

ON THE WIND



'You have to go sailing again'

A doctor prescribes sailing to inspire sufferers of chronic illness

Oceans of Hope, a Challenge 67ft yacht built for the Global Challenge races, arrived in Boston in September after setting sail from Copenhagen on the first stages of a new circumnavigation to take a crew suffering from multiple sclerosis (MS) round the world.

The project is the idea of Dr Mikkel Anthonisen, a doctor and specialist at Copenhagen University Hospital, who came up with the idea after meeting a patient who had built a yacht to sail round the world and became depressed after deciding that MS had scuppered the dream. Dr Anthonisen told him: "You have to go sailing again," and began thinking of ways to make that happen.

Arriving at Rows Wharf in Boston with a crew including five people suffering from MS, he

remarked: "For the people with MS they have recaptured their identities; on board they are not defined by their illness."

Portuguese crewmember Luísa Matias, who had crossed the Atlantic from Lisbon, said: "It's not possible to put into words how I feel, I can't describe it. Arriving here is bittersweet. I am definitely stronger in my legs and my core after this experience. I've replaced the bruises from the first day with more balance – balance in life as well."

The route of *Oceans of Hope* will take crews to the Caribbean, through the Panama Canal and across the Pacific to Australia before continuing across the Indian Ocean and round the Cape of Good Hope before returning to Copenhagen in November 2015.

New Coastguard control centre

A major piece of the reorganisation of the UK's Coastguard service was put in place in September when Solent and Portland Maritime Co-ordination Centres were relocated to a new National Maritime Operations Centre in Fareham in Hampshire.

The bases in Portland and Lee-on-Solent are now closed and the centralised control room in Fareham co-ordinates rescues along the UK south coast from Dover to Falmouth. MRCCs in both those ports take over at each extremity.

The modernisation plans fuelled public concerns about Coastguard lay-offs and a perceived reduction of local knowledge, but have always had the support of the Royal Yachting Association (RYA). Stuart Carruthers, cruising manager of the RYA, explains: "As far as you and I are concerned, there is no change in the Coastguard's way of working. It's about how they



manage the assets; the lifeboats and aerial systems are not changing. This is just the management being centralised and integrated."

The RYA expects benefits. "It has taken a system that was fairly disjointed and made a nationally integrated system that provides far greater resilience and really should have been done a long time ago," Carruthers comments.

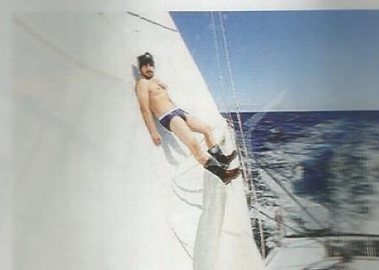
Since last year Humber MRCC has been co-ordinating rescues on most of the UK east coast from Southwold to the Scottish border.

MOST RETWEETED

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Can your dog hoist a sail, steer, go out on the trapeze and tie up your boat? This one can – apparently. Check this out: bit.ly/1uR4c25



A ruthlessly effective piece of self-promotion for a Route du Rhum campaign for Vincent Lantin on his Class 40 *Shebangabang*



Sorry but we just had to giggle at Danish magazine *BådNyt*'s headline about @[AlexThomson99](https://twitter.com/AlexThomson99), It means 'speed monster'



Polish sailors Tomasz Januszewski and Jacuaw Nowak as Captain America and Superman, spotted at ISAF Worlds Santander