

# CVSS Sailing for people with disabilities

## OPEN DAYS 22 and 24 April 2023

10am until 3pm



#### VOLUNTEERS WANTED

CVSS is a local charity providing sailing and katakanuing for people with disabilities based at BURY LAKE, THE AQUADROME, RICKMANSWORTH, WD3 1NB

Sailing May to mid-October on Monday, Tuesday, Wednesday and Saturday.

VOLUNTEERS are needed, all ages. Sailing experience is not required.

Staffed entirely by volunteers who enjoy the social experience, the friendship, the pleasure of sailing but most importantly — the rewards of helping others.

#### **WE NEED YOUR HELP**

To help sailors into and out of boats, buddy sail, crew safety boats, maintain our equipment. All training is freely provided.

Come along to see what we do on

Saturday 22 and Monday 24 April 2023

for a day out on the lake in our SAILING BOATS, POWER BOAT AND KATAKANUS.

Fresh air, safety equipment, instruction, tea, coffee and biscuits provided.

### IT'S FUN - COME AND JOIN US

CONTACT: email: cvss@cvssailors.org.uk

phone: 07751 628750

