

Sailing for Everyone — A Sailing Charity not a Sailing Club

Watch Report

AHOY Volunteer Liz Chow wins The Volunteer of the Year award, from Pro - Active London on 14th March 08

Pro-Active (funded by Sport England) has five sub-regional sport and physical activity partnerships in London, they mirror the East London Sub Regional Development Framework Area in representing and working directly with 10 Local Authority areas including; The City of London, Boroughs of Barking & Dagenham, Bexley, Greenwich, Hackney, Havering, Lewisham, Newham, Tower Hamlets and Redbridge. Liz was nominated for her continued efforts over the last 3 years at the centre and commitment in developing the Sailability section. She was short listed from many nominations from all over London to just 3 great organisations on the night! - Liz was presented her award by Boxer Duke McKenzie who was British Champion at two weights.

Liz has been a volunteer at the AHOY centre for over 3 years and in that time has developed her skills tremendously and is now a RYA Dinghy Instructor, Powerboat Instructor, Dry Rowing Instructor and Safety Boat Officer. She has encouraged participation from all members of the community, encouraging more people to participate in the sport of sailing, especially those who would not normally be able to take part in this sport due to their abilities. Whilst developing the 'Sailability' side of AHOY, to date Liz has worked with over 300 people with disabilities; both young and old. This has included people in wheelchairs and those with no limbs, as well as the visually impaired who have now been able to participate in sailing on the tidal Thames.



Prior to Liz coming on board (pardon the pun!!) The AHOY had minimal disabled 'beneficiaries' - by using her ideas and managing to outreach to the local community a Sailability team was created, their tasks are to meet once a month to improve, promote and develop 'Sailability'. Since joining AHOY - Liz not only has had a major role in initiating the 'Sailability' sessions, but has improved on her own personal development including Disability awareness - and going on to teach other volunteers how to work with people with disabilities both on and off the water. Every year, she arranges trips for 12 young disadvantaged youth volunteers to go to sailing away from the Centre to raise their aspirations. She is a true ambassador to the centre and to volunteering as a whole. **Well done to Liz Chow and thank you for your commitment to AHOY**



Press Gang

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Sailability

On Saturday 1st March 12 young people from Cyber Zone's youth group came to the AHOY for a sailability day for 'Fun Day' out on the river. Sailability is an RYA (Royal Yachting Association) term which encourages people with disabilities to take to the water and the AHOY is a recognised RYA Sailability Centre.

The aim of the day was to offer young people with disabilities the chance to achieve the self reliance that sailing can bring and feel the exhilaration of being on the water. There is a delusion amongst young disadvantaged and disabled people that they wouldn't be able to even get on a boat - let alone sail one, so the AHOY aims to give them this opportunity. Sailing is one of the very few sports in which able-bodied sailors and disabled sailors can participate on equal terms. It was clear, that they were thrilled to be given the opportunity to go sailing.



In total 12 people took part in the activities and they all achieved a RYA Sailability Silver Certificate of which they were very proud to receive. The young people were told about the aims and objectives of The AHOY Centre and were encouraged to sign up as volunteers and continue sailing in their own time. The day was funded by The Evelyn 'U' - Decide Community Fund which we are very grateful to them for their support.

WATCH



Lighthouse

VHF RADIO USAGE / COMMUNICATION

The AHOY centre is registered with OFCOM as a coastal radio base station. We have been given a specific channel which will be manned by all clubs and centres on the River Thames. Due to sharing of this channel correct usage and protocol is called for. Correct call signs should be used at all times to stop confusion between ourselves and our neighbouring clubs

Some people have been using the VHF like a mobile phone; the VHF radio is for standard communication and procedures. Our licence can be revoked through improper use and if we lose our licence we will not be able to operate as a Centre, therefore anyone who is found to be 'misusing' the VHF radio will not be able to use the radio in future at the AHOY. If you do not know the correct 'VHF protocol' **Do not use the radio.** Users of the AHOY base stations should hold a valid VHF licence and be over 16 years of age, with permission from the Chief Instructor.

The AHOY Newsletter Issue 16

Sponsored By



Tel. No 020 9395 7277
Web address www.fcdesign.co.uk

SPONSORS NEEDED

AHOY needs to get a sponsor for each issue of the Captains Log. The log comes out every six weeks and gets emailed to those that are on email and sent via the post to the others.

If you know any one that might be able to offer Sponsorship please contact Sarah at the Centre.

Future Plans & Ideas

Corporate / Funding Update

Our special thanks go to Chaucer who kindly donated £5,900 to purchase the new engine which was crucially needed to replace the 'dying' Mariner outboard on the Safety Boat Kate . With this now in operation it will mean that we can expand on activities and ensure safety boats are fully operational at all times. Part of this funding was put towards new hydraulic steering.



Chaucer provides the capital and expertise required to underwrite business at Lloyd's, the world's leading specialist insurance and re-insurance market. Their head office is in London and other offices in Whitstable, Denmark and Singapore - they are a long-established business, with roots tracing back to 1922. Since then they have grown to become one of the most successful insurance groups at Lloyd's. They trade as Chaucer Holdings PLC, under the symbol CHU, on the London Stock Exchange.

Volunteer Evening - Please be there!!

VOLUNTEER EVENING 23rd MAY 7pm

On 23rd May Ahoy is holding a volunteer evening – all are invited and also please bring family & friends. This will be great evening and a chance to meet other volunteers. The evening will commence at 7pm and during the evening you will find out about all the activities, courses and trips that AHOY is arranging and those that we are looking to put together in the future. Plus this is the ideal time to meet and talk to the Trustees & Committee Members at AHOY.

BBQ AND DRINKS

Great River Race—13th September 2008

This is the biggest annual event held on the Thames. In 2007, AHOY managed to raise over £7,500 in much needed funding for the centre. We will be entering again this year as it was a fantastic day out .

The AHOY Centre are desperately looking to raise more funds for the centre. AHOY are looking for 16 rowers that wish to participate this year - you must be at least over 13 years old and willing to raise a minimum of £200 (adults) £75 (youth). Last year one rower raised over £900!!

This event is a 22 mile row - DON'T WORRY! there is rowing practice scheduled as from May so you can be fit and ready for this day. Also we need two volunteer safety boat officers and assistants.

Please contact **Sarah** to put your name down. sarah@ahoy.org.uk or 020 8691 7606



What an ideal way to both get fit and raise money for AHOY!

Volunteer Profile

'We are here to help others'

Name: Norma Nyaulingo **Age:** 21 again

Job/Career: Energy & Environment Manager.

How long have you been involved with AHOY? 1 1/2 years

What do you do at AHOY? I help out with the youth group and I'm training to be rowing instructor, helping out wherever I can.

What do you enjoy most about AHOY? For me it's about giving something back, so I love working with the youths, its so rewarding.

What is your 'Message in a bottle?' The Ahoy is a great place to meet new people and learn new skills. "Come on down and see for yourself"



Name: Tamsin Gadd **Age:** 10

Job/Career: Student

How long have you been involved with AHOY? 2 years

What do you do at AHOY? Sailing and have fun. I have also done a rowing course, helped out at the sponsors day and do maintenance days.

What do you enjoy most about AHOY? I enjoy sailing with everyone, that I can learn from others and help less experienced sailors.

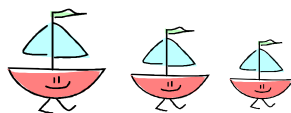
What is your 'Message in a bottle?'

Ahoy is a place where everyone can have fun and where you might accidentally take the plunge!





Youth Shipmates



The RYA Honda Championships

HELP US WIN A RIB FOR THE AHOY

Every year the RYA runs a National Championship in Rigid Inflatable Boats (RIB's) for juniors/youths with the winner be awarded a RIB for their Centre. There are two age groups for this competition which are 8-12 and 13-16. The competition is open to both boys and girls; each one goes into the competition to represent their club. The AHOY Centre will be holding training for those that are interested. There will be Centre heats—which will take the form of a time trial around a set of marks and the fastest time from each age groups will be taken through to the next stage.

The 2 youth volunteers who are chosen will be then asked to participate in an intensive training program, and will be put through to the Regional Finals. If you are interested in taking part then please sign up by ringing Tony and booking yourself in. Last year both Osman Yusuf and Martin Liles went to the regional final and both did very well and brought back a Silver and Bronze Award.

Under the search-light

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M	S	J	Z	F	L	K	T	O	U	A	I	W	Q	Q	F	G	R
O	I	D	A	R	F	H	V	A	Y	R	R	U	R	M	F	V	G
R	R	O	P	E	W	O	R	K	B	X	Y	V	Y	R	M	B	U
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H	C	H	H	O	K	Y	C	Z	M	X	V	P	T	N	Z	L	X
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R	V	J	F	P	W	S	S	J	V	O	L	U	N	T	E	E	R

Word Search: ROPEWORK, ROWING INSTRUCTOR, RYA VHF RADIO SEAMANSHIP SKILLS, SHIPMATE, SHOREMASTER, SIGN LANGUAGE, VOLUNTEER

Making Waves in Deptford

Volunteer Story

I heard about the AHOY Centre from my youth worker because I was getting so bored indoors; which meant I just went out and caused trouble in my area. I didn't like the idea of going to the AhoY; I thought I would prefer to be with my mates but that got me into trouble, when I came here for the day it was a whole different perspective, I got told that you would go speeding around the river Thames. The first day was maintenance and it was so boring - you had to tidy up, wash the boats down and sweep the yard, but at the end of the day you know you will be rewarded with something good and be able to use the equipment that we were looking after. When I had done my bit, I got to do a powerboat course which was amazing I got a lot of laughs and a lot of the fun was getting wet. The AhoY helped me and my behaviour as I started to clear up my life and started going back to school and not hanging around with my mates that would always get me into trouble. I've got a whole new life thanks to the AhoY - I'm down here for work experience and it's great at the AhoY you have lots of fun and you get to go out on the Thames. Since being here I have achieved a licence to use the VHF radio and had training for Powerboat levels 1 & 2; also, Sailing boats - I'm not that keen on sailing because I prefer speed rather than going slow and its much more harder work for sailing. If you come down you might think its boring at the beginning, don't give up it gets a lot better. When I first started I liked to help with the cooking for the youth group but you must know how to cook!!! I have done maintenance and help launch the powerboats and recover them its quite hard but you will soon get used to it. If you're lucky you get to help out in the office on the computers but don't get your hopes up high because it very rarely happens but its fun. Also you get to make new friends like I did, you might be a bit shy but you end up to having to work together and talking to people you don't know.....Youth Volunteer Aged 14



Shipmate Silver—Saturday 15th March

An Update From Last Months Log

Reminder: Last month we asked you to think about your timing for your sessions – please take note again, as some of you are still turning up late for your sessions.

Please ensure you turn up for your session on time!

The gates will be open 15 minutes before the session starts and will close 15 minutes after the session finishes.

If you are running late please call the Centre and inform the Duty Officer.

If you are over 15 minutes late you will have to remain on land doing maintenance or sent home if we do not have the staff to look after you ashore.

Thanks



Dates For Diary

01-Apr	Shore master Training	12:00	16:00	13-Apr	volunteer induction	11:00	13:00
	Rope work Class - Afloat	18:00	20:30		Disability Awareness course	10:30	16:00
	Ahoy Sailability Session	17:00	21:00	14-Apr	Shipmate Training	10:00	16:00
02-Apr	Youth Session & BBQ 1	17:00	21:00		PB L2 D1	09:30	17:00
	Rowing Training	18:00	20:30	15-Apr	Shore master Training	12:00	16:00
	volunteer induction	11:00	13:00		Shipmate Training (Bronze and silver)	10:00	16:00
03-Apr	no activities				Launching and Recovery	17:00	20:30
04-Apr	no activities				PB L2 D2	09:30	17:00
	Shipmate Training (Bronze)	10:00	13:00		Ahoy Sailability Session	17:00	21:00
05-Apr	Shipmate Training (Sliver)	14:00	17:00	16-Apr	Shipmate Training	10:00	16:00
	Ahoy Sailability Day	10:00	14:00		PB L2 D1	09:30	17:00
	RYA Day Sailing Course	10:00	17:00	17-Apr	Shipmate Training (Gold)	10:00	16:00
06-Apr	Comp Powerboat Days	10:00	17:00		PB L2 D2	09:30	17:00
	RYA Day Sailing Course	10:00	17:00	18-Apr	Shipmate Training (Gold)	10:00	16:00
07-Apr	PB L2 D1	09:30	17:00	19-Apr	Closed		
	maintenance Day	10:00	16:00	20-Apr	Closed		
	Shipmate Training	10:00	16:00	21-Apr	no activities		
08-Apr	Shore master Training	12:00	16:00	22-Apr	Shore master Training	17:00	20:00
	PB L2 D2	09:30	17:00		launching and Recovery	16:00	20:30
	Shipmate Training	10:00	16:00		Ahoy Open Sailing/CH Training	17:00	21:00
	Dry Rowing	18:00	20:30	23-Apr	Youth Session & BBQ 4	17:00	21:00
	Ahoy Open Sailing/CH Training	17:00	21:00	24-Apr	Staff Training Day - Sailing	10:00	16:30
	Shipmate Training (silver)	10:00	16:00		School rowing session 4	10:00	12:00
09-Apr	volunteer induction	11:00	13:00		School rowing session 4	13:00	15:30
10-Apr	PB Level 1 and 2	09:30	17:00		River Intro	10:00	17:00
	Shipmate Training (Gold)	10:00	16:00	25-Apr	AHOY ASBO Course	10:00	16:00
	Sailability Meeting	16:00	17:00	26-Apr	Shipmate Training (Bronze)	10:00	13:00
	Youth Committee Meeting	17:30	18:30		Shipmate Training (Silver)	14:00	17:00
	Steering Group Meeting	18:30	19:30		PB Level 1 and 2 (Day 1)	09:30	17:00
	Boat allocation maintenance	18:30	20:00	27-Apr	PB Level 1 and 2 (Day 2)	09:30	17:00
11-Apr	PB Level 1 and 2 - Youth Only (day 2)	09:30	17:00		maintenance Day A-I Surnames)	10:00	16:00
	Novice Sailing Stage 1/2 D5	10:00	17:00		volunteer induction	11:00	13:00
12-Apr	VHF Radio Course	09:30	17:00		Adult Jolly	11:00	18:00
	RYA Seamanship Skills Day	10:00	17:00		Rigid Flex training	10:00	14:00
	Shore master training	09:00	13:00	28-Apr	School Sailability Session 1	10:00	15:00
	PB Level 1 and 2 (day 1)	09:30	17:00		maintenance Day	10:00	16:00
13-Apr	PB Level 1 and 2 (day 2)	09:30	17:00	29-Apr	Ahoy Sailability Session	17:00	21:00
	RYA Seamanship Skills Day	10:00	17:00	30-Apr	Youth Session & BBQ 5	17:00	21:00

- Tuesday 1st April**
1st Sailability Evening
 - Wednesday 2nd April**
1st Youth Evening sail and BBQ
 - Monday 7th April**
Maintenance Day— Adults Only
 - Saturday 12th April**
VHF Radio Course
 - Sunday 13th April**
Disability Awareness Course
 - Tuesday 22nd April**
Shore Masters Training
 - Friday 23rd May**
Volunteer Social evening
- Contact the Centre for more details on any of the above.

Course	Date	Time	Places Taken	Places Left
Seamanship Skills	12th and 13th April	10:00 to 17:00	6	0
PB Level 1 and 2	7th and 8th April 12th and 13th April 26th and 27th April	09:30 to 17:00	3 0 1	0 3 2
RYA Assistant Instructor course	10th 11th and 17th May	09:00 to 17:00	6	0
RYA 1 st Aid Course	18th May	09:30 to 17:00	0	12
RYA VHF Radio	12th April	09:30 to 17:00	4	4
RYA Day Sailing	5th and 6th April	10:00 to 17:00	6	0



Contact details — Tel: 020 8691 7606 or Email: admin@ahoy.org.uk - web:www.ahoy.org.uk.
The AHOY Centre, Borthwick Street, Deptford, London SE8 3JY