



# Sailing Taster Day

for adults with a disability



Ever watched a boat sailing across the water and wished you could be out there in it too? Well now is your chance to “have a go”. **Hilary’s Dream Trust** and **Mariners of Bewl** have teamed up and will be holding a **Sailing Taster Day** for adults who are disabled.



**The Sailing Taster Day** will run from 10.00 until 16.00 on Saturday 22nd of June at the idyllic Bewl Water on the Kent/Sussex border. The Mariners of Bewl (MoB) have a wide range of boats to accommodate almost all needs; so whether you fancy a sail around the water as a passenger, want to learn how to control a boat yourself for the first time, or maybe you want to return to sailing following an accident or illness, then MoB have the expertise and equipment.



**Hilary Lister** (a patron of MoB) discovered how transformative taking up an activity like sailing it can be. Just two years after her first experience in a boat she became the first quadriplegic sailor to sail solo across the English Channel and went on to complete a solo circumnavigation of the UK and cross the Indian Ocean from Mumbai to Oman. She set up the **Hilary’s Dream Trust** to help more adults with a disability to get into sailing.

**You don’t need prior sailing knowledge or skills.** You don’t need any special clothing or equipment but you will need to dress for the weather and bring an extra layer and a waterproof jacket and non slip shoes (trainers are good).

**How much will it cost? Nothing!** We have arranged for free parking at Bewl Water for you and your family or carer. We will even give you a £10 voucher towards refreshments at the Waterfront Cafe at Bewl Water.

**So why not give it a go!** Come and join us, bring your family and **see how much fun sailing can be.**

**Contact** Kim Mason at [kimb4@hotmail.co.uk](mailto:kimb4@hotmail.co.uk) for more information and/or apply to take part.

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