



Cirdan
Sailing Trust



Tees, Esk and Wear Valleys
NHS Foundation Trust



Voyage 2 Recovery

GUIDE



The Voyage to Recovery is an opportunity for people to have an amazing adventure and challenge themselves. In association with the Cirdan Sailing Trust we'll undertake a 5 day Voyage onboard Faramir. This is a 22 metre training boat. The Cirdan trust have professional sailors that take groups out to sea where you will be crewing the boat and living aboard. The trust has undertaken other trips with Cirdan and all that have sailed have described it as "unbelievable" and a "Truely life changing experience."

If you would like to take part in this once in a lifetime challenge please contact;

[Jodi McQueneey on 01642 368551](tel:01642368551)

Please watch the voyage video via QR code



Typical week on Faramir

Day One

- Travel to vessel provided
- Joining the vessel
- Bonding activities
- Familiarisation of the vessel
- Allocate bunks
- Watch schedule groups
- Safety briefs
- Issuing wet weather gear



Day one to Five

- Departing the marina
- Hoisting sails
- Anchor watch
- Night watch
- Steering the boat
- Navigating
- entering port
- Cooking in the galley
- Keeping the boat ship shape



Other possible activities

- Beach day
- Sea swimming
- Local walks
- BBQ day
- Painting on the boat
- Wildlife watching (binoculars provided)
- In door board games / activities
- Trips ashore

Last day

- Pack up personal kit
- Clean the boat
- Scrub the decks
- fairwells and certifications

Where we going 2026 voyage?

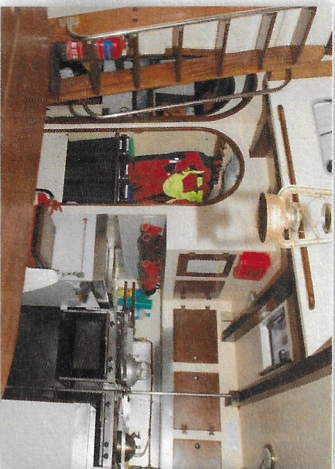
Oban to Peterhead via Caledonian canal

This years voyage will start in Oban, which is nestled on the west coast and surrounded by miles of dramatic shores and beautiful countryside. Once the Voyage commences we will make our way through the famous Caledonian Canal. The start of the canal is Fort Willaim which over looks Ben Nevis, as we cruise through we climb Neptune's stair staircase and sail across Loch Lochy , loch Oich and Loch Ness. Once we've reach Inverness after spending 3-4 days in the Canal, we then set sail out to sea toward Peterhead.



Life onboard Faramir

GALLEY



SALOON



CHART HOUSE



HEADS



COCKPIT



DECK



Galley

This is a kitchen on a boat. In your watch you will cook meals for up to 18 crew members. (easy meals)

Saloon

This is the area where we discuss plans and enjoy or meals together.

Chart house

We will be navigating the vessel from this area with electronic charts and paper charts.

Heads

This is the toilets on the vessel and have a manual operation

Cabins

You may be sharing your living area with 3 other crew members. Your bunk has a lee cloth for your privacy and a locker near your bunk.

Showers

There are no showers on the boat but there is some in the marina we stop at. Be prepared not to shower for a few days.

Engine Bay

This is where the 130hp Perkins engine sits. There may be opportunities to learn more about this if that is an interest

Cockpit

This is where we steer the boat from and adjacent to our sails. But most importantly a chilled area to talk about life.

Deck

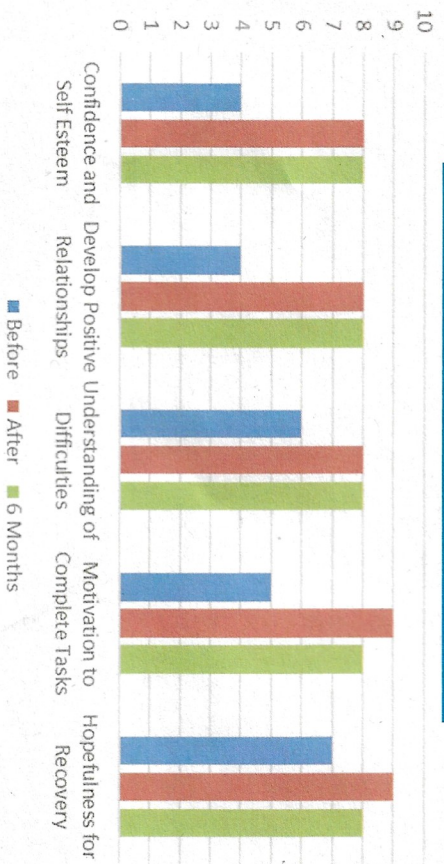
This area you can walk around and sit and enjoy the views but at times where we hoist the sails.

Walk through video
of below deck.

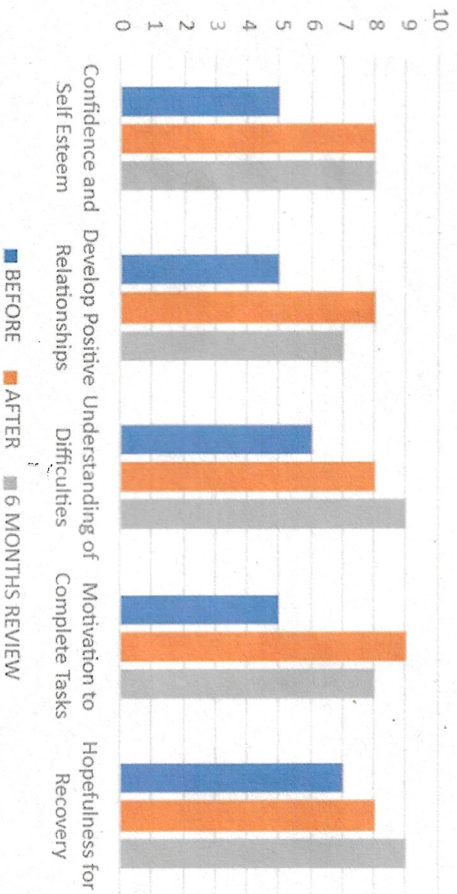


Feedback from previous voyages

Voyage to Recovery outcomes



Voyage to Recovery outcomes



What to bring ?

Essential

- (preferably waterproof)
- Sleeping bag and pillow
- Sleeping gear - pyjamas etc...
- Underwear
- Socks
- Washing items
- Flannel/ Baby wipes
- Large towel
- Warm jacket
- Shirts, T shirts
- Trousers x2/3
- Jerseys / sweat shirt (warm) x2/3
- Two pairs shoes/ trainers or boots
- Modest amount of pocket money
- Warm hat and gloves
- Bin liners (to keep gear dry)
- Sun tan lotion
- Anti-sickness tablets
- Anti sickness wrist bands
- Medication if needed
- Soft bag not hard case.

Desirable

- Bed sheet single
- Flip flops
- Pencil and paper
- Cards or
- Small board games
- Books
- Swimwear
- Camera
- Musical instruments
- Wellington boots



To be left at home (These things should not be brought)

- Hair dryers / straighteners
- Alcohol
- Any illegal substance
- Anything that could be considered a lethal weapon
- Jewellery and other non-essential valuables
- Chewing gum
- Aerosol sprays

Concerns / common Questions:

Q. Do I need to have any sailing experience?

A. You don't need any that's our job to teach you!

Q. Do I need any special equipment?

No, but the Boat provides waterproofs.

Q. How fit do I need to be?

Faramir is open to all the crew will adapt to your needs

Q. Will I be sick?

There is a chance you may feel sick but there are techniques to avoid this and help. If seasickness affects you it will fade away within the first 24hr

POEM

I have lived in darkness
And filled my lungs with sun,
Held myself together

With gilded edges and glue guns.

I have walked in the rain

Until my feet have turned to leather,

And filled my soul with stories of Valhalla

That say:

I think we have all bled in battles,
Studied pain like it's our birthright,

Choked on words that stick like darts.

But now I have learned of winds that rip sails,

And rode waves whose depths remind us that:

The strongest Vikings will stitch themselves together

With salt air and rusted nails;

Find their way with Thor at the bow,

A skipper at the wheel,

And know that there is always a home

On a boat they call the Faramir.

Poem written by a Trainee



RYA Qualification Available



The course introduces absolute beginners to the delights of sailing aboard a cruising yacht. Making it ideal for passengers wishing to become active crew members. The course can be taken either over 5 consecutive days, or over a number of weekends.

The RYA Competent course is very much about learning by experience. During the course you'll live aboard a yacht and will be taught about safety at sea as well as learning to master essential crewing skills. This will include, steering, changing sails, reefing, and tying essential knots. It's very much a hands-on course and the perfect opportunity to experience the freedom of yacht sailing.



A Voyage Of Discovery

The Cirdan Sailing Trust is a UK-based charity that provides life-changing sailing experiences on large traditional vessels for disadvantaged people, young and old. The aim is to help people build self-development, confidence, and life skills through adventure at sea. Working alongside youth leaders, psychologists and team leaders we support individuals facing social, physical, or mental challenges.

Adventure therapy

Adventure therapy is a type of experiential therapy that uses challenging outdoor activities and natural settings. The goal is to help participants develop resilience and coping skills that can be transferred to everyday life.

It fits well with the CHINE principles

(**C**onnectedness, **H**ope, **I**dentify, **M**eaning, and **E**mpowerment)

About the professional Crew

Skipper / Captain:

A skipper is the person in command of a vessel and overall operation. They are responsible for its navigation, safety and managing the crew.

First Mate:

The second-in-command on a ship, reporting directly to the Captain, responsible for overseeing the deck crew.

Bosun:

Responsible for overseeing the deck: maintaining the vessel and managing deck operations.

Boaty McBoaty Quiz

- Q1. If I was to turn to port which way would that be?
- Q2. Don't get it twisted: What K-word measurement of boat speed is a measure of one nautical mile per hour?
- Q.3 What term describes the basement-like part of a boat's hull?
- Q.4 What do sailors use to help navigate the vessel and keeps the boat on the right heading?
- Q.5 What do you do with a drunken sailor?
- Q.6 What year was Faramir Built?
- Q.7 What's the big white flappy things called on a boat?
- Q.8 What north east musician would help prevent damage on a boat?

- A8. V V Sam FENDER
- A7. Sails
- A6. 161 rusty razor.
- A5. Shave his belly with a
- A4. Compass
- A3. Bilge
- A2. knot
- A1. Left

