

## Press Release:

# Retired nurse returns from sailing the Atlantic for the QNI



The Queen's  
*Nursing Institute*

**1 February 2010**

A retired nurse who set sail across the Atlantic to raise funds for the Queen's Nursing Institute (QNI) has returned home safe and sound with hundreds of pounds worth of sponsorship. Karen Melling, a former district nurse and recently retired Senior Lecturer at Gloucestershire University, set off on her journey on Saturday 24th October from Dartmouth.

Karen spent 44 days at sea with three other crew members and a skipper aboard the Bold Explorer, a 45 foot steel yacht. It was quite an experience, 'It was awe-inspiring,' says Karen, 'I enjoyed every minute of it: seeing the sea in all its states, the glorious sunsets, even the long watches!'

The journey wasn't without its challenges however: plagued by engine trouble for most of the first leg of the journey, Karen also suffered a fall while on board and was heavily concussed - not the best situation 500 miles away from land. She soon recovered though and several encounters with Orca whales, sea turtles, and dolphins later, Karen also re-discovered the simple luxuries, as demonstrated by one of the crew, 'Being able to make bacon butties in a force 8 gale is a worthy talent to have!'

The QNI's director Rosemary Cook said, 'We are delighted that Karen is safely home after what sounds like an amazing adventure. I recommend people read her blogs as they make for very good reading! We are also very grateful to Karen for raising the sponsorship, the funds will go towards the QNI's educational work with community nurses around the country.'

Karen is celebrating her return the best way she knows how: she is planning her next sail, which will take place in spring where she will sail around the UK, a journey which should take 3 months to complete.

To read Karen's blogs, visit <http://www.qni.org.uk/support-us/Karen-Melling.html>.

If you would like to take part in a sponsored event and raise money for the QNI please contact Joanna Sagnella on 020 7549 1400.

## ENDS

### Notes to Editors

1. Hi-resolution photographs of the sail are available from the QNI.
2. The Queen's Nursing Institute is a registered charity, number 213128, and offers a wide range of support to community nurses at all stages of their career and in retirement.

### Media contact:

Matthew Bradby  
Marketing and Communications Manager  
Tel: 020 7549 1407 (direct)  
020 7549 1400 (switchboard)

Joanna Sagnella  
Communications and Fundraising Officer  
Tel: 020 7549 1404 (direct)  
020 7549 1400 (switchboard)