



Making Waves with MACS

To All at The Worshipful Company of Shipwrights

Thanks to your brilliant funding, I was able to join 15 MACS members on a week-long sailing trip around the Devon coast (3rd – 9th August 2022).

We had a fabulous time and learnt so much and thought you might like a postcard and short report of our adventures.

Thank you and enjoy

MACS *The Monkey*



The Worshipful Company of Shipwrights

Responsive Donation Scheme

Ironmonger's Hall

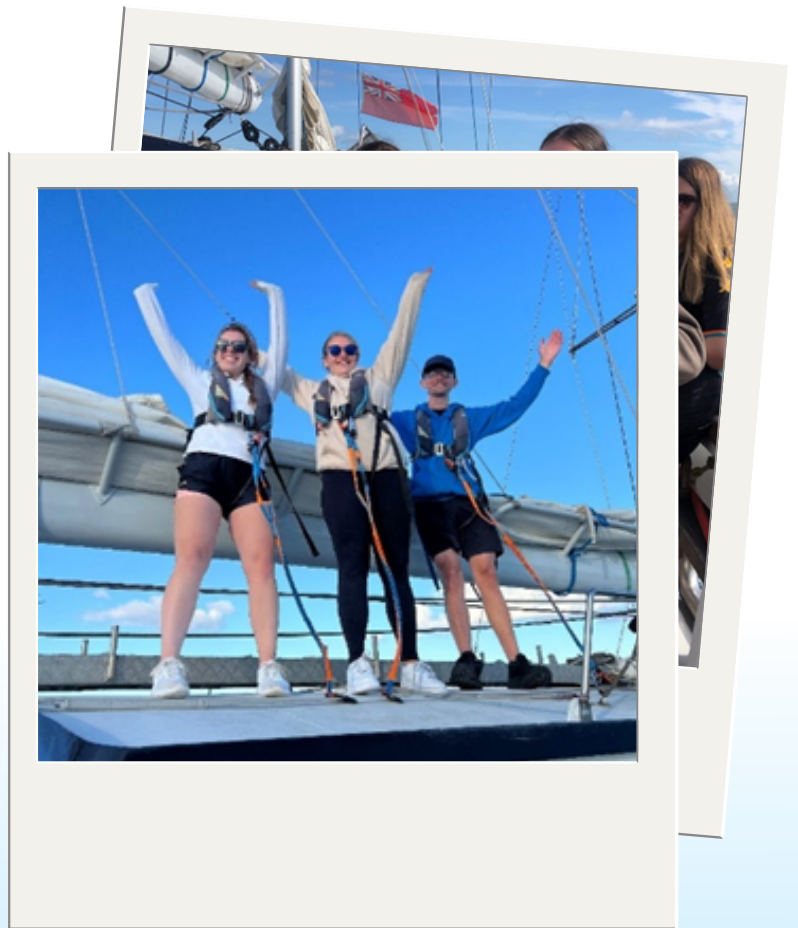
Shaftesbury Place

LONDON EC2Y 8AA

It was lovely to see the MACS crew back on board again. They had gathered from all over the country – Scotland and the north, midlands and south of England!

With new and previous sailors alike, we were delighted to have reached capacity on board the *Prolific* (managed by the Ocean Youth Trust). Our group of sailors consisted of ten MACS young people and five carers, two of whom are sibling carers.

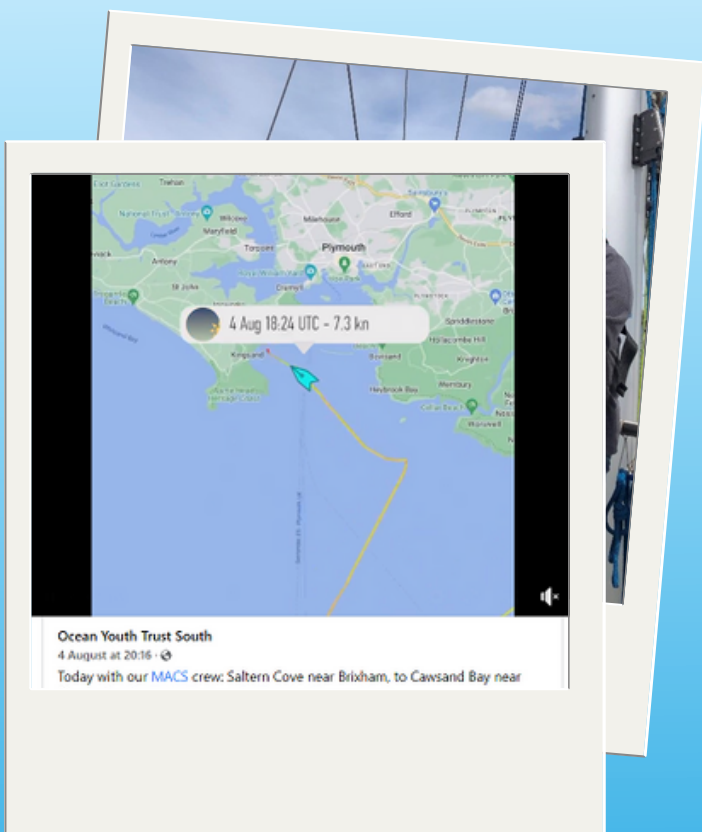
One of the great things about a voyage like this is giving these young people the opportunity to spend time together. Some have sailed with us on several occasions over the years so it's a great reunion as well as a chance for others to become part of the gang.



They anchored not far from Brixham on the first night and some people enjoyed gathering on deck and watching the moon.

Next day they had a long trip round to Cawsand, outside Plymouth – not much wind to start with, which made it easy to do winch drills and to practise in calm conditions, and then the wind filled in during the afternoon and they had a great sail which included getting the ORC up – our smaller headsail.

At the start of the voyage skipper Nic had asked everyone what they wanted out of the voyage, and several had said “dolphins!”. He promptly impressed people with his apparent ability to organise dolphins on demand ... it is unclear whether he can summon them or whether he just has an uncanny ability to know where they are and get the crew to sail towards them!



They had a film night on board and next morning there was time for a trip ashore and some paddling on the beach, and then they headed for Fowey. There they had shore leave and ice-cream, and there was a regatta going on so plenty happening around them as well as a games night on board.

Leaving Fowey, they anchored in beautiful Lantic Bay and enjoyed the sunshine and the beach before heading back to Cawsand. The final passage from Cawsand back to Brixham was eventful as they picked up a distress message from a vessel whose engine had stopped working and there wasn't enough wind to sail, so Prolific went and towed them to Brixham entrance.

The voyage ended in Brixham after 151 nautical miles. Many of the crew had been before and already earned their RYA certificates, but there were four new Start Yachting qualifications awarded. The full voyage track can be seen here: <https://www.facebook.com/oysouth/videos/3223601177908798/>

Outcomes

We use the outcomes wheel, developed by Children in Need and the Prince's Trust to measure how crew members feel about themselves at the start of the voyage and again at the end, giving themselves marks out of six in ten different areas.

From the fifteen sailors who agreed to take part in the evaluation this year, we saw a marked change from the start to the end results, with overall scores for all the young people moving up 53 points from the start to the end of the voyage. These were evaluated in the following categories:

1. Feeling confident (+13 points overall)
2. Working in a team (+17 points overall)
3. Learning new skills (+10 points overall)
4. Coping with new experiences (+13 points overall)



Many of the crew had taken part in the sailing trip before and had already earned Royal Yachting Association (RYA) certificates, but we were able to award four new Start Yachting qualifications.

We always like to stress that an RYA certificate is a proper recognised qualification which can be kept in their Record of Achievement. It shows that they mastered some basic sailing skills; but perhaps even more importantly, earning the certificate also provides evidence of transferrable skills.

To complete it, they had to be able to listen, concentrate, work in a team, practise things until they were able to get them right – even if they initially struggled, take part in routine tasks such as cooking and cleaning as well as the more exciting jobs, cope with living in an entirely unfamiliar situation, cope with being away from home, undertake tasks which some will have found really challenging, take responsibility when asked, follow safety instructions, and much more.

They should be proud of themselves for doing so well.

And finally, what our young sailors had to say.....

I am more confident at helping and talking to others

I don't think I have one most memorable part. We had lots of laughs; there's been so many memorable things and it's just been really nice to not feel different for once because of an eye condition and to be with other people who are similar, it's been really nice to get involved and meet people like that.

My favourite part was steering the boat; that's something I've never done before, and the fact I was doing it all by myself was pretty impressive, and I didn't manage to crash it!

I learnt how to ask for help when I need it instead of trying to do everything myself and struggling

I have loved my experience on board and I am thrilled that this trip has sparked a passion that I never knew I had. I would love to come back and am keen to potentially sign up as sea staff to make more great memories on this boat. ♥

Most memorable?
All of it really.....learning about sailing, but spending time with everyone here and getting to know everyone was really memorable and learning about people's disabilities and how they deal with things, that was definitely a memory that I'll carry with me.

Thank you for letting 15 young MACS people be themselves for 7 days.