Call your local RYA Sailability club organiser:

## ...can you help?







## Tel: 0845 345 0403

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www.rya.org.uk/sailability

Make disability plain sailing



NATIONAL SPORTS FOUNDATION

Can you make it happen...



## Would you give?

RYA Sailability offers people who think they can't even get on a boat – let alone sail it – the chance to achieve the self-reliance that sailing brings and feel the exhilaration or peaceful relaxation of being on the water.

Imagine the thrill of sailing for people who can feel and hear but have no sight, or of sailing a boat at speed even though they can't walk, or of joining in a sport where deafness doesn't matter.

RYA Sailability already helps make these dreams a reality for 20,000 disabled people, and with your help many thousands more can join in this unique pastime.

Why don't you give a little time to help.

"I give a few days a month to help maintain the club's boats to make sure they are available for everyone to enjoy"





To run a programme like RYA Sailability, hundreds of enthusiasts both ashore and afloat give their time, expertise and support.

You can play a part in making it happen – whether it is picking someone up from home and taking them to a sailing club, maintaining the boats, becoming a trained instructor or making the tea.

Together we can make it happen.

"I give a couple of hours a week to help rig a boat"



"I give some time on the water to teach others how to sail"



"I give an hour a week to help make the tea for the sailors and volunteers at my local club"



Help bring the freedom of sailing to disabled people





