

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

Outdoor Adventure Activity Week

Trip Handbook



Contact us



We hope you will have a fantastic time sailing with the Trust, and if you have any questions or problems before, during or after the trip, please don't hesitate to contact us. We look forward to seeing you soon!

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Search on Facebook: **Ellen MacArthur Cancer Trust**

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Registered Charity Number **1096491**





About the **Ellen MacArthur Cancer Trust**

The Ellen MacArthur Cancer Trust works with young people aged 8-24 from across the UK, aiming to rebuild their confidence following treatment for cancer or leukaemia. Our sailing trips are all about having fun and building confidence in a safe and supportive environment. Our initial trips are a great introduction to this sport, which can be enjoyed and mastered by all, regardless of age or fitness level. Living together as a crew on board encourages teamwork and everyone gets involved with the everyday running of the boat, from helming and putting up the sails to washing up! In Ellen's words "Meeting the challenge of sailing at sea, the young people gain confidence and are reminded that there

is life beyond their illness. At the same time they meet peers who understand what they've been through, and realise they are not alone in their struggle."

The Trust was established after Ellen went on a sailing trip with a group of children who had cancer, organised by French Charity "A Chacun son Cap" (loosely translated as "Everyone has a Goal"). Ellen described it as one of the best days sailing she had ever had. "We laughed so much we had tears in our eyes. The kids were just incredible." In 2003, two years before her record-breaking round the world voyage, Ellen launched a similar project in the UK, now known as the Ellen MacArthur Cancer Trust.



"He loved it and came home tired but with a huge sense of adventure. With the Trust he feels comfortable, understood and accepted, there was nothing he didn't enjoy"

We hope this handbook will help answer any questions about your trip, and help with your preparation to join us. Please read it thoroughly, and keep the Trust team's contact numbers somewhere safe so your family can get in touch during your trip if necessary. We will ring a week or so before the trip to double-check the information we received from you, make sure you understand all the information we've sent, and to give you the opportunity to ask any questions. If you need to contact us before then, please don't hesitate to ring or email.

Waterpark Residential Dinghy Week

The Trust is now running residential activity week at Outdoor Adventure in Bude, and we are all very excited to be working in the west country. Having run similar weeks in Essex and The Lake District for several years, this water-sports based multi-activity week will give everyone the opportunity to experience a variety of activities and challenges to help build skills and confidence. The Outdoor Adventure centre is sat on the cliff top at Widemouth Bay over looking the Atlantic Ocean and is set in 10 acres of beautiful grounds, and the Trust will

take over this centre for the week. The young people will get the opportunity to have a go at canoeing, Kayaking, Coastal Traversing, abseiling and Surfing.

On the first day, having met the Trust representative at your choice of meeting point (taken from the covering letter you received with this handbook, the young people will be taken to Outdoor Adventure. The afternoon will be spent familiarizing themselves with the centre, settling in to their rooms and getting to know everyone during teambuilding exercises. At Outdoor



Adventure everyone stays in dormitories, making it a different experience to our Isle of Wight yacht trips, but just as much fun.

The week's activities will be subject to weather conditions, but will be based around a water-sports programme led by the team at Outdoor Adventure, and supported by the Ellen MacArthur Cancer Trust volunteers.

The young people will have the opportunity to take an active role in all of the activities on offer. Their age, confidence and medical condition will be taken into account when they are encouraged to participate and the more they get involved, the more they will get out of the week.

We will be at:

Outdoor Adventure LTD, Atlantic Court, Widemouth Bay, Bude, Cornwall, EX23 0DF.

Everything you need to know

How do the young people benefit?

We believe there are a number of benefits to our young people:

- Confidence booster after often very long periods of hospitalisation, and the effects of treatment
- Chance to meet peers who have been through similar experiences
- Experiencing a sense of adventure in a safe supportive and fun environment
- Learning to sail and re-gaining a sense of independence
- A break from normal routine, trying something completely new away from home and parents

Health & Safety Information

Whichever trip you join with the Trust, our motto is for it to be a safe happy one! Safety is paramount to us and we make sure all the correct procedures and precautions are in place wherever we are.

Safety Management

All of our **Isle of Wight** and **Largs** based trips including the Round the Island Race, our Cruising Weeks and our Competent Crew weeks operate under our own safety management.

We have been taking young people to sea for a good number of years and developed our safety management system with the guidance of ASTO.

All of our yacht skippers are highly qualified and experienced working with young people, we only set sail when we are happy the weather conditions are suitable. We are now based in East Cowes at our new office; with our new facilities we are well placed to look after you very well.

Our **Residential Activity Weeks** and **East Coast Cruising Weeks** operate slightly differently. At Bradwell we operate under Bradwell Outdoors Centre's safety management. Bradwell is a **RYA recognised centre** and licenced by AALA. All Bradwell staff have an enhanced CRB check (police check) for working with young people. Go to www.essexoutdoors.org/bradwell for more information.

At our **Outdoor Adventure Activity Week**, we operate under Outdoor Adventure's safety management. Outdoor Adventure is a RYA recognised centre and licensed by AALA. All Outdoor Adventure staff have an enhanced DBS check (police check) for working with young people. Go to www.outdooradventure.co.uk for more information.



Medical Support

We know the importance of ensuring that all necessary medical support is available for the young people on our trips. A qualified nurse joins

each trip and as back-up, a Paediatric Oncology Consultant familiar with the medical background of each young person is on-call, in case of emergencies. We have a close relationship with nearby GP's and hospitals should there be any emergency.

The nurse will collect any medication on the first night and store it safely in a locked

medical box until needed, supervising its use. If medication needs refrigerating, or cold packs freezing for the return journey, it's not a problem.

We review the detailed medical questionnaire completed by each parent or young adult to see whether additional measures should be taken so that everybody is as well looked after as possible, so when filling out these forms please include everything you feel we should know including any relevant non-medical issues, and keep us informed of any changes before the trip.

For our **East Coast Cruising Week** we will operate under the safety management of the **Pioneer Sailing Trust**. Yachts are Maritime and Coastguard Agency coded for Category 2, meaning they can sail up to 60 miles offshore. Go to www.pioneersailingtrust.org.uk for more information.

Yachts

All the boats we use on our IOW and Largs based yacht trips are designed for leisure sailing and training purposes, so they are ideal for our

young people. Each yacht will have a commercially endorsed Yachtmaster and experienced mate on board, along with a crew leader who is generally a nurse, social worker or one of our graduate volunteers. Every yacht is fitted with all necessary safety equipment and fully licensed for commercial use.

You will live on the yacht during your trip. Accommodation on board is snug and you'll be sharing a room, but if you have any problems don't hesitate to bring it up with your Skipper, crew or any of the Trust team

"I couldn't pick my best bit of the trip; I had so much fun and had loads of water fights. I'd love to go again, any day!"





Spending Money

The young people should not need to spend any money whilst on their trip as everything is provided, and we recommend they don't bring a large amount of cash. However they may wish to bring enough to buy extra snacks or souvenirs so we suggest no more than £20.00. At Waterpark there is a payphone and no reception for most mobile phones, so they may want to bring change for that.



who will try and help.

During our residential dinghy weeks, a variety of smaller boats are used including Pico's Dart 16 Catamarans and Quba's, as well as canoes. Fully qualified instructors and Trust volunteers will be teaching and supervising the young people when dinghy sailing.

Volunteers

The Trust relies on volunteers to help take our young people on the water, and all those involved are trained to a high standard and are CRB checked. All are friendly and approachable, and are there to make sure you have the best time possible, so if you have any questions,

problems or worries during the trip please talk to them, they can't help if they don't know there is a problem! Many volunteers are young adults who sailed with the Trust after treatment and have now gained a sailing qualification to enable them to come back and help on the boats. They are very inspiring role models, especially for those sailing for the first time after treatment.

Rules and Regulations

We don't have many rules at the Trust, but those we do have are in place to ensure everybody involved, young people and adult volunteers alike, have a safe and happy trip.

On arrival we will expect everyone to join in a short discussion about acceptable behaviour on the trips, and come up with an agreement that everyone will be asked to sign and adhere to.

Any form of bullying be it verbal or physical will not be tolerated. Please talk to a volunteer if you feel uncomfortable with anything said to yourself or others on the trip to enable us to deal with the situation as soon as possible.

The skipper is in charge on each boat, and you must listen to what we say when on board.

The Trust uses boats and facilities owned by organisations that expect us to leave them the same way we found them, so we in turn expect everyone on our trips to respect this

and show care and consideration for their home for the week, and surroundings.

As we are living in close proximity on the boat there is no smoking on the trips, and for safety reasons all the trips will be run alcohol-free.

Transport

You will have received a letter with this handbook giving you information about when and where you need to be for the start and end of the trip.

If you are sailing for the first time you will usually meet at your hospital and travel down with your hospital group. If you are flying to Southampton you will need Photo ID.

If you are returning to sail, pick-up or meeting points will vary every year for each trip. If you have any problems with travel please let us know as soon as possible, as we can send a volunteer to escort the young person if no one can travel with them, and cover transport costs if necessary. If you wish to discuss any of the arrangements or need help with anything please don't hesitate to call.

What to Bring

Firstly we ask everyone to bring a sense of FUN! On a practical level however, the Trust provides waterproof clothing, safety equipment and high-factor sun cream on all our trips. Please note that there are space restrictions on board and at the dinghy centres, so please try and bring belongings in one soft holdall bag. We recommend packing clothing that can be layered depending on weather conditions and suggest you don't bring your best clothes, as they may get spoiled. If you have any questions, feel free to call the Trust.

kit checklist

- All medication
(with prescription form if necessary)
- Washkit
- 2 x towels
- Change of trousers
(cotton trousers will dry easiest if wet, but jeans are fine)
- Fleeces/sweatshirts/hooded tops
(wool not advised, as it doesn't dry quickly)
- T-shirts
- Shorts
- Underwear & socks
- 2 pairs of suitable shoes
(old trainers/deckshoes/plimsolls that you don't mind getting wet, and a casual pair for the evenings)
- Pyjamas
- Swimming costume or shorts
(in case there is a chance to swim)
- Hat *(sunhat or woolly hat!)*
- Gloves *(only if you have them)*
- Sunglasses
(UVA/UVB protective if possible)
- Sleeping bag*
(we can provide one if necessary)
- Pillow* *(if required)*
- 2 large polythene bags to take home any damp clothing
(a drying room is available at our residential dinghy weeks)
- Welly boots* *(if you have them, or waterproof footwear)*

* Not necessary for our residential dinghy weeks
* For East Coast Cruising only





Food & Drink

The Trust is keen to promote a healthy diet, and will make sure everyone gets plenty of liquids throughout their trip. Any dietary requirements

will be catered for, providing you have noted them on the medical forms you returned to us. On our yacht trips, the young people will help to prepare the majority of meals on board. At Bradwell and Waterpark all meals are provided, although at Waterpark everyone makes their own packed lunches each morning.

Mobile Phones and Valuable Personal Electronic Equipment

We strongly advise that you leave all mobile phones and valuable electrical equipment such as cameras, PSPs and iPods at home, as salt water can easily damage these and they can tend to

cause a distraction. However we understand you may want to bring these items for your journey to and from the trip, so although we will not prevent anyone from bringing these items, on arrival we will ask everyone to hand in any valuable electronic equipment so we can keep it safe and dry, and there will be specific times when they can be used, as it is not practical to use them whilst sailing.

Reception for mobile phone networks will vary greatly especially when sailing further from land, and at our Waterpark Residential Dinghy Week in the Lake District, but you will always be able to use our volunteers phones or the payphone at Waterpark to call home. There are numbers at the back of this handbook for family to contact the Trust if there is an emergency or to find out the best times to speak to you, so please make sure they keep this information safe.

Press & Publicity

The Trust respects the privacy of everyone who sails with us, but also knows that the more people find out about what we do as a charity, it can benefit the Trust and therefore all involved. If coming on a trip you will be asked to sign a



Cameras

If you wish to bring a camera then a disposable one is best. Several digital

cameras will also be available for use on every trip and the young people are encouraged to use and record their experience (we will send the links to these photos/video clips out to you some time after the trip).

Consent Form and can decide whether to tick the box to give us permission to use photos taken on the trips on our website, newsletter, Facebook or to send to accredited media if requested. Often at the end of our trips for those sailing for the first time, we will ask if anyone would like to talk to us about the trip for their local media, and if they are happy to do this we will sometimes send out a press release about their experience. Many young people are quite excited about this, but obviously we do not wish to upset anyone and so if you would not be happy with some or all of the above, please just let us know.

If you're returning to sail, we send out a Media Questionnaire to everyone, which, if you are happy to complete and return, we send to your local media regarding your participation in the

trip. We hope this will benefit the Trust by raising awareness and support, but want to make sure this is only done with consent of the young people involved and their family. Please let us know if you are not happy with this. If you don't have a problem then can you please fill in and return the Media Questionnaire.

After the Trip

After the trip we send out feedback forms for the trip attendee and a family member to complete and return, to help us improve what we do. Your honest feedback would be greatly appreciated and we hope you will take the time to fill this out as it will help us greatly. We will also send a link so you can download or view the photos taken on the Trust's digital cameras by each group on their trip.

The Trust recognises that the recovery process can often last long after treatment ends, and so after your first trip with the Trust you will receive an invitation at the end of the year to return and continue your sailing experiences (We will try our best to invite those under 18 back annually until they reach 18, and hope to invite those aged 18-24 at least once). This will be to various water-based activities such as a residential dinghy week, competing in the J. P. Morgan Asset Management Round the Island Race, or an East Coast Cruising adventure. Currently, if you are over 18 and have returned once, there may be opportunities for you to become a volunteer on our trips, or further opportunities might arise so please keep in touch.

“Dan enjoyed meeting others who have had the same experiences as himself. He returned very happy, positive, enthusiastic, and he talks about sailing all the time”

