



Sailing with a Purpose

Inspiring people with disabilities to live fuller lives.

Learn more about Phil Haydon's short-handed races, his recent Atlantic Crossing Adventure, and the methods he uses to share his voyages with an international following. Hear some of the inspiring stories of our Virtual Shipmates and the ways they aren't letting their disabilities define them.

Phil has logged over 50,000 nautical miles, much of it as a short-handed sailor competing in New England races. He's completed two Bermuda 1-2s and recently sailed across the Atlantic Ocean. Phil has medically controlled post-traumatic epilepsy caused by an accident when he was a teenager. Phil overcame many challenges to become a neuroscientist and runs an active research laboratory at Tufts University School of Medicine.

In 2019, Phil began using sailing as a platform to raise awareness and educate about epilepsy. Epilepsy can be an isolating disorder where those affected focus on limitations, rather than possibilities. As with other disabilities, with appropriate safety measures in place, many epileptics can enjoy a full life.

MISSION

The mission of Sail For Epilepsy is to inspire people to take One More Step towards achieving a fuller life. Whenever he casts off, Phil brings along hundreds of Virtual Shipmates who have all decided to participate in the One More Step Challenge. Through the use of a high speed satellite system Phil is able to broadcast live while offshore and interacts with members of the epilepsy community all over the world in one-on-one video calls.

One More Step Challenge

After the presentation, a brief question and answer session will be followed by the One More Step Challenge, a signature feature of the Sail For Epilepsy program. The audience will be encouraged to identify something that they can do to live a fuller life. Participation in the Challenge results in becoming a Virtual Shipmate, with their first names added to our boat so they can join us as we sail.

Event Length

This presentation can be short, as part of a larger event (like a club dinner) or can be longer, if the talk is the focus of the gathering. Broadcasting to a digital audience via Zoom is also an option.

Materials

Attendees will receive a Sail For Epilepsy flag customized with the latitude and longitude of the event. Sail For Epilepsy will provide educational materials for the audience to take home.

HOST REQUIREMENTS

- secure suitable location
- provide tables / chairs / tents / volunteers as needed
- seek local sponsorship to offset host costs (host will keep all proceeds)
- sell tickets or manage any required advanced registration
- provide any necessary food or drink
- publicize to local audience