



SAILING FOR SCHOOLS

Getting young people out of the classroom
and onto the Norfolk Broads National Park



Norfolk Broads
School of Sailing



01493 750430

About us



Based in the heart of the Norfolk Broads and established in 1959, we have years of experience in offering sailing holidays, both to experienced sailors and complete beginners.



We offer residential stays and day trips for school children (year 6 and above) on our fleet of boats, ranging from classic Broads cruisers to modern bermudan yachts.

Safeguarding is a priority for us, and all of our instructors are Enhanced DBS checked. All activities are risk assessed and we work closely with schools to tailor our risk assessments to your pupil's needs.

As a business, we are passionate about getting young people onto the water and experiencing all that the Norfolk Broads has to offer. We work alongside you to offer a bespoke package, based on the individual needs of your young people.

This brochure is designed to give you a flavour of what we can offer, but we are really flexible and will do all we can to accommodate you and your school.

NBSS Sailing School

Eastwood Whelpton is home to the Norfolk Broads School of Sailing (NBSS), an RYA registered training centre.



Norfolk Broads
School of Sailing



We have a team of experienced RYA sailing instructors, who will tailor their teaching style to match the needs of your students.

We can offer:

- RYA Courses, using the Youth Sailing Scheme or National Sailing Scheme.
- Informal "try sailing" experiences for new sailors.
- Scouts and Duke of Edinburgh opportunities.

Our fleet

We have a fleet of beautiful boats, including traditional Norfolk gaff-rigged yachts, gunter-rigged half-deckers, and more modern bermudan yachts.



Gaff-rigged yachts

We have 8 gaff-rigged yachts, sleeping between 2 and 6 people. This traditional style dates back to Victorian times when holidays in Norfolk became popular with the gentry of the time.

Bermudan yachts

Our 7 Bermudan boats are a modern style of yacht, more akin to current sea-going designs. They have more spacious internal accommodation and are lighter and easier to handle than our traditional gaffs.



Half-deckers

Our half-deckers are classic wooden open day boats, ideal for both learning to sail and for high performance racing.

Why Sailing?



Sailing has many enrichment benefits, helping young people to grow in confidence and to develop their team building skills, all whilst developing friendships. We have been hosting groups of young people for many years. Time and time again, we have seen the way in which sailing can change the lives of young people for the better.

We have access to over 125 miles of navigable waterways. Being on the water rather than land allows you to get up close to the wildlife, getting to places inaccessible by land.

“ Our sailing students have now completed their 6 week course and all have qualified with an RYA Stage 1 qualification.

A huge thank you to all the staff at East Whelpton Boatyard at Upton for enabling this to happen.

Miss Jarvis, Acle Academy





Enrichment

We are an RYA Training Centre, meaning we can offer RYA courses, or you can come and sail for fun. Learning to sail is a really rewarding experience for young people as they leave their comfort zone and get totally immersed in the experience.



Wellbeing

Getting out of the classroom and onto the water can have a massive positive impact on mental health and wellbeing. The peaceful setting of the Norfolk Broads is the perfect place to get a break from the stresses of everyday life, whilst the social skills learnt will carry forward into school life beyond the trip.



Communication

Communication is a key part of sailing as it is important to know what everyone is doing in order to sail the boat safely. Clear communication is especially important when supporting those who aren't confident on the water.



Team building

The beauty of sailing is that everyone has a specific role and can be involved in some way, encouraging young people to work together as a team. Under the leadership of our instructors, your young people will each have the opportunity to try sailing in a safe, controlled environment. On board a boat, every job is important - from helming (steering) the boat and raising sails, to cleaning and cooking, everyone will be encouraged to play their part.

Why The Norfolk Broads?



The Broads have so much to offer, but here are some of the "best bits" about this tucked-away gem of East Anglia.

Wildlife

The Norfolk Broads are the UK's largest and most important wetland area. With more varieties of rare wildlife than any other national park in Britain, the Broads are widely regarded as one of the best bird-spotting areas in the country. If you're lucky, you may even spot a Swallowtail butterfly or Norfolk Hawker dragonfly - both unique species to the area. Essentially, the Broads are one big classroom!



St Benet's Abbey

Close to where the rivers Bure and Ant meet lies the ruins of the 1000 year old St Benet's Abbey, owned by the Norfolk Archaeological Trust. The Abbey was thought to have been founded in 1019, and is the only Anglo Saxon monastery that continued to be in use throughout the Middle-Ages. It was also the only monastery that was not closed by Henry VIII, and the Bishop of Norwich is still the Abbot today. With free moorings, this is the perfect spot for a history lesson and a chance for your young people to stretch their legs.



Horsey Windpump

Located by Horsey Mere (a brilliant sailing spot) is Horsey Windpump. It was struck by lightning in 1943, but has been recently restored by the National Trust and makes a great viewing platform for the Broads. It is also a brilliant way to teach young people about the use of wind power, both historically and today.



Horsey Beach & Seals

A 3 mile round walk from Horsey Windpump takes you to the beautiful sandy beaches of Horsey Gap, home to one of the largest colonies of grey seals in the UK. A trip to the beach is a great way to let off some steam and to enjoy a few hours of un-structured fun!



How Hill Trust

Just down the river from Ludham Bridge is the How Hill Trust - an environmental study centre awarded with the "Learning Outside the Classroom" badge. Based in a beautiful country house overlooking the river, the Trust offers educational day visits for schools. If you'd rather be a bit more relaxed, the site is a beautiful spot for a picnic lunch, an ice cream from the shop and a walk around the stunning secret gardens.



Pricing



No school is the same, and so there will never be a one-size-fits-all package. We want to work with you, accommodating you and the needs of your young people. Our main objective is to get young people on the water, so we are flexible in our approach to making that happen.

All of our packages are bespoke, tailored to your needs.



In the next few pages, we have outlined an example all inclusive* package for a 4-night Monday-Friday stay, costing £499 per person.

*The only thing not included is travel, which is to be organised by your school. We are only 10 minutes by car from Acle train station.

Itinerary

We will work with you to create an itinerary that fits your group. However, here is a draft itinerary to give you an idea of how your stay could look.

	am	pm
Monday	<p>12:30 - Arrive & Packed lunch at Boatyard</p> <p>1:00 - Welcome & Meet your Skipper, boat allocations etc</p>	<p>14:00 - Afternoon Sail to South Walsham Broad - Introductory sailing lesson</p> <p>16:30 - Snacktime & explore St Benet's Abbey</p> <p>18:00 - Prepare & eat dinner onboard</p> <p>19:30 - Evening activity</p>
Tuesday	<p>08:00 - Wake up, breakfast</p> <p>09:30 - Morning Sail to Barton Broad, via Ludham Bridge (mast down)</p>	<p>12:30 - Lunch on board</p> <p>14:30 - Sailing Scavenger Hunt on Barton Broad</p> <p>17:30 - Moor at Paddy's Lane, Barton</p> <p>18:00 - Prepare & eat dinner onboard</p> <p>19:30 - Evening activity</p>
Wednesday	<p>08:00 - Wake up, breakfast</p> <p>09:30 Kayaking on Barton Broad</p>	<p>12:00 - Lunch at Barton Turf</p> <p>13:00 - Motor to How Hill</p> <p>14:00 - Ecology Sessions at How Hill Educational Trust</p> <p>16:30 - Sail to Thurne Dyke - moor for evening</p> <p>18:00 - Prepare & eat dinner onboard</p> <p>19:30 - Evening activity</p>
Thursday	<p>08:00 - Wake up, breakfast</p> <p>09:30 - Sail to Potter Heigham (shops for tuck etc)</p>	<p>12:00 - Lunch at Potter Heigham</p> <p>14:00 - Sail to Horsey Mere</p> <p>18:00 - Moor at Windpump</p> <p>18:30 - Walk to Horsey Beach</p> <p>19:00 - BBQ on Beach!</p>
Friday	<p>08:00 - Wake up, breakfast</p> <p>09:30 - Sail home!</p>	<p>12:00 - Return to boatyard</p> <p>13:00 - Depart</p>

Accommodation



Accommodation is on board our yachts, mooring at different locations each night. There will be separate boats for boys and girls.



Each boat has a toilet with hand washing facilities. Many moorings also have access to "land loos" and showers.



There are cooking facilities on every boat, including a fridge. You will be provided with all you need to cook a simple meal.



Our boats sleep between 3 and 7 people on board. Each bed is at least 6' long.



You will be given designated teacher's boats, covered in the price per young person.



Food

We will work according to your dietary and requirements to make sure that everyone is fed and happy. Cooking is done on board, so food will be basic meals that can be prepared by the young people.

Here is an example menu:



	Breakfast	Lunch	Dinner
Monday		Packed lunch	Spaghetti & Meatballs Chocolate Mousse
Tuesday	Bacon sandwiches Cereal Fruit	Sandwiches, (make your own) Crisps Fruit	Sausage, mash & beans Jam donuts
Wednesday	Croissants Cereal Fruit	Sandwiches, (make your own) Crisps Fruit	Chicken curry, rice Muller corners
Thursday	Beans & Hash Browns Cereal Fruit	Sandwiches, (make your own) Crisps Fruit	Pesto Pasta, Garlic bread Cookies
Friday	Cereal Fruit	Sandwiches, (make your own) Crisps Fruit	

What next?



If you think your school or group would benefit from a sailing holiday, please get in touch.

We would love to hear from you and are really flexible and able to advise you on how we can accommodate you and your group.

Our lovely Angie manages group bookings, and would love to chat to you and to see how we can accommodate you.

If you are based in Norfolk, we would love to come and visit your school.

All schools are welcome to join us for a free staff training day/weekend if you are new to Eastwood Whelpton, so that we can put together the best possible package for your school.

Angie Watson
Schools & Groups Coordinator



schools@eastwood-whelpton.co.uk



01493 750430

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