

Visit [www.ellenmacarthurcancertrust.org](http://www.ellenmacarthurcancertrust.org)  
to find out more about our trips

## U18 Scotland Cruising 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**

Follow us on Twitter: **emctrust**

"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"



## 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 day's 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.



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.

# Scotland West Coast Cruising

Our Scotland Cruising Week is an amazing adventure allowing you to have a more hands on sailing trip.

As with all trust trips, the main aim of the week is to have lots of fun with a bit of adventure thrown in. This will be a chance to experience sailing for longer periods and everyone will be involved with all duties on board. We are planning on exploring the backwaters of the Firth of Clyde with stops ashore for games on the beach and other fun

activities. Due to the nature of this week we will be planning our exact itinerary based on the weather and tides. It may not be possible to moor up in a marina every night, so bring your dry shampoo and baby wipes, as showers could be limited!!

The first day you'll meet the Trust representative at one of the pick up points (at the times specified in the covering letter accompanying this handbook) and make your way to Largs. When you arrive at Largs you will

be taken aboard your boats, there you will start getting to know everyone. There will be an introduction to the boat, a health & safety brief and preparation for the evening meal. You will spend the first night at anchor and the following day you can expect to set sail for your cruising adventure.

The yachts will sail independently but moor up together each night if possible, and aim to sail to different harbours each day. The itinerary will be dependent on the weather

and tides. Whilst on board, you will learn more about sailing, plotting a course to your destination and navigating. There will be on shore activities and sightseeing depending on where the boats will moor up.

On the last day, the group will be packing and cleaning up the boats. You will return to Largs Marina for around midday for lunch, before making your way back home to the pick up points.

"I didn't really know anyone before I came on the trip so it was nice to meet new people who could share their experiences"

If you are planning on arriving independently for this trip, please head to: Largs Yacht Haven, Irvine Road, Largs, KA30 8EZ

"This experience was very challenging, rewarding and one I look forward to having again, the best part was sailing through the night"



# 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 **Scottish** based trips including the **Round the Island Race**, our Cruising Weeks and 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 and Largs; with our facilities we are well placed to look after you very well.

### Our **Return to Sail Residential Dinghy**

### **Weeks and East Coast Cruising Week**

operate slightly differently. At Bradwell we operate under Bradwell Outdoors Centre's safety management. Bradwell is a **RYA recognised centre** and licensed by AALA. All Bradwell staff have an enhanced CRB check (police check) for working with young people. Go to [www.essexoutdoors.org/bradwell](http://www.essexoutdoors.org/bradwell) for more information.

## Yachts

All the boats 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



## 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 GPs 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 necessary. 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 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.

your Skipper, crew or any of the Trust team 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 you when dinghy sailing.

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

**"Take the opportunity no matter what! It will give you a new outlook and lease of life. You will discover so much and it's a once in a lifetime experience; it almost makes it worth being ill"**





## Spending Money

You should not need to spend any money whilst on your trip as everything is provided, and we recommend you don't bring a large amount of cash. However you may wish to bring enough to buy extra snacks or souvenirs so we suggest no more than £20.00.



## 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 they 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, we can 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.

## 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

## kit checklist

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

\* Not necessary for our residential dinghy weeks

\* For East Coast Cruising and South Coast/Scotland Cruising Weeks 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.

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

**"I got to try activities I'd never normally have the chance to do and mix with a wider variety of people of different ages, abilities and backgrounds"**



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 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



### 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 you are encouraged to use and record your experience (we will send the links to these photos/video clips out to you some time after the trip).

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 to be completed and returned, 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 your 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). 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.

