

# OCEANS OF HOPE UK

OVERCOMING CHALLENGES TOGETHER



## COWES WEEK CHALLENGE

10<sup>th</sup> -13<sup>th</sup> August 2020

**Come and trying with us for the day**

Cowes week is perhaps the most famous sailing regatta in the UK, with hundreds of boats competing in races. You will experience seeing some amazing boats from a unique position on the water and take part in races. No previous sailing experience is necessary. You can get involved or simply enjoy the view.

Either way you will meet and sail with others living with MS.

Our Cowes Week challenge offers the unique opportunity to experience a day sail on the fully wheelchair accessible boat, Spirit of Scott Bader.

**application form:** [challenge@oceansofhope.org](mailto:challenge@oceansofhope.org)

OCEANS OF HOPE UK. CHARITY NUMBER: 11080234



*"My MS had become like a cage without a key, Oceans of Hope UK helped me see what is possible." - Debbie, Oceans of Hope Participant*

**COST: £40 GBP per person.**

**STARTS: 10AM FINISHES: 4PM**

**ADDRESS:** Port Solent Marina, The Boardwalk, Portsmouth, PO6 4TP, UK Please bring a packed lunch and drinks

website <http://oceansofhope.co.uk/>  
Facebook [Oceans-Of-Hope-Challenge](#)  
e-mail: [challenge@oceansofhope.org](mailto:challenge@oceansofhope.org)

**OCEANS OF HOPE UK. CHARITY NUMBER: 11080234**

