*SATURDAY12th October 2019*

*Blackwater Sailing Club, Basin Road, Heybridge Basin, Maldon,**CM94SD, 51°44'03"N 0°42'51"E*

*Directions: Exit the A12 at the Hatfield Peverel junction. Take B1019 to Heybridge (approx. 6 miles). Turn left at first roundabout on to B1026; turn right at second roundabout, staying on B1026 towards Goldhanger; after 1 mile turn right for Heybridge Basin (it is easy to drive past this turning); the Club entrance is 200 yards on the left.*

*When:* Supper promptly at 19:00, talk begins 20:00, you can expect to get away by 22:00

*Talk:* *The East Anglian Sailing Trust*

 Ian Jewry & Simon Daws will entertain and inspire us with how EAST provides sailing opportunities for people with disabilities and explain some of the fascinating technological aids they use.

In 1993 Bill Smith and Mike Spear were invited by the RYA to provide an Annual East Coast cruise for visually impaired sailors. In 1996, the blind sailing activities were extended to include other disabilities. This led to EAST being established as a separate charity offering sailing opportunities for adults with a wide range of disabilities. In 2009 with help from Suffolk County Council’s Activity Unlimited programme the Trust started regular sailing sessions for children with disabilities.

##### *Menu:*

Sesame and ginger meatballs

Grilled fish with red pepper and walnuts

Beetroot risotto

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Millionaires chocolate tart

Stuffed roasted apples

Cheese & biscuits

Please note that the Blackwater Sailing Club are rebuilding their club house and we will have our talks in the Cadet Room. Space is limited so please book early.

CA & BSC members: talk and meal £15, talk only £3 non-members:  talk and meal £17, talk only £5

*Book online at https://www.theca.org.uk/events/all*

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