



Neuro Café:
Adaptative and accessible water sports
12th July 2023

Adaptive water sports

- Adaptive water sports programs provide accessible water sports and recreational opportunities for individuals with disabilities.
- Specially designed equipment makes water sports more accessible for all and gives independence
- Participation in water sports builds confidence and self-esteem, while it challenges the whole person.





Benefits of water sports

- Being out in nature
 - Mindfulness
 - Fresh air
 - Vitamin D boost –
- Learning new skills
- Physical benefits of exercising
 - Endorphins
 - Strengthening
 - Enhanced CV fitness
 - Weight loss
 - Improved posture
- Improved mental well being
 - Reduction in anxiety
 - Improving attention
 - Calming nature of water
 - Green prescription
 - Play& fun !
- Socialisation
 - Teamwork
 - Friends / connections



Sailability

<https://www.sailability.org>

- RYA Sailability was set up by the [Royal Yachting Association \(RYA\)](#) to give adults and children with any form of disability the opportunity to take up the sport and learn the skill of sailing.
- “Boating at your pace, adapted for you”
- Sailability organisations are “not for profit”, volunteer-based, and through the activity of Sailing enriches the lives of people of all abilities – the elderly, the financially and socially disadvantaged as well as people with physical and cognitive challenges.

RYA SAILABILITY

MEET SALLY

RYA
Sailability

#MORETHANSAILING

RYA SAILABILITY MEET HANNAH

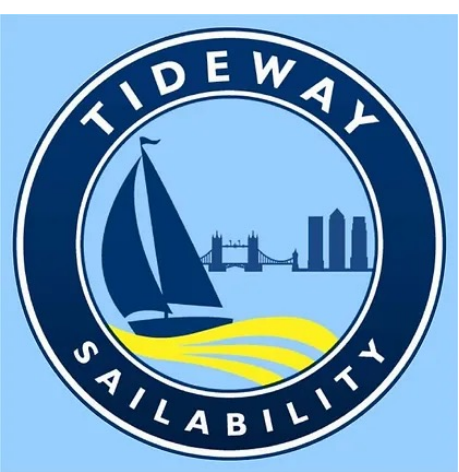


#MORETHANSAILING



Locations of Sailability

- With over 200 Sailability locations across the UK and beyond, there is a venue for you to get afloat.
- Finding the best fit for your values, needs and budget is key to your enjoyment., the RYA has a search tool on their website <https://www.rya.org.uk/wheres-my-nearest#Find%20a%20Sailability%20venue%20by%20name>
- Sailors enjoy the outdoors, feel freedom on the water, are active, learn new skills and build confidence.
- It is #MoreThanSailing, and can open up a world of possibilities.



Tideway Sailability

Surrey Docks Watersports Centre
Greenland Dock
Rope Street
London
SE16 7SX

info@tidewaysailability.org.uk

020 7237 9001

(during sailing hours - Wednesday/Sunday
10am - 4pm)



Whitefriars Sailing Club
Whitefriars Lane
Ashton Keynes,
SWINDON
SN6 6FW



The Marina
3 Quayside
Carrickfergus
Co Antrim
BT38 8BJ
Northern Ireland
Email

: belfastloughsailabilityni@gmail.com

Charity No. 101461



Tel: 020 8691 7502

Email: info@ahoy.org.uk

Address: The AHOY
Centre, Borthwick Street,
Deptford, London, SE8
3JY



One to watch

- **Our Lives**
- Series 7: The Girl Who Sails with Her Breath | player
- <https://www.bbc.co.uk/programmes/p0fsykpx>
-
- <https://www.bbc.co.uk/iplayer/episode/m001mxg7/our-lives-series-7-the-girl-who-sails-with-her-breath>



- Surfability UK is a Community Interest Company that provides surfing lessons and experiences for people with additional needs due to disability, illness, injury or learning difficulties.
- Surfability run surfing lessons at the beautiful Caswell Bay on the Gower all year round
- Surfability UK, focus on having fun. They adapt to the needs of their surfers so they can take to the waves, achieve their surfing goals and, most importantly, have fun while doing so:
 - *“The best surfer out there is the one having the most fun.”*
 - **Duke Kahanamoku**

4 different styles of surfing



Single board surfing



Tandem board surfing



Seated tandem board surfing



Prone surfing





Paddle sports – kayaking & canoeing

- Adaptive kayaking & canoeing is a fantastic way to get out of your comfort zone, get some exercise and explore nature in an exciting new way.
- There are a variety of boats available to meet your needs



Paddle ability

- British Canoeing use the term Paddle-Ability to refer to all activity for disabled people be it specialist activity or as part of mainstream opportunities.
- The term Paddle-Ability focuses on a person's ability to take part in paddlesport rather than their disability.
- Paddle-Ability sessions enable disabled people to take part in activity with other disabled people as part of a club or groups specifically for disabled people or, more frequently, alongside their non-disabled friends and family.
- Search tool: <https://gopaddling.info/find-local-paddle-ability/>

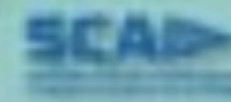
ANGLE OAR

hello freedom






INCLUSIVE CANOEING



Adaptive water skiing & wakeboarding

- *“It is not an exaggeration to say that waterskiing & wakeboarding can be absolutely life-changing for many people with disabilities. It gives an incredible sense of freedom, boosts confidence and challenges expectations. Speaking from personal experience, adaptive waterskiing completely transformed my life following a spinal cord injury. That adrenaline rush was exactly what I’d been missing! The Access Adventures crew loves introducing people with disabilities to waterskiing and wakeboarding, it’s incredible to witness the huge smile the first time an individual gets behind a boat, doing something they never thought was possible!” – Jane Sowerby*



A woman with long, wavy blonde hair is shown from the chest up, looking slightly to the right of the camera. She is wearing a dark-colored top with a floral pattern. The background consists of a window with white frames, through which some greenery and a building are visible. The lighting is soft and natural, coming from the window.

on my own really, so it's that sense of freedom for me



Adaptative windsurfing

- Many Sailability centres in the UK also have adapted windsurfing instructors
- RYA Windsurfing Scheme.



Adapted paddle boarding

- SUP to a SIP: Seated Inclusive Paddling is developing
- Will Behenna, SCI, modified his paddleboard to enable him to get on the water safely and independently – British canoeing.
- USA – wheelchairs going onto paddle boards



**paddleboarding |
A sport for all**



Scuba Diving

- Having a disability does not necessarily mean you can't go Scuba diving.
- It can improve:
 - breathing
 - self-esteem,
 - Give increased independence in water that do not have on land
 - muscle tone
 - Strength
- The **Scuba Trust** (<https://scubatrust.org>) help those with disabilities, their family and friends experience the joy and freedom of scuba diving.





