

Empowering

Encouraging

Empathetic

Resilience Sailing Inc

Sail For Life



Charity category – Health Promotion

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What are we

- An Australian registered charity in the category – Advancing Health
- A demonstrated track record for positively helping people who have suffered trauma
- Delivering a proven Adventure Therapy SAILING program to assist people suffering from PTSD, Depression, Anxiety as a result of trauma
- In partnership with University of Southern Queensland who measure, track and report on individuals participating in the program



What do we do

- Deliver a 12 week sailing program (one day per week)
- We teach sailing skills, both practical and theory, in a safe, friendly, non-judgemental and positive environment



The Sea

- Being on the water can put you in a good state of mind, not just the calmness of the sea itself, but the salty air.
- Sea air is composed of charged ions that help the body's oxygen absorption, this helps balance the serotonin levels, and the more balanced you are, the happier you are going to be.
- The splashing of the water, wind in the sails, and movement of the boat can all affect a person's brainwaves, relaxing and soothing a stressed mind.



What is Sail For Life

- The program is an adventure activity designed specifically to provide opportunities for participants with mental health issues to learn new coping methods and to cope actively with potentially stressful situations.
- This sailing program has been found to help individuals take control over their lives, reduce the impact of symptoms, return them to a reasonable level of function and provides hope for the future, including a better quality of life.
- The program has been running successfully for 14 years, internationally



University measured outcomes

“We found that there was a significant reduction in all four dimensions of PTSD symptoms. These reductions in PTSD symptoms were maintained over the 12 weeks of the program”

Dr Erich Fein, USQ



Backgrounds of participants to date

- Domestic Violence victims
- Police Officer
- Nurse
- Agronomist
- Firefighter
- Veterans
- Aborigine
- Civilian



What do trauma sufferers get?

- Have fun
- Learn new skills
- Learn to work in a small team environment
- Learn to trust and work with others
- Build confidence through achievement
- Problem solving
- Gain personal pride
- Set new directions



Participants and stated outcomes

- “I have a sense of fulfilment and achievement from learning how to sail”
- “This program has been a great boost to my self-confidence”
- “Connecting with like-minded people in a safe, non-judgemental environment”
- “Feeling safe in a positive team”
- It’s given me confidence to return to my career as a registered nurse”



Partners



USQ
AUSTRALIA

UNIVERSITY OF
SOUTHERN QUEENSLAND



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