



The Sir Francis Chichester Trust

“The Inspiration to Achieve”

The Sir Francis Chichester Trust provides free places for young people aged 16 to 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 learned to tolerate people and also to know I can do it – never give up, you can always overcome the problem, you just have to think about it first

I want to be a leader in a team one day and to understand other people's problems

The people I met on the course helped to make me a better and stronger person

The most important thing I have learnt is to trust people and use the support of others in a group

At the start of this course I was nervous around new people and about new challenges but now I've bloomed in confidence and I'm happy and relaxed around new people

I have realised that learning is one thing, but putting it into practice is another

I have become much more independent and have realised how much I can do by myself

I increased my self-awareness and now know when I am not helping out enough

Parent - *Having complex learning difficulties and dyspraxia has for Simon meant a difficult route through life. The staff at the centre were truly wonderful and we were very appreciative of the care they showed Simon as well as their patience and encouragement*

Support Worker – *It was obvious very quickly after Sam returned to Bethany (supported housing) that her experience at Outward Bound had pushed her forward into new areas of more confidence and self esteem, she has begun to believe in herself.*

**“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)**

WHO DID THE SIR FRANCIS CHICHESTER TRUST SUPPORT IN 2010?

(names have been changed to respect privacy)

Charlotte (16) acts as a carer for her mother and there is a history of domestic violence and abuse in the family home

Simon (17) attends a special needs school for those with moderate and complex learning needs

Ryan (16) lives in a Local Authority children's home after difficulties at his home

Sarah (17) lives in supported housing and is estranged from her parents after a difficult childhood

Helen (16) has a disabled mother and two brothers with disabilities so acts as a carer and has few opportunities to do things for herself

Ben (16) suffers from autism and attends a special school. He has been raised by his grandparents but his grandfather died last year

Becki (19) is at university but has to share a bedroom with her autistic sister and so has little privacy and finds it hard to study

In 2010 the Trust received about 75 applications, with 39 young people being interviewed and 34 offered places on Outward Bound courses. 31 young people attended Outward Bound, with 24 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 2010 the major supporters included The Devon Educational Trust, The Jack Riley Trust, The Dulverton Trust, The Norman Family Charitable Trust and The Gibbons Trust.