

## Supplement to issue 12 : Autumn 2015

### EAST Training Opportunities

Course	Date	Venue	Cost for Paid Up EAST Members
RYA-Disability Awareness	Saturday 16th January	EWCC Levington	FOC
RYA - First Aid	Early 2016 Date to be advised	EWCC Levington	£45.00

Members interested in enrolling for the above please email [volunteerbookings@e-a-s-t.org.uk](mailto:volunteerbookings@e-a-s-t.org.uk) for full details

We are also looking for additional volunteers to undertake Meet & Greet & Admin Duties during keelboat sailing sessions.

If you are interested please email [volunteerbookings@e-a-s-t.org.uk](mailto:volunteerbookings@e-a-s-t.org.uk) for further details

### East Coast Pilot - continued from page 2

The three authors of ECP, Garth and his colleagues Colin Jarman and Dick Holness, are all keen East Coast sailors and have worked together on the project for the past 12 years. "Every time we go out we find something new to report on. This is a dynamic and ever changing coast but an incredible place to sail. It is without doubt the top sailing area in the UK," says Garth.

To keep the book fresh and update the trio maintain a website [www.eastcoastpilot.com](http://www.eastcoastpilot.com) from which updates and chartlets can be downloaded.

East Coast Pilot is published by Imray at £23.50.

### East Anglian Sailing Trust

#### Annual General Meeting

Thursday 25<sup>th</sup> February 2016

At

EAST Waterside Community Centre

Commencing 7.30 p.m.

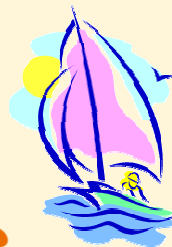
All members are invited to attend.

Tea and coffee available

### Volunteer Training Opportunities

We are looking to recruit TWO Disability Awareness Instructors to beef up our existing team and run our In House Awareness Training Courses for EAST Volunteers. This will entail a one day external training course run by the RYA and fully funded by EAST.

If you are interested please respond to - [training@e-a-s-t.org.co.uk](mailto:training@e-a-s-t.org.co.uk)



# EASY PEASY

and it's  
**free**

Help us by collecting **FREE donations** every time you shop online. Follow these three easy steps...



## 1. Join

Head to easyfundraising and register, just enter [tiny.cc/hn9f4x](https://tiny.cc/hn9f4x) into your web browser.



## 2. Shop

There are nearly 3,000 retailers on board, so pick the one you want and start shopping.



## 3. Raise

After you've made your purchase, the retailer will make a donation to us at no extra cost whatsoever!

So far over £10.3 Million have been raised for UK good causes.

## It really does work.

So far 55 EAST supporters have raised over £1,200 at no additional cost to themselves.