

Clacton Foundation Sailing Residential





Sailing Residential October 2018

During October we had the pleasure of taking ten learners on Sailing Barge Reminder for a five day residential, With the Sea-Change Sailing Trust.

Our courses cater for learners with a multitude of learning difficulties, so consequently the group who took part in the sailing residential have a wide range of individual barriers to learning, in a social capacity, as well as academically. With this in mind, the sailing trip really is a great challenge for each individual.

Learners were quickly initiated into life on-board, as they were required to work in teams to sail the barge, under the watchful eye, and careful tuition of the barge's skipper and crew. The teams had to complete such tasks as steering, setting and stowing the sails, and a multitude of other different tasks, vital to the safe passage of the barge.

During the trip we sailed past Mersea Island, past the Colne estuary and Brightlingsea, before heading northwards, along the Essex coast. Sailing past Jaywick, Clacton-on-Sea, Frinton-on-Sea, Walton-on-the-Naze, we were lucky enough to be close enough to the shore to see the parents of some of the learners, who had made their way to the end of Walton Pier to see us sail by. We sailed past the Naze Tower, and round into Hamford Water. The group were treated to some up close and personal encounters with crabs, whilst down below the other team set about

preparing dinner, the Learners were expected to cook for themselves, in an effort to spend a few days in complete self-sufficiency.

The learners all had a chance to go ashore at, to explore remote, desolate beaches, and to steady their sea legs, and to get up close and personal with the seal colony that lives in Oakley Creek. This was an undoubted highlight for a group of young people who had never had the opportunity to get so close to seals before.

As the week progressed, both groups had the chance to show and develop the skills that they had learnt throughout the week, to work (sometimes) seamlessly as part of a team, in a challenging environment. At the end of both weeks the barge was moored alongside at Maldon allowing plenty of time for the learners to clean her, from top to bottom, in readiness for the following group to charter her.

With the individuals working as part of a team, they were able to develop vital social skills, and wider key skills, that will allow them to function more successfully both in college and in their personal lives. I think that the sailing residential experience offers a massive array of opportunities for the individuals who take part; the resulting developments in my learners are clearly evident, in both their social and academic lives.

Karl Delaine





Monday

David

I really enjoyed sailing the boat and watching us going by Clacton and Walton and I really Miss YouTube and my family P.S i've been stealing the chocolate fudge things when no one is looking so don't tell PE teacher.

Michael

I got at college at 8 o'clocks I felt like a zombie and it was too early. When we left Maldon I felt happier and the sun was shining. The beds are very comfy.

Courtney

I enjoyed the sailing to all of the different places around the area. The barge was a lot bigger than I thought it would be

Ellie

The things I enjoyed were seeing a different perspective of Clacton, Harwich, Walton and Mersea.

Kayleigh

We sailed to Oakley creek from Maldon and anchored there. We had a nice dinner.

Drew

I liked sailing the boat to Frinton on sea and calling my mum, she came see us from the bottom of Connaught Avenue, to wave to us, and it was lovely to see her.

Joe

Today we sailed from Maldon to Walton, it was really relaxing, and I love sailing. I like the ports lights when they lit up. When we sailed into Hanford water tonight, the lights looked amazing.

Chantelle

Today my highlight was steering the barge, and helping people with different jobs. We sailed along way today, from Maldon to Hanford Water. It was a lovely sail.

Taylor

In morning I arrived at college. Then I put my luggage on the mini bus. Then I set off to Maldon. When I got to Maldon, I got my luggage off the mini bus and took it to the boat reminder Harwich. So after that I chose my room then took my luggage to my room and had to make my bed. I got told what group I'm in . I went up deck and started the sailing activities and started to set off. Then I had lunch and more jobs after that a bit later i had dinner and then stayed for a while then bed .

Katie

On Monday we helped unload our college van and the shopping van for all the food we needed. We also choose our bedrooms and who we would be sleeping with. We also saw the seals.



Tuesday

David

I've really loved the morning meals there AMAZING and going on the beach except the long walk I've never ever walked so far I almost DIED but it was we've it I stroked a doggy

Michael

I really enjoyed the walk and the exercise because it was warm. It was fun go out the rigging for the first time in my life.

Courtney

I liked when walked to the beach and I had fun doing crabbing and making new friends.

Ellie

I enjoyed seeing the seals and going on the beach and finding sand glass. The weather was lovely today.

Drew

We walked from stone point to the Naze cliffs. I walked quickly, I love to walk. It was lovely and peaceful. When we got back to the barge I caught 3 crabs, and help to make lasagne.

Joe

Today has been really nice. I went for a long walk along a really empty beach. Then we went crabbing. I have really enjoyed just chilling and getting to know Chantelle more and Taylor

Kayleigh

We went on a long walk on the beach we did a treasure hunt, tonight we did some crabbing from the barge.

Chantelle

This morning we went to see the seals in the rowing boat, they were very cute. We went for a lovely walk, when we got back to the barge we went crabbing, I caught 3 crabs. Tonight I am helping to make Lasagne for dinner.

Taylor

This morning I got up and got dressed then we all went to shore and went for a walk, for about 2 hours and 4 mins omg. Then when I got back to the boat I done more jobs. So I then had lunch and an hour after i done more jobs and done crabbing then caught 44 crabs and had diner.

Katie

Today we have seen the seals and we had lots of other different jobs to do. We even did crabbing and fish out some

crabs and realised them back into their habitat. We also did treasure hunting to make up storys with what we had found on the beach.



Wednesday.

Taylor

This morning I woke up and got dressed. I had breakfast after that I went up deck and done some really impressive hard jobs which I always enjoy. I chilled for a bit and taking photographs, the amount I took I think is 330 or more. Then I had lunch then more photos. A few hours after I arrived at Brightling Sea, I had dinner

Michael

Before breakfast I went up the rigging at half past eight after that I had a fry up for breakfast. At half nine we start to leave stone point. At lunch I had about five.

Ellie

Wednesday: I got up early to make breakfast for everyone and set the table up after that I went up top deck and help pull the sails up. We sailed from stone point round to Brightling Sea.

Then at lunch I had two tuna sandwiches and then help around the boat.

Katie

Today we woke up for breakfast and travelled all the way to brighten sea and we also got to steer the boat to port and starboard and we also helped make the dinner for tonight. I enjoyed placing the matt's out for breakfast and dinner. I really can't wait to see what we are doing tomorrow. I've also taken my medication for every morning before 08:00 am in the morning without being reminded. I was also up when no-one else was up and then I waited until Karl got up and I took it and Karl made sure I did it properly.

Courtney

I enjoyed learning new skills and traveling on the boat and getting know Chantelle and Ellie and I enjoyed making

dinner. I pull some ropes to make the sails go and I also steered the wheel on the boat to control it to go port or starboard sides.

Drew

I enjoyed helping to wind the anchor up. I helped to make the lunch by grating lots of cheese. I also did some knots with Karl I did the bowline, reef knots and a figure of eight knot.

David

Today I'm feeling blue I miss my family thanks to Mr and Mrs I got to call my family I tried to stop crying but I think they can tell I missed them a lot Thursday I've been planning on eating the over deserts in the red tub somehow sir found I've been eating the chocolate fudge I better tired carefully I miss the chocolate fudge 😞

Kayleigh

We woke up in Hamford water we had Breakfast and set sail we sailed past Walton Frinton Clacton and Jaywick we stopped at Brightlingsea I did a lot of steering today which I really enjoyed.

Joe

We woke up near Harwich where I live after breakfast we wound up the anchor I enjoyed this we sailed past Walton pier, past Frinton and Clacton before stopping at Brightlingsea

Chantelle

We sailed to Harwich to Brightlingsea and I steered the boat. We sailed all day, I enjoyed the sailing it was fun. I learned how to tie some knots today, we learned the reef knot, the figure of eight knot, and the bowline.



Thursday.

Joe

Today we helped make breakfast it was windy today so went on the little boat and went ashore we walked to saint peter church which is the oldest church in the UK.

David

Today we've eaten breakfast and went to land wave had a very long walk to a lovely church. As we were going back we started to try finding ways in little ww2 watch bunkers all failed but I didn't, I found a way into one of them it was amazing I ran then sledded into the small entrance I looked around and no bodies crawled out and covered the entrance with long grass and moved on now I'm waiting for din d'ins

Ellie

Thursday: today we walked to a lovely church in Blackwell and saw an old world war 1 bunker and it was so cool inside and then we walked back to the beach where Richard picked us and took us back to the boat and we are now waiting for our roast dinner .

Courtney

I enjoyed walking along the beach and seeing the church and I enjoyed looking around the area and I am looking forward to my lovely roast dinner .

Kayleigh

Today we sailed from Brightlingsea to Bradwell. We had lunch then we took the little boat ashore and walked The oldest Church in great Britain I liked the Church it was interesting.

Katie

We all woke up this morning and went for a long walk round the beach and back to the boat and we also pulled up the anchor to get the boat going to where we needed to go. We have docked for the night in Bradwell and we will be soon making our way back to Maldon. We also went to visit a very old church.

Michael

The other group cooked breakfast it was very good. We set off from Brightlingsea, it was gusty and fun. We motored up to Bradwell we had lunch, then went ashore on the haunted island. We went to visit St Peter's chapel definitely very spooky.

Taylor

This morning I took photos of people on rigging and then in the afternoon I had lunch. I went out for another walk and went to some haunted church, which looks haunted. I went back to the boat after and done a bit of crabbing then had dinner.

Chantelle

We woke up in Brightlingsea, and drove to Bradwell, we didn't sail, because it was very windy. We went ashore to have a look at a very old church, called St Peter's church. It

was very old and smelled dusty. I climbed the rigging today, which was good. I also steered the boat today.

Drew

We go on the little bot to the beach and waken to the church we look in.

Friday,

Drew

We went back to Maldon today, to get the minibus back to the Clacton. We had to load the bus up with our bags. I helped to clean the barge before we got off, I scrubbed the decks with a brush. We made it nice and clean, so that the next people who got on had a nice time. I had a lovely time on the trip, I made a lot of new friends, and learnt lots of new skills. My highlight was playing games with my friends in the evenings.

Michael

We motored up the river Blackwater to Maldon, to get there at high tide. We had to clean the barge before lunch, we cleaned the galley, mopped the floors, cleaned the toilets, cleaned everything! We then got in the minibus, and drove back home to Clacton. I don't think that I could pick a

highlight, I enjoyed every part of the week, it was an amazing trip.

Taylor

We sailed back to Maldon, and put our stuff on the minibus. Then we had to clean the barge up for the next people. I still had my wellies on, so I helped to scrub the decks with Drew. The barge was really clean when we finished. After we cleaned we sat down and talked to Richard about what we had learned on the trip. We also got a certificate. I said that my highlight of the trip was climbing up the rigging, but I loved all of the trip. I would like to work on a barge.

Chantelle

I helped Paula with breakfast this morning, I laid the table. After breakfast we went back to drop the boat off at Maldon, so that we could get the mini bus. We also had to clean the boat from top to bottom. We had to clean it ready for the next people who were coming on board. My favourite bit about the trip was steering the boat, and climbing up the rigging. I also really liked seeing the seals, they were really cute. I'd love to go sailing again.

David

We had a delicious breakfast, before setting off back to Maldon to start our journey home. There were a lot of people waving to us as we sailed down the river to Maldon. It was a beautiful day, and there lots of lovely people to welcome us home. I had a lovely week, and have really enjoyed meeting new people, and meeting the wonderful crew, and the lovely Paula.

Ellie

On Friday we had to go home, I was sad to go home, but excited to see my cat. I have had a lovely week, and really enjoyed the trip, I think I have learned a lot of new skills, and have improved in confidence a lot. My highlights of the trip were seeing the seals, and the pudding question, where we got to talk about our day to the rest of the group. Thank you for helping us to go.

Courtney

We had a lovely cooked breakfast this morning. I helped Paula to cook it. Now we are sailing down the river, to get the minibus to go home. I am looking forward to seeing my family, but I have had a lovely time. I have never done anything like sailing before, I really loved it. I can't pick a favourite bit because I enjoyed it all so much.

Katie

We have to go home today, which makes me a bit sad, we have got to sail to Maldon, before cleaning the barge, and loading up the minibus. I have enjoyed the trip, especially spending time with my friends and steering the barge. I will miss Paula and the crew.

Kayleigh

I had a lovely time on the trip, I made lots of new friends and learned lots of new skills. I have improved my confidence. I am really proud of myself, I found the start of the week really difficult, but I managed to stay for the whole week.

Joe

We had to do a lot of cleaning on the last day, we had to clean everything, so that it was ready for the next group to get on board. I had a good time, and learned a lot of new skills. My favourite part of the trip was going out in the rowing boat, and seeing the seals.

