



Breaking Wind



The Newsletter of Frensham Pond Sailability

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A Message from the Chairman

Kate Richardson, FPS Chairman

The 2nd Frensham Pond Sailability Forum took place on Thursday 8th November and was well attended by just over 60 members. We also welcomed Geoff Jeal, Vice President of Farnham Lions and fellow Farnham Lion Keith Aston to the meeting for the presentation of the Endeavour Trophy. The Forum is the members' opportunity to review the work of the Management Committee and a chance to raise concerns and suggestions for the coming season. For those unable to attend I would like to summarise the Committee's Presentation:

Frensham Pond Sailability has had a very busy season. There were many highlights:

- The Paralympics - the success of Helena Lucas, Alexandra Rickham and Niki Birrell has raised the profile of disabled sport & many more members are keen to get involved and try racing for the first time.



*Nikki, Alex (SKUD Bronze) & Helena (2.4 Gold)
(Helena first sailed a 2.4 at Frensham in 2002/03)*

- Brian Grimwood's MBE award for services to Frensham Pond Sailability. Brian has always been keen to recognize the significant contribution made by Ted & June Bonner and FDSAD in the early days of disabled sailing at the Pond and the contribution made by all our helpers over the last 11 years.



Brian & Family with MBE at Windsor Castle

- The instigation of the Youth Programme
- The Abbey school children participating in the FPSC 10 Hour Race.



Kate & John Townsley present The Abbey school with £1000 raised by FPSC & FPS members in the 10 Hr Race

- Lindsay Burns and Tessa Watkiss competing in the Access Worlds in Sydney Australia
- The retention of the Ben Ainslie Trophy for the 6th successive year by our Access racers in the 2012 Traveller Trophy Series

At our 10th Anniversary Celebration last summer we highlighted the challenges facing Frensham Pond Sailability over the next ten years – the need to manage the distribution of sailors within our membership, the need to coordinate development pathways for our sailors, to maintain the integration into the Club and to keep the Trinity of Needs (Sailors, Helpers & Funding) in balance. With this in mind, at the 1st Forum in November 2011 we agreed our objectives for the 2012 season:

- To increase the number of youngsters sailing with FPS
- To develop the sailing experience of those sailing on Thursday and Saturday mornings
- To find predictable sources of funding for the next 10 years
- To develop the fleet in line with the needs of the sailors.

Taking each of these objectives in turn I will highlight the work of the team and the achievements this year.

1. Increase the number of youngsters sailing

The Youth Program has been very successful and we now have a group of 10 youngsters sailing with us regularly every Saturday morning in the Access 2.3 boats. We have also managed to recruit five young helpers to support the project.

The Youth Fun Day in the Summer Holidays was well attended with some short races and games on the water. Everybody enjoyed the sailing and the picnic lunch thanks to the support of all our helpers and the kind loan of 50 rubber ducks from Farnham Weyside Rotary Club!

This pilot project was supported by an initial grant from The Wisley Foundation. They have been impressed with the outcome so far and have agreed to award a second grant for the coming year to develop the group.

2. Develop the sailing experience of those sailing on Thursday and Saturday mornings

Our reception team has been able to meet and greet our members and new visitors to Frensham Pond Sailability. A hard copy of our membership pack is given to all new visitors at the end of their visit and as a result we have found we have had significantly more members joining and becoming regular sailors.

A key initiative this year has been the introduction of name badges to all helpers and sailors, with blue lanyards for sailors and red for helpers. Helpers are easily identifiable and new members feel included in

the organization. Both badges have gone through a process of development over the past year.

The helper badges next season will list the “helper qualifications” e.g. sailor, helm, hoist operator, safety boat helm and first aider. This will support the role of the duty sailing officers in allocating jobs and developing helpers but more importantly recognizes the achievements and role of the helper.

The sailor badges will include a space for medical alert information, functional alert and the sailor’s goals. On the reverse will be the type and size of life jacket/buoyancy aid to be worn by the sailor and the sling size.

Medical alert includes information the buddy should be aware of before the sailor leaves the jetty e.g. EpiPens, heart medication, epilepsy.

Functional alert includes information that may be less obvious to the buddy but extremely relevant such as visual impairment, hearing impairment, severe dyspraxia, communication difficulties/strategies, repetitive words and phrases. To maximize the experience and achievements within the session the buddy should be aware of the sailor’s ability.

Similarly “My Sailing Goals” ensures that we have discussed and are aware of the sailor’s reasons for joining Frensham Pond Sailability.

Next season the reception team would like to have two volunteers available to register sailors and complete the appropriate paper work and badges. More volunteers are required to join this group. If you are interested in becoming involved please contact Mark Greenwood: mark.greenwood@btinternet.com

Our aim as an organisation should be to **maximize independence and to expect and recognize achievement**. Everybody has their own ceiling of potential and rate of achievement and we should provide the environment to achieve and then award success.

With this in mind the Sailor Log was discussed. At the start of the season this was combined within the name badge. Some sailors have found this very useful to track progress and share information with subsequent buddies. However there are time constraints on the jetty and a more simple waterproof system is required.

Over the summer we have been working with a number of other Sailability Groups to develop a Sailability Log Book and a system of awards

expanding the current Sailability Achievement System to include more skills over a greater range, from competent crew to advanced racing. The idea is that each sailor would carry a small card (different colours for different levels) in a waterproof pocket. Buddies record with a simple tick whether the sailor is practising or has achieved each skill.

A system of attendance achievement may be appropriate with some sailors – however it is important that **we expect and recognize achievement in all our sailors.**

The RYA has agreed to publish a Sailability Log Book and Frensham Pond Sailability will have some to pilot next season.

Social and Newsletter: The Galley plays a significant role in enhancing the experience for all our sailors on a Thursday and Saturday morning. We have had two excellent well attended suppers and the summer barbeque. Carol Clibborn and Sally Townsley have also made an impressive 1087 rolls this season!

Similarly our Newsletter edited by Peter Etherton and published four times a year highlights the many activities and achievements of our members throughout the year.

3. To find predictable sources of funding

These have been difficult times economically, however we are fortunate to have a number of organisations who have supported us over a number of years, including the Coins Foundation, the Nadia Trust and Farnham Weyside Rotary. We are very grateful for the support of Farnham Weyside Rotary: Frensham Pond Sailability was a main beneficiary of the Farnham Pilgrims Marathon in September of this year. A very big thank you also to new donors this year, including The Wisley Foundation, Mitsui Sumitomo and Cartridge World.

The support of our own members is equally valued including Bob Cornwell, Sol Ocampo and Victoria Maisey who competed in the LIDBA sponsored bike ride, the “bucket shaking” volunteers raising awareness of FPS at Sainsbury’s in Farnham and not least Carol Clibborn’s jam and cake making contributions.

We are also very grateful for the on going support from Fleet Lions and support from The Friends of Fleet Community Hospital. They have kindly purchased a heart defibrillator which is now stored in the Sailability Pavilion.

4. To develop the fleet in line with the needs of the sailors

Two new Access 303W boats have been purchased and launched this year (one replacement and one additional) to cope with the increased demand from our sailors. Access 303W Nick 2 was funded by contributions from Cartridge World and The Headley Foundation. The Access 303W Farnham Flyer was funded by donations from Farnham Town Council and Frensham Parish Council.

In addition we have also upgraded the 2.3 Access fleet to cope with the renewed demand from the youth group. We have also purchased four new sets of sails and upgraded the rigging.

The 2.4mR fleet has been maintained and similarly four new suits of sails have been purchased thanks to a donation from Sailing Activities for the Disabled.

For a number of weeks over the winter we also had an Access Liberty on loan for Tessa Watkiss to practise prior to competing in the Access World Championships in Sydney Australia.

Review of Activity this season

Membership:

| | |
|---------------------------|-----|
| Total Membership | 126 |
| Individual sailor members | 81 |
| Group sailor members | 45 |
| New members this year | 22 |
| First Taster sailors | 41 |
| One off sailor visitors | 184 |
| Helper members | 84 |
| New helpers this season | 14 |

Attendances:

| | |
|----------------------------------|------|
| Total number of attendances | 1726 |
| Individual | 715 |
| Groups (298 regular schools) | 482 |
| Taster sailors | 41 |
| Thursday Afternoon Race Training | 233 |
| TT and National Events | 77 |
| Saturday Afternoon Racing | 183 |

Sailor members from residential accommodation are included with the individual sailor members.

Groups include sailors from Treloar College, Ridgeway School, Stepping Stones School, The Abbey School and George Abbot School.

One off Group visitors include Disability Initiative, Woodlarks Summer Camp, Disability Challengers, Sportability, William Cobbett School. The on going pressure to take more one off groups was noted.

In addition the Paralympics has lead to more of our members wanting to participate in race training and as a result we now have a high demand for boats in all sessions with a significant range in ability.

Helpers are one of our key resources and it is important that we recognize this. Over the past year we have completed a Helper Information Pack and held a number of training courses including First Aid, Dinghy Instructor and Disability Awareness Training.

It is very important that new helpers are made to feel welcome and valued within the organization. We would like to find a helper coordinator to liaise with our large helper membership – could any volunteers contact me at: katerichardson11@yahoo.com if they are interested in taking on this very important role.

In summary there have been a significant number of managerial issues raised throughout the year. Thanks to the time and support of the Management Committee we have been able to discuss these at length and to agree our challenges for the coming year.

FPS has made significant investment in boats and training to enable a large and diverse membership to enjoy sailing from cruising to advanced racing.

We are one of the largest Sailability groups in the UK. We are successful but at capacity. It is important that we ensure all our sailors have the opportunity to develop and that we do not purely respond to increased numbers through the gate and pressures to take more groups. We need to ensure we are enabling all of our sailors to be as independent as possible and that we expect and recognize achievements in all our members, helpers and sailors. We need to focus on the quality of the experience, not the quantity.

Over the coming year we need to develop a long term strategic plan to cope with the increased demand on our resources and find the funds to support it.

Current Challenges for 2013

- To develop a rolling three year strategic plan for FPS and the needs of the membership and source the funding to support it.
- To develop a sailor demand management plan to cope with the ever increasing pressure on our resources.
- To maximize the quality of the membership and sailing experience provided by FPS for every sailor.
- To encourage sailor and helper personal development with appropriate recognition systems

- To create a way to bridge the gap between the Thursday morning and afternoon sailing.
- To consolidate the Youth Sailing Program.

I would like to thank the Management Committee members for their time and commitment over the past year. I would also like to thank all of our helpers and sponsors who have enabled FPS to operate on and off site over the past year.

Farnham Lions Endeavour Trophy Presentation 2012

Following the main business of the FPS Forum, the Farnham Lions Endeavour Trophy was presented to Christine David by Geoff Jeal, Vice President of Farnham Lions.



Christine started sailing with FPS four years ago and has progressed from being a nervous “fair weather” novice cruiser to become a very competitive “all weathers” racer. A worthy recipient!

Farnham Sports Council Awards

October 15th was a great night for Frensham Pond Sailing Club and Frensham Pond Sailability as our nominees were awarded prizes at the Farnham Sports Council Awards. Our congratulations to all!

Nick Clibborn was presented with The Coach of The Year award for his lifelong commitment and enthusiasm for sailing and coaching sailors of all ages and abilities.



Lindsay Burns was second in the Disability Award. 2012 has been another successful year for Lindsay, winning the 2.3 class in the TT Series and UK & French National Championships.

Richard Smallwood came 3rd in the Service to Sport category. Richard came to FPS in 2002 as a helper with a wealth of sailing experience. Now the FPS Sailing Captain and Vice Chairman of the UK Access Class Association.



The Laying Up Supper

A sell out occasion once again, with all of us enjoying a superb two course meal courtesy of Carol and her hard working galley crew. Our guest speaker this year was Cathy Foster, an international sailing coach, former Olympic sailor (1984 470 class) & FPSC life member.



Cathy spoke about her experiences as a LOCOG gamesmaker and group leader at Weymouth & Portland for the Paralympic sailing events.

The occasion was also used to present Brian with a specially baked "MBE" cake. Carol looks on as Brian & Margaret cut the first of many slices enjoyed by all.



Lions Club of Fleet Incentive

Julian Behmber, Fleet Lions Vice President & FPS Helper

The Lions Club of Fleet has announced an incentive for children living in the Hart District area aged 8 or older, currently in education at local schools and with a long term disability or illness, to learn to sail with FPS. The Lions Club is offering to fund the initial cost of taster sessions to encourage youngsters to give it a try. Please contact Julian for further information:

jules@julianbehmber.plus.com

Fundraising News

Brian Grimwood, FPS Trustee responsible for fundraising

I am delighted to report that the year ended on a high note as far as funding was concerned. News of two

superb donations, each of which will fund an additional boat for the Sailability fleet, was received just as the season ended.

The first was from **The Wisley Foundation** in support of our Youth sailing programme. Members will recall that The Foundation gave FPS a £2,000 grant earlier this year to kick-start the Youth programme. Following a (testing!) end of season review of results this year with four of the Foundation Trustees, we were delighted to learn that the Trustees have awarded FPS a grant of £7,500 for 2013. This will fund a much needed additional 2.3S for the junior sailors and fund other operating costs and bursaries during the year. A very big thank you to The Wisley Foundation.

The second, announced at the Forum by FPS helper and Farnham Weyside Rotary member (and ex-President) Frank Golding, that **Farnham Weyside Rotary** would be donating £6,500 to fund a very welcome additional Access 303W.

FPS was one of the two principal beneficiaries from this year's Farnham Pilgrim Marathon, organised by Farnham Weyside Rotary. As many members will know, Farnham Weyside Rotary have been very good supporters of FPS since our launch in 2001. So, a very big thank you also to Rotary and of course to the stalwart band of Rotary members who help on a Thursday or Saturday morning (Frank G, Michael B and Michael M, Allan F)

Richard Smallwood is now in discussions with the boat supplier to have the two new boats appropriately liveried and named, at Frensham for the start of the 2013 sailing season.

A little footnote - very many thanks to those sailor and helper members who helped as marshals on the day of the Pilgrim Marathon. I said in my appeal for helpers that 'money doesn't grow on trees and that it has to be earned'. This is a very good example.

Competition News

Having ventured as far South as Ringwood, as far North as Notts County and as far East as Alton Water in Suffolk, the final Access TT events were held a bit closer to home, with Bristol our Western most visit followed by the season finale held near Oxford.

Baltic Wharf in Bristol on 15 September was a much nicer place than last year, dry & bright with a reasonable wind. Seven FPS crews took to the water (our thanks to Steve Evans & Gill Hannan for arranging the local charter boats). Twelve boats in total, racing in a confined area, with a ferry, tugboat

and a rogue motor cruiser to keep a weather eye on certainly grabbed our attention!

Lindsay took the 2.3 honours unopposed and confirmed the Southern Championship to add to the Northern and overall Championships. Paul P, in a very close fight with Tessa, eventually led Tessa and Margaret home in a FPS 1-2-3 in the 303 1P class. This being his 4th win, Paul claimed the Southern and overall TT Championships for the second year running. Peter & Peta scored 4 race wins in the 303 2P class, having been pushed all the way by Andy & Claire and the crews from Burghfield and Tideway.

The final event at Oxford on 26th September was held in very different conditions: very little wind, cold, some heavy showers, thunder, lightning & a double rainbow! Nine FPS crews took to the water but a late start and the lack of wind meant that we had only one slow but tense race in the morning. The wind filled in just enough to run two races after lunch. With Lindsay & Paul P already confirmed as 2.3 & 303 1P champions, the final race was crucial for Peter & Peta as they had to win it to beat Rutland rivals Chris Emmet & Bill Brand to the 303 2P title – no pressure there then!

So to the final TT results: Christine was an excellent 2nd in the 2.3, Paul P took his 5th win, heading Martin R, Tessa & Margaret in a 1-2-3-4 in the 303 1P and P&P did just enough to take the 303 2P title. The joint results were enough for Frensham to win the Ben Ainslie Team Trophy for a record 6th consecutive year, a tribute once again to Nick's effective coaching skills! The full TT results for the season are here:

http://www.accessclass.org.uk/imgs/153PDF_Access_TT_Results_2012.pdf



Paul, Lindsay & Peter with the Ben Ainslie Trophy

A very successful season thanks to the support of FPS. Our thanks to the tow car drivers, travelling helpers and all the helpers who load and unload the trailers and prepare the boats throughout the season. It is a lot of work in all weathers and is very much appreciated!

The Access Thursday afternoon race training has gone from strength to strength, with 8 to 10 helms racing on a regular basis. A total of 23 helms took part, with 13 different race winners over the season. Paul P was the overall winner once again, with Peter & Peta 2nd, Martin R 3rd, Margaret 4th and Christine 5th. Christine was awarded a prize for the most improved helm of the year, having finished an impressive 2nd in the UK Nationals and 3rd in the TT series in the 2.3 class in her first year of competition.

In the 2.4 Late Summer Series, FPS helms did well in the Handicap series with Tessa 1st, Paul P 3rd, Peter G 4th, Mark 6th and Tony 8th. In the Major League, Peter G was an excellent 2nd to Richard S. In other 2.4 news, Tony has now stood down as 2.4 Class Captain after many years in harness and has been replaced by Peter G. Our thanks to Tony for all his efforts over the years and commiserations to Peter!

CALENDAR OF EVENTS

JANUARY:

19TH - THE 9TH ANNUAL FPS SUPPER DANCE, CRONDALL

FEBRUARY:

17TH - FDSAD NEW YEAR LUNCH (MORE DETAILS SOON)

Pond Life



It's not often we can get this number of helpers to stay in one place for long but Carol and Sally's lunch after the fleet winterisation morning did the job nicely!

Tail Piece



Are you sure power gives way to sail???

Access 303W crossing the Channel? Mais oui - two French crews sailed to Dover, watch their video here:

<http://www.youtube.com/watch?v=0KSN5BREgCo>