



You don't have to be disabled to join the Disabled Sailing Association!

The Disabled Sailing Association (DSA) offers people with a wide range of physical and mental health challenges, their carers and families, the opportunity to experience the joys of yacht sailing and the benefits it can bring to their daily lives.

It helps to focus on peoples' *abilities*, rather than their *disabilities*, brings relief and healing, and promotes a healthier and more active lifestyle.

To find out more about the DSA please contact us:

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Mobile: 07447 941724

Website: www.disabledsailingassociation.org.uk

Facebook: <https://www.facebook.com/disabledsailing/>