers

- Volunteers who have been supported by the Trust as a young person after cancer.
- Make a significant difference on trips by having had experiences other young people can relate to.
- Symbolise a positive future, which is very powerful for young people who have more recently been through treatment.

Medic

- Provide trip medical support for all, not just the young people from their hospital group.
- Receive a full medical briefing after arriving at their trip location.
- More information for Medics can be found in the Safe Medicine Management and Administration document.

Crew leaders / Outdoor activity trip volunteers

- Look after the young people at all times, taking responsibility, particularly when other volunteers are occupied.
- Aware of the needs of the young people, such as hydration, sun cream, and warm clothing.
- Helps the Trust team with the young people's safety, but do not need sailing or outdoor activity experience.

What you need to know

It's all hands on deck from day one.

The first day begins with a morning team briefing. If you are volunteering on a sailing trip and cannot arrive early that day, please arrange with the Operations Manager to sleep on one of our yachts the night before. If you are travelling with young people, we will arrange transport with you.

You will be introduced to your Skipper / Trust lead and your group when you arrive, followed by a health and safety briefing. You and your team will then come up with and agree on your expectations for the week ahead.

At the end of a trip everyone comes together to share their best bit, worst bit, and their funniest bit.

Volunteers travelling with young people will leave around lunchtime. Volunteers not travelling with

young people can go once the yachts have been cleaned and debriefs are done.

Young people are advised to leave mobile phones and valuable electrical equipment at home as they are easily damaged. They will get the most out of the week if they bond with their trip mates and engage in activities, so lead by example and show them how to have fun the old fashioned way (we're all young at heart, of course).

Kit list

- Bedding: pillow and sleeping bag (these are provided on outdoor activity trips)
- Clothes for all weathers (layers advisable)
- Your Trust Team top (if you have already received it)
- Two pairs of suitable shoes that you don't mind getting wet (you might also wish to bring shower shoes)
- Waterproofs are provided, but if you are a Mate collecting / returning a boat, you will need your own for this journey
- Pyjamas
- Wash kit
- Towel
- Sunglasses (UVA / UVB protective if possible)
- Hat (sun hat and / or woolly hat)
- Your Trust water bottle (if you have already received it)

*Please note: Cabin / storage space on trips is limited and you may need to help carry young people's luggage, so try keep your luggage size and weight to a minimum.



Looking after young people

All young people attending trips will no longer be receiving 'active' treatment, such as chemotherapy or radiotherapy. We ensure everyone is healthy enough to come and enjoy their trip by collecting medical information from their family, their consultant, and the young person themselves if they are over 18.

Medical volunteers (there are usually at least two Medics on a trip) collect medication from the young people on the first night and store

it in a locked medical box until it's needed – dependent on the age of the young people and the needs on board. Medications needing refrigeration are not a problem.

Our Medical Consultant reviews medical risk assessments of young people before they come on a trip as required. This is to make sure any additional measures can be taken so everyone is as well looked after as possible.

All volunteers receive briefing booklets when they arrive. These are **highly confidential** and must be kept on your person at all times and as out of sight as possible. They contain essential information about the young people, which you must take into consideration. Medical volunteers will have a different briefing booklet containing more details about a young person's health and medication. Briefing booklets also contain the trip itinerary and useful contact details.



Other things to know



Snap happy

Young people will want to look back on the memories made on their trips. Please encourage the crew to take photos and video clips with the camera on board. We will send a link the following week where all photos can be downloaded. Please **do not take any photos of young people** on your own devices.



Press and publicity

More young people can benefit from our support if more people know about us. You will be asked to consent to us using trip photos, including on our website, newsletter, social media, or to send to accredited media. We respect everyone's privacy – if you would prefer not to appear in the above, please let us know.

Rules and guidelines

There aren't too many rules on our trips, but those we have ensure young people and adult volunteers have a safe and happy time. Crews/groups will have a short discussion about acceptable behaviour on trips and come up with an agreement everyone will be asked to sign and respect.



No form of bullying – verbal or physical – is tolerated. If a young person feels they are being bullied, or you see any evidence of this, talk to your Skipper or Trust lead as soon as possible.

Volunteers cannot befriend young people on social media – not even if they are over 18. This would go against our safeguarding rules and breach professional boundaries.

We operate a strict no alcohol policy on all trips. There is a strict no smoking/vaping policy on all our boats and communal areas and we promote a no smoking/vaping policy across all our trips in general. But, breaking for a smoke is allowed at an appropriate time and the smoker must not be wearing Trust branding.

And while they may try tell you otherwise, always question “Skippers’ rules” during a game of Uno!



Is it spacious enough?

Most of the young people will never have been on a boat before, so have no idea what to expect. It is worth pointing out the boats they are on are actually very roomy compared to many others!



Seasickness

If you suffer from seasickness or travel sickness, please bring your usual anti-travel sickness medication with you. Please tell the Skipper if you feel this way on board. It will pass!



Homesickness

For some young people, this is their first time away from home on their own. After the first day most start getting used to living away. There is so much going on, they soon feel part of the team.

After the trip and top tips

After the trip

You will have the chance to give feedback following your trip. Your honesty is invaluable for helping us improve future trips and ensuring everyone – volunteers and young people alike – has the best experience possible.

Depending on what opportunities are available, we will contact you several months after your trip inviting you to join us again next year.

You will absolutely make life-long memories, become part of the Trust community, and spend the majority of your week smiling and laughing, but the end of your trip also means dry clothes and a good night's sleep! You will have earned it.



Top tips

We asked some seasoned volunteers what they think you need to know. Take it from them – they know their stuff and always look out for one another.

Every member of the Trust team looks out for one another. If you need help or five minutes out, just ask. We've all been there.

Bring a pillow along on sailing trips – there won't be one on board!

Don't worry – you don't need to know everything. It's okay to ask questions and we are all there to support each other and have fun.

Wear a watch so you can put your phone away and give your full attention to the young people.

Be yourself. Every volunteer brings something unique and special to the Trust.

Bring cards for the journey if you are travelling with young people. And make sure everyone has used the loo before you leave if travelling by coach!

Where are we based?



Largs, Scotland office:

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Contact us

If you have any questions or problems
before, during or after your trip,
please don't hesitate to contact us.

Email: volunteer@emcancertrust.org

Visit ellenmacarthurcancertrust.org
to find out more about our trips.



Have a great time!



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