

Day Opportunities News

Ipswich

Edition 7

Community sailing experience for Ipswich Day Opportunities customers

Our community engagement reached new heights and gusty winds for Ipswich Day Opportunities customers over the summer. A group of 12 sailors were supported by staff to attend a 9-week series of sailing activities facilitated by the East Anglian Sailing Trust, a Royal Yachting Association Training Centre of Excellence, based at Suffolk Yacht Harbour, Levington, Ipswich.

The regular Out and About Active programme was enhanced by this seasonal opportunity which led customers to step out of their comfort zone, face fears and experience a mindful, yet physically demanding activity. With multiple benefits including improvements to cardiovascular health, agility, physical fitness, strength and endurance, concentration, focus, understanding of self and others, coordination and spatial awareness, sailing is considered to be responsible for lowering stress and anxiety levels, adding a healthy dose of Vitamin D to one's diet and bringing a connection to nature, resulting in positive mental wellbeing.



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Customers developed confidence, self-belief, knowledge and skills associated with sailing and working as a team. Each of the minibus journeys to and from the Waterside Community Centre at Levington boomed expressions of enthusiasm, excitement and in trepidation as the customers communicated their thoughts and feelings to one another, building a sense of team spirit week on week. Some individuals had participated in sailing previously, whilst others were completely new to the activity.



With encouragement and instruction from the experienced and invaluable EAST volunteers, our customers took turns at the helm to steer the fleet of Paralympic Class Keelboats that set sail each week - Dorsal, Echo, Mandeville and Tantrum. They safely navigated their crew along the scenic and rather beautiful River Orwell towards Ipswich and in the opposite direction towards Felixstowe, recalling important information and safety procedures along the way. Our sailors learned the art of ropework, tying knots and how to cleat and uncleat the jib sheet, whilst others enjoyed the pleasure of sitting back, relaxing on the water and soaking up the atmosphere, sun rays, sights and sounds amongst friends and crew mates.



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Customers kept a log book of their sailing entries and weekly tasks, noting their crew mates' efforts, the direction of the wind and what the weather was like that particular day. Some reflected on their adventures and the skills they'd come to develop, recording their 'best bits' of their experience. Everyone successfully achieved an entry level certificate from the RYA (Royal Yachting Association). A percentage of the group, surpassing expectations, reached bronze level certificate in addition to entry, demonstrating an impressive level of ability and progression, awareness and experience in crewing and helming a boat under supervision. The Sailability course was undertaken by all participating sailors over the course of the summer, and was a new endeavour for Papworth Trust and a celebration of the East Anglian Sailing Trust's mission to make sailing accessible to all and to support aspiring Keelboat Skippers, Crew and RIB Helms.



EAST provides regular sailing sessions for disabled and disadvantaged adults and children throughout the summer. Bespoke group sailing sessions are also available. EAST currently provides two weekend cruises and a week long, live aboard sailing cruise where blind and partially sighted sailors from all over the country can enjoy gaining sailing experience alongside an enjoyable social programme.

EAST members and volunteers enjoy regular social events and our maintenance sessions throughout the winter give the chance for volunteers to learn new skills and help prepare the fleet for the following summer sailing season. Full assistance and a wide range of equipment is available together with other facilities at their waterside community centre.

For more information visit: <https://www.east-anglian-sailing-trust.org.uk/>



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When asked to share their experience, how it made them feel and what they'd learned and enjoyed most:

"I enjoyed doing the ropes on the boat and admiring the view of the River Orwell. I learned all the points of reference and the buoys names. I learned all the different parts of the boat. It made me feel relaxed. I just love being part of a crew." **Jess**

"I really liked it when I steered the boat. It was scary when the boat tipped. I remembered to move safely on the boat. It made me feel happy working as a team, and with different skippers." **Kayleigh**

"I enjoyed steering the boat and pulling the ropes as well. I learnt how to helm the boat, and all of the parts of the boat as well. It made me feel really good, and I felt like I learnt an awful lot as well. I would love to do it again next Summer." **Robert**



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Dream Catchers

Our talented group of customers created stunning dream catchers during their wellbeing group. Despite some initial challenges with the strings, the final results were impressive and beautifully crafted.

The session allowed customers to express their creativity and develop new skills, resulting in a collection of unique pieces that they can be proud of. These group sessions are all about working to improve health and wellbeing.



Ipswich Town Football Club

Cameron, Oli, Terry, Adam and George from Ipswich Day Opportunities have successfully completed an 8-week training session at Ipswich Town Football Club. The programme provided an excellent environment for honing their football skills.

We extend our sincere gratitude to the club for their support and commitment to developing local talent. This experience has undoubtedly inspired the customers, and we look forward to their continued engagement with the club.





Social Club

The latest social club evening featured a fun-filled bowling night at Superbowl UK. The atmosphere was lively, and everyone enjoyed the friendly competition.

Participants had a great time socialising and celebrating each other's successes on the bowling lanes. It was a fantastic way to enjoy a night of entertainment.



The Joy of Puppetry

Customers from Ipswich had a fantastic outing at Colchester Castle for the 'Thunderbirds and Co: The Joy of Puppetry' event. The engaging performances brought joy and laughter, creating lasting memories for all attendees.

The event highlighted the magic of puppetry, and our customers were thoroughly entertained throughout the experience. It was a wonderful opportunity to appreciate the art form in a historic setting.



Gardening Session

Our gardening session was a success, with customers actively participating in planting Allium bulbs and tending to the garden beds. As the seasons change, this session will be ending soon, but it will return next year.



Ipswich Waterfront

Wellbeing walks tend to feature frequently as part of our weekly activity programme for customers in Ipswich. A popular destination is the Waterfront, since it's a short distance from our centre and enables customers to enjoy a circular walk to and from the service well within our morning or afternoon session times. It's possible to appreciate the diverse sights and sounds of the busy town here and take in the historic views of multiple heritage sites and community hubs that we pass by such as St Peter's by the Waterfront, Dance East, University of Suffolk and Neptune Quay.

Delightful eateries and drinking establishments feature along the Waterfront too which make for an enjoyable refreshment stop to indulge and appreciate the quieter pace of life going on around us from the many impressive private sailing yachts to the huge and iconic Sailing Barge Victor. The picturesque surroundings and pleasant weather on this particular occasion made it an ideal setting for customers to exercise, socialise and refresh. Promoting positive wellbeing for themselves and each other. Peter, Robert and Stephen were three members of the group to relish a refreshing drink whilst developing their money skills and independence by accessing the community around them in a safe and supportive activity. Why not join us for a cuppa and a wander someday!





Art of Ipswich

Our Ipswich customers gained insight into the history of Ipswich, its community and the many talented artists and crafts people that have been integral to the design and development of the town. The diverse range of artwork and exhibits showcased in the 'Art of Ipswich' Exhibition captivated everyone. Held at The Hold, a heritage facility at the University of Suffolk, it marked the 150th Anniversary of Ipswich Art Society and was curated by Suffolk Archives.

This cultural visit featured as part of Ipswich Day Opportunities Out and About Places of Interest Programme which provided an excellent opportunity for customers to engage with local art and culture. Customers expressed their own creativity and love for their town by capturing personal artworks using the materials provided on site. These picture postcards were pinned and left on display for other visitors to appreciate. Customer feedback from the visit was positive and has led to further plans being made to explore future exhibits at The Hold and other art and heritage sites within the region...so watch this space for more cultural content!



Supporting disabled people to be seen for who they are.



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