



Community Action Project

Sailing Assistant

Community Action Partner

Littleton Phabsail

Aim: Littleton Phabsail is a sailing club assisting disabled and special needs people to go sailing in dinghies that don't capsize. The club also assists in raising funds which help pay for the running of the club.

Role: A volunteer may help in the rescue boat, can go for a sail with an experienced sailor, or can take people out for a sail when deemed experienced enough. It isn't necessary to be able to sail as there is plenty to do but if you want to have a go there is often an experienced sailor on hand. Buoyancy jackets, tea and coffee are provided.

Training: A new volunteer is supervised at all times and will work alongside an experienced volunteer.

Location: Littleton Sailing Club, Shepperton, (near Staines). 20min to Shepperton on 656 bus and 10/15min walk from bus stop to sailing club.

Times: Runs once a month. Volunteers arrive early to help set up the boats and/or stay an hour afterwards to help put equipment away.

CRB: A CRB check is required after a couple of visits.

Application: All volunteers must be registered as Community Action volunteers. To do so, visit <http://www.rhul.ac.uk/services/volunteering/register.html>

Royal Holloway
University of London

