

Introduction & Welcome

Mylor Sailing School is located in Mylor Yacht Harbour which is in the beautiful Fal Estuary on the south coast of Cornwall, near Falmouth. This is the third natural deepest estuary in the world. Mylor Sailing School provides activities for all levels of disabilities including sailing and powerboating. There are Royal Yachting Association Achievement Awards for sailing and powerboating for people with physical disabilities and also a scheme for people with learning difficulties.



The entire estuary area which is better known as the Carrick Roads is protected as an Area of Outstanding Natural Beauty, from the mouth which has St Anthony Lighthouse (aka Fraggie Rock) to one side and Pendennis Castle to the other, deep into the tree lined creeks to Truro. It is home to many wading birds, seals and otters, not to mention all the basking sharks and dolphins that come into the Roads to feed.



Contents

Item	Page No
General Information	3
Boat & Classroom Information including access to and from boats	3 & 4
Booking and Pre-Arrival information	4
Visiting Us – Train, Bus, Taxi, Water-Taxi, Car, Dropping Off	4 & 5
Arrival & Access, Public toilets and showers	5 & 6
Extra Equipment Available	7
Assistance Dogs	7
Staff Training	7
Future Plans	8
Facilities Available around Mylor Sailing School	8 & 9
Accessible Accommodation	9 & 10
Full Contact Details	11
Site Map – Mylor Yacht Harbour	12

General Information

The whole centre is accessible by electric and manual wheelchairs. Accessible facilities for toilets and showers available in the harbour close by and are well sign-posted. There is also baby changing facilities. Classrooms and huts are very easy to find all being in close proximity and staff will guide all participants to where they need to go. Classrooms all well signed with dark blue writing on a white background.

Boat & Classroom Information

There is a wheelchair friendly powerboat where the front section flaps down to allow ease of boarding for those with any kind of mobility problems.



Our sailing boats have some adaptations although there are none that have wheelchair access or for those who cannot sit unaided at present. See 'Future Plans' in this statement for news on this.



Our classrooms have a 1:12 ramp access (recommended) and the door is the standard 800mm width and can be accessed at an angle with plenty of room to turn into the doorway. Classrooms include projector, screen and hearing loop facility.

Ramps give access to a pontoon by a slipway and there are boats adapted for those with special access requirements as in the pictures above.

Lighting in all huts are fluorescent tubes.

Tables are wheelchair friendly in the classrooms for covering the theoretical aspects of the sailing or powerboating courses.

Booking & Pre-Arrival

You can book into our sessions by either calling 01326 377633 or emailing info@mylorsailingschool.co.uk or online via the 'BOOK HERE' section on the website – www.mylorsailingschool.co.uk There are specific sessions for people with a learning difficulty or physical disability, please check the Sailability section of the website for timings and prices etc.

All waterproof clothing and safety equipment is provided and help is available from our well trained staff and instructors.

Booking confirmations available in large print, please just ask if you would like this option.

Visiting us

For full details of our location you can check the 'contact us' on the website – www.mylorsailingschool.co.uk which contains grid references, Google maps information and Satellite Navigation information.

Train -

The nearest train station is Penryn. You will need to take a train to the main station in Truro and then change here for Penryn. You can then take a taxi to Mylor Yacht Harbour which is approximately 10 minutes.

Taxis -

Able Cars 01326 373007 or A 2 B 01326 378262. These taxi services have disabled facilities.

Bus -

The nearest bus from either Truro or Falmouth will take you to the top of the hill out of Mylor. It is then a ten minute journey down the hill. (For people with mobility issues, you will need to take a taxi from the top of the hill by calling one of the numbers above. For further information or advice on this then please do not hesitate to get in touch)

Water Taxi –

Falmouth Water Taxi can take you from either Falmouth or The Roseland. Please check their website for the timetable as it is constantly

changing: <http://www.falmouthwatertaxi.co.uk/fwt/index.asp>

They can also be reached on 07522 446659 for a private hire. Some disabled facilities depending on the boarding location but contact them direct for further information.

By Car & Parking Facilities -

Parking is free and easy with one of our parking passes which will be given to you on arrival.

There are no specific Blue Badge spaces on our quay but if you require a large space and also one close to the school then please just call ahead and this will be saved for you immediately in front of the premises. If you cannot find a parking place at peak times then please come to the school and we will direct you to a suitable place to park which will be right outside the main school.

Dropping off is easy and this can be done right outside the main school. There are no kerbs.

Arrival & Access, Public Toilets and Showers

The sailing school is based on a level quay with a smooth surface and great access straight to the sailing school.

The main sailing school consists of large huts and the doors are always open so no need for an intercom and no entry restrictions. Waterproofs and safety equipment is chosen for you by your instructor and ramped access into the classroom for is available if it is raining.

The yacht harbour itself is on a level hard tarmacked surface throughout.

If you require assistance from your vehicle then this is no problem and there are always staff around to assist with this. If you require special assistance then please notify us on booking.

Most of the sailing school and classroom access is level with a slight downhill part towards the slipway and pontoon for boarding the boats. There is no handrail on the pontoon but staff are available to accompany anyone.



Outside Main School Hut



Ramped classroom access 1:12

Seats are available and laid out in front of the sailing school for ease of putting on waterproofs and life jackets.

Payment for your course/session is easy by either paying online or straight to your instructor on arrival. There is no glass or other restricting elements with this part of the process.

Parents or Carers have a £5 fee.

There are great facilities for toilets and showers including disabled facilities within the harbour which is well sign-posted. Unfortunately there are no toilet facilities on our quay as this is a English Heritage Site and there is no superior plumbing! The harbour facilities are approximately 300m from the site. The door is the standard 800mm width and can be accessed straight on and



is not at an angle. There is a coded access to the door and this is given on request so please just ask any staff or contact us on 01326 377633 prior to your arrival if required.

Extra Equipment Available

Lightweight Manual Wheelchair - We have a large lightweight manual wheelchair which is available for use to go out on the water in case clients are unsure about taking expensive electric chairs.

Mobility Walker - There is a walker to assist those with some mobility issues to get from the school and down the ramp onto the boats.

Cushions and Comfort - Some bean-bag cushions available to add more comfort on the boats.

Seat Supports - Light support seats for those that can sit mainly unaided but may just need a small amount of support.

All this equipment is available free of charge so please just ask your instructor.

Assistance Dogs

Assistance Dogs are welcomed at Mylor Sailing School. Life jackets available for dogs. Water bowls are available



Staff Training

All staff teaching on Sailability sessions have had Disability Awareness training, Dementia Awareness training and all instructors are first aid qualified. All staff teaching on Sailability sessions have a lot of experience working with many types of physical disabilities and also learning disabilities. All instructors have been checked through the DBS/CRB scheme. If you have any specific questions then please do not hesitate to ask.

Future Plans

We are currently planning to add a new keelboat to the fleet in 2017 where we can hoist those people who cannot sit unaided into a support seat.



Hawk 20 Keelboat



With added Support Seats



Not actual hoist as not in situ as yet, but this is essentially what it will look like

Facilities Available around Mylor Sailing School

Mobility Scooters and Electric Wheelchairs – can be charged at Mylor Sailing School.

Café – There is a great café approximately 200m from the sailing school with ramped access and an outdoor and indoor seating areas. You can enjoy a great breakfast, stunning lunches or take away, with Tregothnan tea, Puro coffee and cakes from the sunny terrace or the spacious interior, whatever the weather. This is Café Mylor and pre-booking is not necessary but if you would like to contact

them for any information you can call them on 01326 377743 or email them on info@cafemylor.com . Go to their website - <http://www.cafemylor.com/> for menu choices. Disabled toilet inside. Family and dog friendly.

Bar & Restaurant – Castaways is a lovely bar and restaurant in the harbour and offers a perfect blend of Italian-style cuisine, quality seafood, locally sourced produce, draught beers, great wine and stunning views. It is advisable to book in peak times and you can either contact them on 01326 377710 or email info@castawayswinebar.co.uk. You can also book online and see their menu here <http://www.castawaysmylor.com/> . Wheelchair users will need to use the far side entrance as there is a step and heavy door at the front entrance. Assistance is always available from their helpful staff. Disabled toilet inside. Family and dog friendly.

Nearest Small Grocery Shop - Mylor Bridge Stores, approximately 1 mile from Mylor Yacht Harbour. This sells lots of good local products and has a small bakery section. Newspapers and a post office are a little further up the hill from the Stores. Not wheelchair accessible.

Nearest Supermarket - Sainsbury's, approximately 2 miles from Mylor Yacht Harbour. Follow signs to Falmouth and it is off to the right on the roundabout near MacDonalds. Wheelchair accessible. Disabled toilets.

Nearest Petrol Station - Texaco Garage, Commercial Road, Penryn, approximately 2 miles from Mylor Yacht Harbour. Not wheelchair accessible but there is one 'pay at the pump' facility. No disabled toilets.

Nearest Cash Point Machine - Sainsbury's, details as above.

Accessible Accommodation

There are some recommendations on our main website under the 'links' page for accommodation, including accessible information, but here are some specific places -

Self Catering -

Mylor Apartments - There are some self catering apartments in Mylor Yacht Harbour on ground level and the Paralympic team stayed here for their sail training in 2011 for most of the summer. 01326 372121,

Penryn Self Catering Apartment - (approx 3 miles from Mylor) This is a beautiful self-catering holiday home via Falmouth Holiday Cottages Letting Agents and this is designed for wheelchair users. It is all on one level, has a wet-room, low level appliances and its ground floor. The apartment is called 'Quayside' and it is purpose built for wheelchair users. This is the direct link to it - <https://falmouthholidayhomes.co.uk/Properties/Quayside> You can also either call them or there is a facility on their website for a 'live chat' for the hard of hearing.

Gwel an Mor - is a holiday village near Portreath. (This is approximately a 35 minute drive from Mylor). The direct link to their accessible accommodation is <http://www.gwelanmor.com/stay/accessible-acommodation>- They also have an Access Statement - <http://www.gwelanmor.com/legal/access-statement>

Premier Inn Hotel– Carnon Downs (approx. 8 miles from Mylor), with a few rooms that are wheelchair accessible. It is situated on the A39 between Falmouth and Truro. TR3 6JZ for their postcode. Although they have good facilities for wheelchair users their phone number is a premium rate one with a 13p per minute charge 0871 527 9222 so it is best to book direct online. This is their direct Carnon Downs weblink.

http://www.premierinn.com/gb/en/hotels/england/cornwall/truro/truro.html?cid=GLBC_TRUOLD

Camping - There are a couple of options that we know of –

Retanna Holiday Park - near Falmouth (approx. 10 minute drive to Mylor) and they have Some of their caravans have low thresholds and access has been possible for certain mobility impaired guests. They would be pleased to discuss limitations when making a reservation. For hearing impaired guests teletext T.V. with subtitle service (888) is available in all caravans. They do not have a fully converted wheelchair access holiday caravan but are working towards this facility.

Read their access statement here - http://www.retanna.co.uk/access_statement.php

Phone 01326 340643 or their main website is <http://www.retanna.co.uk/>

Menehay Farm Touring Park – Budock Water near Falmouth (approx. 15 minute drive to Mylor). They have 'full disabled facilities' as per their website. They do not have an accessibility statement.

You can contact them on 01326 372550 or their website is <http://menehayfarm.co.uk/>



Gone sailing....

Should you have any further needs or queries whatsoever - please ask

Everyone at Mylor Sailing School is here to help

Full Contact Details

Address - Mylor Sailing School, Mylor Yacht Harbour, Falmouth, TR11 5UF

Telephone – 01326 377633 or 07971 520257

Email – info@mylorsailingschol.co.uk Website – www.mylorsailingschool.co.uk

Grid Reference - 50.1772946 and 5.05432615

Google Maps Satellite ref –

<https://www.google.co.uk/maps/@50.1775288,-5.0565513,741m/data=!3m1!1e3>

Hours of Operation – 7 days per week, all year round - 9am – 5pm (later in July and August)

