



The Sir Francis Chichester Trust

“The Inspiration to Achieve”

The Sir Francis Chichester Trust provides free places for young people aged 16-24 years and who live in Devon to attend personal development courses at Outward Bound - normally for three weeks. The trust aims to support those young people who are disadvantaged in some way and who would otherwise not have the opportunity to discover adventure, excitement and abilities they didn't know they possessed.

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

'I have really enjoyed the course because it made me look at life in a different light.'

' BRILLIANT INSTRUCTORS AND STAFF! All of them were enthusiastic about their roles and motivated solely to helping us reach our potential.'

'Although the course is hard, I've loved every second of it. Outward Bound is the best, I'd recommend it to anyone.'

' From these three weeks I have learnt to develop leadership skills and discover my inner strength. It was a life changing experience.'

'I think more people should give this course a go and push themselves.'

'I now know that I have the capability to do so much more than when I started the course.'

'I feel that I gained a lot from the course, independence, confidence in myself and great friendships. Mostly I was proud I completed the course as I struggle to make new friends and I was a long way from home. It was my first time away from home without my parents so I feel it was a great achievement for me.'

'On completion of the course I am now a stronger, better person. I now know that most things are possible if determined you are enough.'



“We are all better than we know if only we can be brought to realise this, we may never again be prepared to settle for anything less”

Kurt Hahn (founder of Outward Bound)

For more information contact the Trust Administrator, Sir Francis Chichester Trust, YFC Centre, Retail Park Close, Marsh Barton Road, Exeter EX2 8LG.

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WHO DID THE SIR FRANCIS CHICHESTER TRUST SUPPORT IN 2009?

Tom (16) is a young carer for his father and has special educational needs himself.

James (16) has lived in foster care for the last 7 years after a very difficult home life.

Daniel (17) lives in supported housing and lacks self confidence..

Caroline (18) is from a single parent family on a very low income so has had few opportunities in life for this sort of activity

Rhys (17) suffers from epilepsy, which is controlled, and is an active member of his local Scout group

Alex (16) has been in foster care after living in an abusive family home. He has been in a special school but is now able to attend mainstream education.

(names have been changed to respect privacy)

In 2009 the Trust received about 60 applications, with 52 young people invited to interview and 30 offered places on Outward Bound courses. 27 young people attended Outward Bound, with 22 of these completing their course successfully, all but one of these being three week 'Classic' courses. The courses are both physically and mentally challenging and for some young people, who perhaps have never been away from home before, it can be a daunting experience.

Young people go on "open enrolment" courses which means that they mix with others from a range of different backgrounds and abilities – and from all parts of the UK and abroad. Lasting friendships are made and for most of the young people it is "the adventure of a lifetime", providing them with the skills and confidence to move forward positively as they approach adulthood.



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 2009 the major supporters included The Devon Community Foundation, The Devon Educational Trust, The Jack Riley Trust, The Maristow Trust, The Norman Family Charitable Trust and Capstone Foster Care.