



MAD PRIDE Sailing Project

Background

Sailing has long been regarded as a very useful recuperative resource for those suffering from mental illnesses. In fact, it has often been used by support organisations involved with the Australian Military Forces to treat members who may be suffering from a range of illnesses, including post traumatic stress disorder (PTSD).

The aim is to provide consumers with access to a range of sailing programs from recreational to competitive. The programs would be provided in a respectful and safe environment using instructors who are themselves consumers running sailing classes made up of consumers alone.

The project

The program would be offered across five distinct activities. Three of the five would cater for entry level sailors;

(i) Dinghy sailing – learning

We hope to identify a sailing school in the eastern suburbs of Sydney that would be prepared to offer sailing tuition for consumers.

(ii) Dinghy sailing – racing

We hope to identify a sailing club in the eastern suburbs of Sydney that would be prepared to allow a sailing squadron to be created within its club for consumers. The aim would be for them to race against other clubs and yachts in the mainstream yacht racing pennants. (MAD PRIDE Sailing Squadron?).

(iii) Harbour/waterways - cruising

One of the consumers behind this project is about to purchase a 35' plus yacht, suitable for both cruising and racing. He has proposed that consumers who simply want to get out on the water would be able to come aboard for a recreational sail with him during the week/weekend or holidays.

(iv) Harbour/waterways/offshore – racing

The same person has offered the use of his yacht for consumers to become involved in yacht racing activities in and around Sydney Harbour.

(v) Sydney Hobart Yacht Race

It is planned that using the yacht owned by our consumer, a crew of the most outstanding consumer sailors can be trained to race in this event in 3-4 years time.

We are aware of a consumer who has skippered yachts in around 12 Sydney/Hobart races, who may be prepared to lead this crew.