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# NEWS RELEASE

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## Loch seeking Miss Isle

Well known young sailor Natasha Lambert BEM, is off on a new challenge. This time it's north of the border

Natasha has athetoid cerebral palsy and uses only her breath to control her specially-designed 21ft yacht called *Miss Isle Too*. Her latest challenge is to sail from Inverness to Glasgow. The sail will take her through the Caledonian and Crinan canals and some of the most spectacular waters in the UK.

Not content with pushing herself to her limits on the water she and her team will also be scaling Cairn Gorm Mountain, the sixth highest peak in Britain. For this part of the challenge Natasha will swap her wheelchair for her "Hart Walker" a stable device which she can propel forward despite having limited control over her movements.

Natasha, and her team, are undertaking *Sea and Summit Scotland* to raise funds and the profile of her charity, the Miss Isle School of Sip Puff Sailing. Natasha is keen to ensure that others with similar physical conditions are inspired to face new challenges and, if they would like to, get on the water and start sailing.

Just before Natasha starts the challenge she has been meeting crews at the Charles Stanley Cowes Classic Week (11-15 July). The School is the official charity for the week.

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## Background

The Miss Isle School of Sip & Puff Sailing (MISSPS) is a charity based on the Isle of Wight which gives young people the chance to enjoy the freedom of sailing and provides them with inspiration to take on new challenges, on and off the water.

Using sailing by breath the School provides affordable, professional sailing tuition to those who are physically unable to sail a conventional boat.

It was founded by Natasha Lambert, a young sailor with athetoid cerebral palsy who uses a wheelchair and has limited control of her limb movements.

Throughout her young life Natasha has relished challenges - sailing around the Isle of Wight, across the Channel, "Sea and Summit" – sailing from Cowes to Swansea, then climbing a mountain, "Capital Venture" – sailing from Cowes to St Katherine's Dock on the Thames and then walking to the Bank of England and, recently, completing her latest 100 mile walking challenge.

Natasha takes on the challenges to show they can be done, to raise money for charities she admires and now, to raise money and profile so that the School can get more young people on the water.

In its first year the School has set up a suitable boat, acquired experienced instructors and safety boat drivers and selected a boat hoist. It has already taken out its first student and is ready for more.

[www.missisle.com](http://www.missisle.com)

[www.missisle.org.uk](http://www.missisle.org.uk)

For further information and images

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