Our latest grant awards: 35 projects, 9 countries and 8,387 lives changed

Research into the benefits of sailing revealed!

Heather’s Clipper Race adventure

Get fundraising! How you can help

Instructor Training Grants for 200 volunteers up for grabs
Meet the Team

Richard Percy  Tim Anderton  Lindsay Frost  Amy Harvey  Saskia Clark

Our golden girl Saskia returns from Rio to join the team in October.

Andrew Simpson Sailing Foundation – Trustees
Sir Ben Ainslie | Iain Percy OBE | Leah Simpson | Amanda Simpson
John Derbyshire OBE | David Tyler | Richard Butcher | Nick Harrison | Miles Bradbury
Welcome

The Andrew Simpson Sailing Foundation is now in its 3rd year of operation and, thanks to the amazing support the charity has received to date, so much has been achieved in Andrew’s name.

As a Foundation, we recognise that sailing, as a sport and a recreational activity, is not always accessible to all, owing to lack of finance, a physical or learning disability, mental health or social barriers. A key objective is therefore to help break down those barriers by working with sailing providers to offer financial and practical support.

Since the first issue of ‘Sail on Bart’ was published in September 2015, we have funded more fantastic sailing projects that help continue to inspire and encourage young people across the world.

We have also started a research programme that aims to quantify the benefits that sailing brings to young people.

Throughout this edition we highlight our primary activities as well as introducing some of the young people we have worked with, whilst always remembering, and honouring, Andrew ‘Bart’ Simpson.

RICHARD PERCY, CEO
Greenbank School Rochdale
An initiative to engage young people and teachers from a deprived area. In year one the project aims to enable 12 students to achieve their RYA Stage 1 and 2, at the same time training their teachers to become Dinghy Instructors to reduce ongoing costs.

Youth Sailing Association Leicestershire & Rutland
Introducing young people with autism to sailing and providing them with multiple opportunities to remain in the sport and progress.

South West Youth Sailing Academy Devon
This grant provided 30 young people aged 7-13 the opportunity to access race training development in RS Teras and Toppers, specifically aimed at those who don’t have their own boats. The children were able to train together in their RS Tera and Topper dinghies under Head Coach, Tim Anderton from the Andrew Simpson Sailing Foundation, and a team of class-specific Race Coaches.

Sea Sanctuary Cornwall
A mental health sailing project providing a range of RYA Sailability achievement awards to young people with mental health issues such as depression and anxiety.
Case Study: Emily Proctor

The RYA ‘Start Sailing’ Course at Paignton Sailing Club was Emily’s first introduction to sailing. Aged 11 she had her first year sailing with the South West Youth Sailing Academy and borrowed an RS Tera (a one-person dinghy) from a local club. Now aged 13, Emily has well and truly caught the sailing bug!

Support & structure

Nat Gribbin, a Topper sailor, wanted to try sailing the Club’s double-handed RS Feva and asked Emily to sail with him in the RYA Zone Champs. They had lots of fun learning to sail the RS Feva together and entered the regatta completing all their races. Last winter, Emily again benefited from the SW Youth Academy in her Tera, now supported by the Andrew Simpson Sailing Foundation. She enjoyed excellent race coaching, building her confidence with every session.

The support from the SW Youth Academy provided structure and the opportunity to fill the gap from September to April, when local junior club sailing activities tailed off with limited opportunities for training and on water time. The SW Youth Academy also had top coaches who were inspirational and made the training fun. Emily says this really made a difference with her confidence and she looks forward to each training weekend.

Focus & determination

This year Emily started her competitions with the RS Feva Spring Championships followed by the RS Feva Nationals, a windy regatta at Weymouth, just missing out on Gold fleet but learning so much about stronger wind sailing. This event displayed Emily’s focus and determination and was a big step for her and Nat. Shortly after this they won a local junior event at Exmouth and this cemented their confidence and desire to continue training for the next season.

Emily has grown! Not only physically but in confidence too. The coaching structure and friendships in the South West Youth Academy have been the catalyst for Emily’s inspiration. This winter, she will use a Club Topper at the SW Youth Academy and look to qualify for one of the RS Feva squads at the Zone Championships and open training. It’s an exciting time and we look forward to seeing how Emily’s story unfolds over the next twelve months… and beyond!

Hungarian Yachting Association

A schools programme in Hungary focusing on introducing sailing to young people, helping to generate interest in sailing as a career.

Portsmouth Sailing Project

48 youngsters who have participated in the Portsmouth Sailing Project have been provided with the opportunity to continue sailing and take up a 6-week RYA Stage 1 course. The aim is to encourage them to carry on sailing.

Chicago Park Districts - USA

Engaging a large number of disadvantaged kids with regular sailing sessions. Using sailing to address social issues in Chicago. Targeting high crime areas and districts with a higher than average level of poverty.
This is an introductory article to keep you informed about the research the Foundation is undertaking into the benefits of dinghy sailing for young people.

WHY ARE WE CONDUCTING RESEARCH?
Most of us involved in sailing, and especially those who learnt to sail as children, believe that sailing helped in our personal development and has given us skills that have been useful throughout our lives, both personally and professionally. Yet, to date, there is little research-based evidence to support what many ‘know’ and believe; especially with regards to dinghy sailing. As part of our charitable objectives, the Foundation wishes to work with others to develop a body of academic-based research into the benefits of dinghy sailing. The aim is to make the results of the research available to the wider sailing community with the objective of helping to increase wider participation in the sport and optimising the benefits that the sport can deliver. The research will also form part of the response to the UK Government’s ‘Sporting Future - A New Strategy for an Active Nation’ (www.gov.uk/government/publications/sporting-future-a-new-strategy-for-an-active-nation) with its focus on five key outcomes:

- PHYSICAL WELLBEING
- MENTAL WELLBEING
- INDIVIDUAL DEVELOPMENT
- SOCIAL & COMMUNITY DEVELOPMENT
- ECONOMIC DEVELOPMENT

WHAT RESEARCH ARE WE CONDUCTING?
As a first step along this path, we have sponsored a pilot study that has been conducted by Dr Stewart Cotterill and Dr Hazel Brown from the Department of Sports and Exercise at the University of Winchester. Importantly, the pilot study started with a comprehensive review of the available literature. The overriding conclusion was twofold:

- IN GENERAL, THE IMPACT OF PHYSICAL ACTIVITY ON THE HEALTH AND WELLBEING OF YOUNG PEOPLE UNDER THE AGE OF 16, IS UNDER RESEARCHED.
- THE BENEFITS OF REGULAR DINGHY SAILING HAVE NOT, TO DATE, BEEN SYSTEMATICALLY RESEARCHED FOR ANY AGE GROUP.

As a result, it was decided that a qualitative study into the perceived benefits of regular dinghy sailing for young people aged 9 - 13 years was an important starting point. This would then provide a sound foundation for subsequently conducting longitudinal studies to confirm (or otherwise) and quantify the assumed benefits. The age range 9 - 13 years was chosen as it is generally considered a key stage in a child’s longer-term development.
What were the findings of the research?

The authors of the research plan to publish their findings in due course. However, the main perceived benefits identified in the study to date are shown below where they have been mapped, for illustrative purposes, under the five headings of the Government’s five key outcomes for sport.

PHYSICAL WELLBEING
MENTAL WELLBEING
INDIVIDUAL DEVELOPMENT
SOCIAL & COMMUNITY DEVELOPMENT
ECONOMIC DEVELOPMENT

PHYSICAL HEALTH
MENTAL HEALTH
SOCIAL INTERACTION SKILLS
INTERPERSONAL SKILLS
CONFIDENCE
EMPOWERMENT
COMPETENCE
PROBLEM SOLVING
DECISION MAKING
PLANNING
COMMUNICATION SKILLS
LEADERSHIP
SAILING SKILLS
SUPPORT TO THE SCHOOL CURRICULUM

OUR RESEARCH GOING FORWARD

Building on the work to date, we have agreed to sponsor research at the internationally renowned Children’s Health and Exercise Research Centre at the University of Exeter. The overarching aim of the research project is to provide evidence for the benefits identified in the pilot study and to see how these can be maximised. It is hoped this and other ongoing work will also guide us (and all in the international sailing community) in the development of even more effective training programmes.

HOW YOU CAN HELP

If you are able to support our research efforts either practically or financially we would like to hear from you. Please contact: research@andrewsimpsonsailing.org

We would also welcome any comments or suggestions relating to our research.
Volunteer Training Grants

Following the successful outcomes of the grants awarded to train volunteer instructors, the Andrew Simpson Sailing Foundation is offering instructor training grants for up to 200 volunteers during 2016 and 2017.

These grants will offer 200 fully subsidised RYA instructor courses and a variety of instructor endorsements. The courses will be delivered across the RYA regions in the UK and will be available to volunteers who dedicate their time to teach young people to sail at sailing clubs and not-for-profit organisations.

Case Study: Harrison Redwood
Age 17
Sailing for 7 years

How I got into sailing:
When I was in year 6 it was an option to do sailing as an after school activity. I thought it looked like good fun so I signed up and after a few months, joined the sailing club and began sailing on Saturdays.

What I enjoy about sailing:
I would say that I enjoy the freedom of sailing and the fact that the sport is just so much fun. I also just love being on the water and it’s great to mess around. I think what I enjoy the most about sailing is getting the spinnaker up in good wind and going fast.

Why I want to teach sailing:
I want to teach sailing because I think it’s great to pass on the skill to others and it also lets you meet great new people. It also gives me a new skill that will greatly help in the future for getting a job and travel opportunities.

How the grant has helped me:
The ASSF grant has helped me loads with my sailing. This grant meant that achieving my Dinghy Instructor qualification was easier for me and gave me a head start with my sailing career, which now gives me more time to advance my skills and get more experience. Without the grant I would have had to wait a lot longer to gain the qualification.

What I’d like to achieve next:
Next I would like to get my safety boat certificate and hopefully I would get my Senior Instructor certificate. I’m also aiming to get a few endorsements such as keelboat and multihull. The week I spent at the Andrew Simpson Sailing Centre has also increased my interest in racing, which I would also love to teach.

HOW TO APPLY
For more information or to request an application form please email: grants@andrewsimpsonsailing.org or call +44 (0) 1305 457077
Get Fundraising!

Set yourself a challenge. Fundraise for the Foundation and help make a difference to the lives of young people around the world.

HOW YOU CAN HELP:

From sponsored bike rides to cake bake sales, there’s a myriad of things you can do to help raise funds including:

- Climbing Mt Kilimanjaro like Kim Waters
- Sail in Bart’s Bash – the world’s largest sailing event
- Take part in a Tough Mudder
- Run with the ASSF team in the Great South Run

LEGACY

If you would like your legacy to be a powerful force for change, please consider supporting the Foundation in your Will. Your gift will allow us to ensure that any young person can enjoy the challenges and benefits of sailing.

HOST A CHARITY BOX

Our charity boxes are ideal for the club bar, or your company’s reception counter and all the money raised goes straight to the Foundation. Please contact tim@andrewsimpsonsailing.org for more details.

BOAT SALES

If you are looking to purchase a new Laser performance dinghy, why not support the Foundation’s work by purchasing directly from us, with all profits going towards great sailing causes.

PAST EVENTS

Kim Waters
Climbs Kilimanjaro
16th Jan 2015

Oliver Curties
completed the Kalma
Swedish Ironman
15th August 2015

Bart’s Bash
20th September 2015

Tough Mudder
South London
26th September 2015

Tough Mudder Henley
30th April 2016

Legends and Legacy Dinner
June 20th 2016

Rosie Thompson
Go Zero G
30th July 2016

UPCOMING EVENTS

Bart’s Bash
17-18th September

Great South Run
23rd October

Tough Mudder Henley
6th May 2017
Andrew Simpson Sailing Centre

The Foundation’s first dedicated sailing venue is the Andrew Simpson Sailing Centre (ASSC) at the UK National Sailing Academy in Weymouth & Portland, Dorset.

Opened in May 2014 by Sir Ben Ainslie, Iain Percy OBE and Andrew’s sons, Freddie and Hamish, it is a fully accredited RYA Training Centre located at one of the world’s great sailing venues.

Through this Sailing Centre, the Foundation gives young people (aged 5-24) the opportunity to access and enjoy the benefits of regular participation in sailing, regardless of their personal circumstances. The Foundation also works with a number of other charities to provide access to sailing. Most notably with the Chesil Trust and the Rod Shipley “sail for £5” programme, which has provided affordable sailing sessions to 3783 young people. So far in 2016, the ASSC has put 1200 young people through the “sail for £5” programme.

ONE OF THE CENTRE’S SUCCESS STORIES IS BILLY HOPE

Billy (aged 13) started sailing at the Andrew Simpson Sailing Centre (ASSC) in 2014 through the “sail for £5” scheme with Wyke Regis School. He then attended an after school sailing club and completed his RYA Stage 1 course which led into the Bart’s Clubs on Saturdays. Billy was hooked and has since achieved his Stage 2, 3 and 4. He attends Bart’s Race Club and completed his Seamanship skills certificate over the course of the summer. In July 2016, Billy was invited to represent the ASSC in the National Schools Sailing Association Youth Regatta in Great Yarmouth, Norfolk. This was Billy’s first National level regatta, where he competed against 25 other rookie sailors. Billy achieved 3rd place in his fleet overall; a huge accomplishment.

Q&A WITH BILLY

How did you start out in sailing?
With the ‘Sail for a Fiver’ with my school (Wyke Regis Juniors) in Year 6. After that I decided I would like to do my Stage 1, which was paid for as a birthday present.

What happened on your first sailing session that made you want to carry on?
I just liked sailing from the start really and I had a couple of friends who enjoyed sailing.

What is your favourite part of sailing?
Racing, getting to see my friends, trapezing.

Would you say you’ve made more friends through sailing? Yes definitely!!

Who are you inspired by? Ben Ainslie, Iain Percy and Andrew Simpson.

What is your biggest achievement in sailing to date? Coming 3rd in the Youth Regatta, rookie handicap fleet.

What did that feel like? It felt amazing at my first regatta to actually get an award for all my efforts and everything my parents put into it.

Where do you hope to go with your sailing?
I hope to achieve on an international stage. It will definitely be a lifelong hobby as it is so much fun.

What is your favourite boat to sail?
I have a few! I pretty much like all Catamarans. I also enjoy sailing Picos and Fevas.

What is your favourite moment or memory on the water?
Knowing that I’ve surpassed my expectations and come first in a race in the national regatta!
The ASSF team is supported by thousands of amazing volunteers without whom none of this would be possible.

Join the Foundation family, become a volunteer and help us make a difference. Whether it’s minutes or months, hours or days, the time you give really does matter.

Meet some of our amazing volunteers who dedicate their time to helping the Foundation improve the lives of young people across the world.

Mel Yeomans
Chair of the ASSF Committee, Australia

Growing up sailing on family and friends’ yachts in Sydney, Mel’s life has revolved around sailing. Competing in Manly Juniors and Flying 11s in her junior years, at the age of just 22 she purchased her first yacht Animus, an Adams 10m. Mel has worked in the sailing industry and been a part of DeckHardware, a marine wholesaler, for over a decade.

As the ASSF grows its profile and charitable role internationally, it is also establishing committees whose members look after the interests of the charity in that country. The ASSF has established a committee in Australia that is actively promoting the Foundation’s work. The committee is headed up by Mel and supported by a great team of dedicated volunteers and ambassadors who are all passionate about sailing and inspiring the next generation.

How you can help
The Foundation is looking for volunteers to help promote the work it is currently doing but also to help assist with some key areas such as communications and fundraising.

Bart’s Bash is a global event and its success is a testament to all the work of the thousands of volunteers that help make it happen. Volunteers are required to assist in a number of areas both in the lead up to and after event.

Trudy Davies
Bart’s Bash & ASSF Volunteer

Trudy has volunteered for many different causes over the years, although it wasn’t until London 2012 when she was based at Weymouth and Portland as a National Olympic Committee Assistant that she became involved in sailing.

In 2014, Trudy was initially asked to help out with the results for the inaugural Bart’s Bash but continued helping for many weeks after and is now an enthusiastic volunteer in the Bart’s Bash Team, helping in any way she can with the Foundation.

How to get involved
If you need more information, contact us by emailing volunteer@andrewsimpsonsailing.org or calling +44 (0) 1305 457077
Now in its 3rd year, Bart’s Bash is a global sailing event that encourages friends and families to get together for a day of sailing and to remember Andrew ‘Bart’ Simpson. Although primarily a participation event, Bart’s Bash is also a key fundraising event for the Andrew Simpson Sailing Foundation (ASSF). To date Bart’s Bash has raised £420,000 which has allowed the ASSF to carry on supporting worthy sailing causes around the world. In 2016, the Foundation will be raising funds for disabled and Paralympic sailing.

“Bart was extremely passionate about the power that sailing has and that it should be accessible for all. It is a travesty that the Paralympics is dropping sailing after Rio 2016 so we have placed Bart’s Bash on the last two days of the Paralympic Games in 2016. It really is a call for the worldwide sailing community to get together and help raise funds for disabled and Paralympic sailing in the future.”

IAIN PERCY, OBE
Q&A with Tim @ Bart’s Bash

WHAT IS BART’S BASH?
Bart’s Bash is a global sailing event taking place at hundreds of venues, with thousands of sailors racing in different types of boats. This incredible event works on the basis that sailing venues sign up to host their Bart’s Bash race in one colossal sailing event to remember Bart and support his legacy, have a great day on the water with family and friends and raise money for a great cause.

WHO CAN TAKE PART?
Bart’s Bash is open to all sailing clubs, yacht clubs, scout groups, sea cadets, training centres, community sailing programmes, windsurfing clubs, individuals and any venue globally that wants to and is able to host a race. All you need is a couple of interested people and you can get involved.

CAN CLUBS INCLUDE BART’S BASH IN CONJUNCTION WITH ANOTHER EVENT?
Yes, for example in 2016, the legendary Southport 24-hour race is using the second hour of the race as their Bart’s Bash. Each team gets entered into the event and will get a result overall.

WHAT HAPPENS TO THE FUNDS RAISED?
To date we have supported a number of projects with the funds raised, each focussing on retaining young people in the sport. With the regrettable decision being made to remove sailing from the Paralympics, we have pledged to use the funds raised through Bart’s Bash in 2016 to help promote and develop disabled sailing globally.

Case Study: Dean Abra
Dean Abra from Isle of Sheppey Sailing Club Kent, took part in Bart’s Bash in 2015 in his challenger trimaran, Mr Bump. A great race lead to Dean topping the RYA Sailability category.

“I was pretty upset when I heard of Bart’s death and was eager to get involved with the first Bart’s Bash in 2014. The weather was bad here in Sheerness and the sea state was too dangerous for those launching me (I’m in the boat before launch), so I had to make the decision not to compete which left me bitterly disappointed.

That made me more determined than ever to make the start in 2015 and the wind and sea conditions were perfect, so I raced and unusually for me got off to a cracking start.

I had absolutely no idea that I would be placed anywhere near the top and was checking the results frequently to see how I did against other Challengers from other clubs that I race against on the circuit. I couldn’t believe that I had beaten them, and then that I topped the Sailability results. I am very proud to finish where I did.

BART’S BASH IS A GREAT DAY, A NO PRESSURE RACE THAT’S GREAT FUN AND RAISES MONEY FOR A GREAT CAUSE, AND I’M PROUD TO BE INVOLVED.”
In April 2015 the Andrew Simpson Sailing Foundation announced that Heather Thomas from Otley, North Yorkshire and Charlie Stannard, from Tower Hamlets, London were the winners of a competition for a place on Leg 6 of the Clipper Round the World Yacht Race competition.

In March 2016 they set off from London Heathrow to start their sailing adventure in Qingdao. On arrival into Seattle nearly a month later, Heather decided that her adventure was far from over. She decided to continue on with the race to the end (a further 3 legs).

On July 26th the Clipper Race fleet arrived in London and Heather was back on dry land. Here is the story of her adventure.

HEATHER’S STORY

It’s been a trip that has lasted nearly five months, but will stay with me for a lifetime. I have sailed over 15000nm, to four different continents and seven countries, across two oceans and competed in six races. Yet it only feels like yesterday when I stepped on that plane (my first long haul flight) with Charlie; since then we have achieved so much and learnt even more.

For me, the best bit was crossing the finish line into Derry in third place, securing our team another podium finish and my first champagne moment of the race. It was very special. Other amazing moments include laser dolphins (at night the trails from the dolphins light up with phosphorescence), five hours in Costa Rica, surfing down massive waves in the North Pacific and countless other memories.

My most challenging moment was the knockdown we had in the North Pacific- it was certainly the most scared I have ever been. Hearing the news about Sarah Young was also difficult to deal with whilst at sea. We were devastated for IchorCoal and I tried to support the members of our team who knew her as best as I could.

In Seattle I decided to carry on and finish the race to London; I am so glad I did this. In those last two legs I learnt so much more and feel like I became a key member of the team. I went from being away from home for one month to being away for nearly five months and I’m not going to lie, that was very daunting, but the sailing was so rewarding.

I have learnt an awful lot; I’m a decent helm, I feel like I know what I’m doing on the bow, I can lead a pit and trim any sail. As far as the sailing is concerned I have improved no end. I have learnt the value of communication and teamwork. I have so much more confidence and have learnt a lot about myself as a person. I’ve even learnt how to cook!!!

Finishing the race feels weird. It does kind of feel like there’s something missing. I’m just waiting for someone to wake me up for watch. Going from living in a close environment with 20 other people to being on your own is strange. I think it’s going to take a lot of getting used to.

I am going to miss my new friends the most. I am very close to my team; we have been through a lot together and have been by each other’s sides through it all. They have been there for the laughs and the tears, the arguments and the deep meaningful conversations. I have met so many amazing people in port as well - the Clipper family is very close - I know I have made so many friends that will be there for ever.

I would like to thank everyone who has made this possible for me. The Andrew Simpson Sailing Foundation and Clipper Ventures in particular but also my family and friends who have supported and encouraged me through it all. This experience has really changed my life.

Life will never be the same again.
To all our supporters

We are extremely grateful to the different companies, trusts, organisations and individuals that have supported the Andrew Simpson Sailing Foundation to date and helped us inspire so many young people.

OUR PARTNERS

OUR SUPPORTERS INCLUDE:

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AND YOU!