



DAILY LIVING

GET USEFUL DAY-TO-DAY TIPS AND ADVICE FROM SCI PEOPLE.

TRAVEL | WHEELCHAIR SPORT | RAISING SCI AWARENESS | UNDERSTANDING BENEFITS



FLOAT ALONG THE RIVER

CANAL
TRIPS

Turn over and discover more about what canal boat trips have to offer.

ALL ABOARD

WWW.CANALABILITY.ORG.UK

If you would like to experience life on a canal boat, be it for a day or possibly longer, find out how CanalAbility can help you and your friends or family enjoy a trip on one of England's most scenic rivers.

Question: what do you get when somebody looks out of a window and sees a young wheelchair user being manhandled on to a narrow boat? Answer: a 'eureka moment' that sparked the idea of a canal boat adapted for people in wheelchairs. The result: CanalAbility!

Based on the banks of the River Stort, CanalAbility is a registered charity dedicated to providing the facilities for disabled people to enjoy boating on the river on specially adapted canal boats.

The charity makes it possible for disabled people to have a day out, or try a weekend break, and enjoy a great experience exploring the Rivers Stort and Lee through the Essex and Hertfordshire countryside. Everyone can have a go at steering and working the locks, or just relax, watching the wildlife and the world go by.

For longer holidays, guests can travel to London and the Grand Union Canal. You could cruise through Regent's Park and its zoo or perhaps take in a show – the accommodation is free and there's no congestion charge. Those who prefer a rural idyll can visit the historic towns of Bishop's Stortford and Hertford and the beautiful rolling countryside in between.

ADAPTED CANAL BOATS

CanalAbility has three purpose-built, central heated and accessible broad beam boats that enable everyone to take a full and active part in the boating experience – all year around.



They have wet rooms, accessible toilets, ramps, a lift, hoist points, and fully equipped galleys for preparing meals. It's also easy to moor up and stop off at one of the many nearby pubs and restaurants or enjoy a picnic on the riverbank.

A GREAT WAY TO TAKE A DAY OUT

One of the core offerings of CanalAbility is day trips along the river. Parties can be made up of charity/community group members, or families and friends. Users can stock up with plenty of picnic fare, and set off on a journey of exploration along the River Stort. Whether it be for celebrating a birthday or special event, or just having a fun day out, this inexpensive treat is a great way to take in the sights and sounds of the river.

At no extra cost, a fully qualified skipper and crew are provided, so users can either take it easy and enjoy the scenery, or get involved and be part of the crew.

ENJOY A RELAXING HOLIDAY

Picture sunlight glinting on slow-flowing rivers, the lap of water, beautiful

countryside at your feet, access to country villages or the bright lights of London, and you'll get a sense of what a CanalAbility holiday can offer.

ONGOING JOURNEY

CanalAbility's focus is to continue to make positive experiences possible for everyone, regardless of their ability. The charity encourages people to be adventurous, to face challenges and to become more confident through the experiences it gives them. Such as the 105-years-young woman who was determined she would take to the tiller and help with the locks, and the man who had had a stroke ten years prior. He was encouraged to take the tiller and steer the boat. He said it was the first time in ten years that he felt useful. Last, but by no means least, the young twins with cerebral palsy who said that their holiday on the river was a zillion times better than Disneyland Paris! High praise indeed.

To find out more visit
www.canalability.org.uk or call
01279 424 444.