



The Sir Francis Chichester Trust

“The Inspiration to Achieve”

The Sir Francis Chichester Trust provides free places for young people aged 16 to 19 years who live in Devon to attend 'Skills for Life Award' personal development courses at one of the three Outward Bound centres. The trust aims to support those young people who wouldn't normally have the opportunity to attend and would benefit from the experience.

Due to the Pandemic, 6 candidates from 2020 had their places rolled over for the 2021 summer courses and the Trust interviewed 23 young people in Spring 2021. Of these, 13 were offered places and 11 took them up for Outward Bound courses held over the 2021 summer with 15 successfully completing.

Young people go on “open enrolment” courses, where they mix with others from a range of different backgrounds and abilities – and from all parts of the UK and abroad. The courses are both physically and mentally challenging (with the added element of social distancing and ‘bubbles’ in 2021), and offer a wide range of experiences for the young people. On an Outward Bound course young people achieve more than they believe themselves capable of and as a result become more aware of their capabilities and develop confidence and self-belief. This results in them having higher aspirations and expectations for the future.

What do the young people say about their time at Outward Bound in 2021?

- *Activities such as canoeing and gorge walking among others were ground-breaking for my teamwork and leadership skills to grow.*
- *I had to use perseverance and determination to keep going as I did not expect it to be that challenging. But now that I have learnt these skills, I am more confident and feel like I can be more adventurous in day-to-day life.*
- *My advice to anyone thinking if doing this is just " DO IT " you won't regret it. Keep going, pull together as a team and always do your best and you will be amazed at what you can achieve.*
- *I'd been needing to be able to handle uncomfortable situations comfortably and this trip did exactly that and more!*
- *I am thoroughly grateful to have been provided with this opportunity, and I feel that it strengthened me physically, mentally and emotionally.*



Who did the Sir Francis Chichester Trust support in 2021?

(names have been changed to respect privacy)

Joshua (16) Is adopted of low self-esteem and can be easily lead.

Bob (18) Suffers from social anxiety and low mood.

Jack (17) Mum has poor mental health and father history of domestic violence.

Martin (18) Young adult carer for brother with autism. Low confidence, never putting himself first.

Jo (17) Comes from a low-income family with low opportunities.

Sarah (18) Would like to step outside her comfort zone, building on confidence and self-esteem.

Fiona (17) Has autism and has a statement of Special Educational Needs.

Nick (18) Father attempted to take own life whilst Nick doing his GCSE's and is registered young adult carer.

Georgina (16) Acts as carer to her sister who is autistic and suffers from Functional Neurological Disorder (FND).

Linda (17) Brought up by grandparents and has few opportunities due to low-income household.



HOW IS THE TRUST FINANCED?

The Trust has a small amount of interest from its investments, but the majority of funds are raised from other charitable trusts and individual supporters. In 2020-21 the major supporters included The Bloss Family Foundation, The Devon Educational Trust, The Gibbons Family Trust, The Northbrook Community Trust, The Jack Riley Trust and The Norman Family Charitable Trust.

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