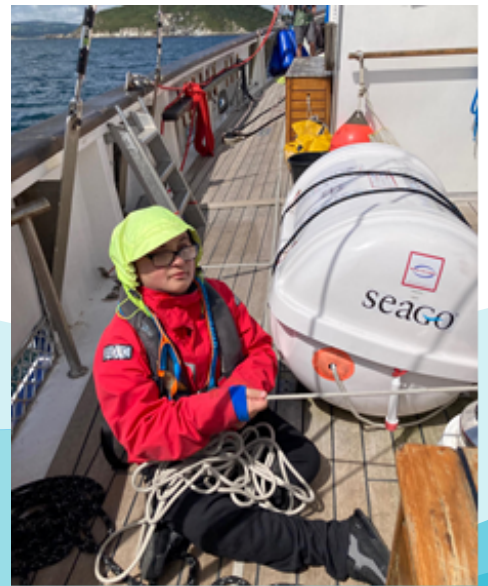


Making Waves with MACS



Thank you from the crew of 2023

To All at The Worshipful Company of Shipwrights

Thank you for your generous funding towards this year's sailing trip. I joined 10 MACS members, aged 17-24, on a confidence building sailing trip around the Devon coast (02 - 08 August 2023).

We had a fabulous time, learned new skills and made new friends. Here's our postcard and short report from our adventures.

Thank you and enjoy

MACS *The Monkey*



The Worshipful Company of Shipwrights

Ironmongers Hall

Shaftesbury Place

London

EC2Y 8AA



With the crew joining on a very windy Wednesday in Brixham, the first evening was spent on safety and domestic briefings, a dry alongside Man Overboard recovery drill and an abandon ship drill where everyone went to bed (dressed) and then had to get out of the boat to sit by the life-raft and then put on their full oilskins, lifejackets and hats.

The crew were not at all fazed by this and all were up and dressed ready to put a life-raft over the side within 5 minutes.

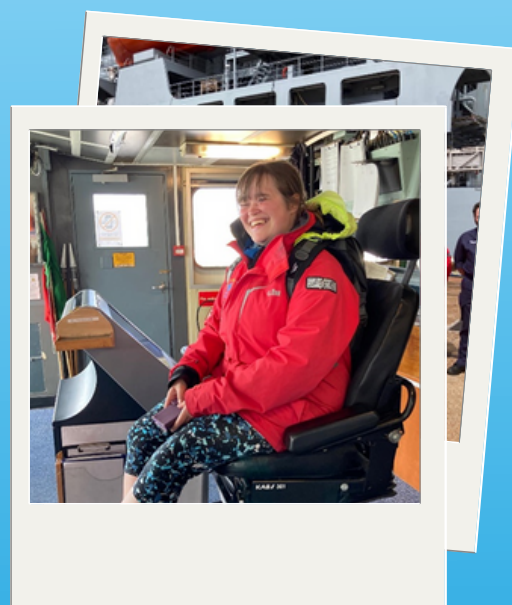
A good first day with some excellent teamwork from the sea staff and the MACs team.



The next day, they sailed to Cawsand (just outside Plymouth) with windy conditions which certainly challenged some of the group. The evening was spent anchored near four other sail training vessels: Olga, Johanna Lucretia, Pegasus and Rona II. It was great to meet up with old and new friends.

The following day, they had a terrific sail to Falmouth with a close reach in around 20 knots of wind - everyone had found their sea legs! They were given a berth in Pendennis marina, by the Falmouth Maritime Museum.

The team had been closely following the weather forecast and tracking Storm Antoni which predicted 50 knot winds on Saturday, so that was not a day for sailing. Instead we arranged a visit to the Royal Fleet Auxiliary ship Argus; a 100-bed hospital ship that is deployed to take casualties in the time of war or during a humanitarian crisis. She is 175m long and displaces more than 28,000 tonnes and can steam at 18 knots. We were shown around the ship and the MACS crew particularly enjoyed sitting in the Captain's chair on the bridge!



The crew also spent some time in Falmouth working on some theory, which was especially important for those who were working toward RYA sailing qualifications.



When the winds eased they sailed to Fowey in flat seas (the wind was blowing off the land which gave some shelter) and they even managed to get the mizzen staysail up! A few friendly dolphins helped them on their way.



The crew managed to hoist the mainsail and mizzen simultaneously as they sailed out of the river the next day, passing our friends on Rona II while giving them a Mexican wave! The lighter SW winds pushed them with the tide round to Anstey's Cove just north of Torbay where they spent a couple of hours preparing for a short night sail back to Brixham. Everyone played a full part in the voyage – hoisting sails, going out on the bowsprit, steering and more.....



The voyage ended after 167 nautical miles. The full voyage track can be seen here: <https://www.facebook.com/watch/?v=9790545477687168>

Outcomes & Impact

One MACS member (aged 18) earned their RYA Start Yachting Certificate and three MACS members (aged 18, 22 & 23) earned their Advanced RYA Compete Crew Certificate.

An RYA certificate is a 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.

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 nine 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 59 points from the start to the end of the voyage. These were evaluated in the following categories:

1. Feeling confident (+14 points overall)
2. Working in a team (+6 points overall)
3. Learning new skills (+5 points overall)
4. Coping with new experiences (+9 points overall)
5. Getting on with people (+4 points overall)
6. Dealing with setbacks (+7 points overall)
7. Compromise & negotiation (+4 points overall)
8. Learning from experience (+5 points overall)
9. Looking after myself (+5 points overall)
10. Communication (+0 points overall)

Congratulations and well done to our Crew of 2023, and thank you for making this possible.



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

Age	Comment
21	This voyage is always amazing and this one did not disappoint! I loved learning lots of new things about the boat. Thank you to the amazing sea staff and crew. See you all next year!
21	I had a lovely time. Thank you for having MACS again. See you next time LOL.
18	Thank you so much! Really enjoyed the trip and the new experiences I went through. I loved every minute!! bar the weather on the second day! See you all next year!
23	Thank you to all the staff for the opportunity to become a 3rd mate and learn new skills from everyone. I love learning about everyone's experiences and previous sailing adventures - a wonderful crew on an equally wonderful boat.
21	Another brilliant trip! Thank you all for everything and I'll see you again next year! :-)
18	
22	Another fun and awesome trip! Thank you all for having MACS sailing trip. I had the best sea staff and crew on the boat again. See you all next summer.
24	It was the most amazing trip. It feels like a big family, the staff have been top notch. Don't worry, I'll be back later for some more amazing adventures!
17	I had the best time! I was able to learn new things and gained lots of confidence, thank you for all your help, the sea staff were very helpful and helped me understand everything.
23	It was the most amazing trip. I feel I have learnt sooo much and progressed with my sailing hugely! I cannot wait to sail on <i>Prolific</i> as hopefully crew and eventually qualified sea staff too! Special thank you to Lauren and Andy for being so supportive of me furthering my sailing ability!

thank you

On the horizon.....

Plans for 2024 are already underway.

We've booked the *Prolific* again for 27 July - 02 August 2024, with space for 12 MACS members.

We'd be delighted to have you on board again, should you want to continue funding this worthwhile initiative. Please do get in touch with Emily, our Trusts and Foundations Fundraiser if this is of interest to you emily@macs.org.uk