



“The Inspiration to Achieve”

The Sir Francis Chichester Trust

Charity No: 301033

Newsletter 2024

The Sir Francis Chichester Trust provides free places for young people aged 16 to 22 years who live in Devon to attend 14 or 19 day expedition courses at one of the three Outward Bound centres in the UK. The Trust aims to support those young people who wouldn't normally have the opportunity to attend and would benefit from the experience.

What do the young people say about their time at Outward Bound in 2024?

- *How thankful I am for this opportunity as it was really everything I expected and more*
- *I learnt that you can accomplish any goal if you put your mind to it*
- *I have gained a lot of independence, and my confidence has improved*
- *The activities were fun, there was always plenty to eat, and the staff were kind & welcoming*
- *I have learnt that I should get out and about more on Dartmoor because it is very therapeutic*
- *The expeditions were very physically demanding and made me realise I can do a lot*
- *I learnt that I'm much better at making friends than I imagined and am very grateful for that*
- *It puts you outside your comfort zone with no phone and people who you have to talk to*
- *The activities were something I would never have thought I would do ever in my life*
- *I have learnt how to manage and bond with a team and to be more patient with others*
- *A brilliant adventure and made me feel very accomplished and proud of myself and my team*

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 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. In Spring 2024 the Trust invited 25 young people to interview, with 22 attending. Of these, 16 young people were offered places on Outward Bound courses held over the summer. Those who took part in the courses would all recommend this life changing opportunity!



Who did The Sir Francis Chichester Trust support in 2024? (names have been changed)

- ❖ Sarah has been in care most of her life and wants to start her dream of travelling
- ❖ James struggles with school environments and has a 1:1 youth worker for support
- ❖ Paula is a non-binary/trans girl and is in the process of ASD diagnosis
- ❖ Tanya cares for her mother who has significant mental health difficulties
- ❖ Herbie has ASD and a rare disorder with a strict diet
- ❖ Chris's childhood trauma is making transition from YMCA housing to University challenging
- ❖ Adya is passionate about nature and outdoors and wants to build their resilience
- ❖ Abi has a tricky home life and lacks confidence
- ❖ Josephine has a social worker and has had difficulties with anger in the past
- ❖ Mel suffers from social anxiety and is from a low-income household



The Sir Francis Chichester Navigation Award

This Annual award is given to a student on a navigation related programme at Plymouth University in recognition of their educational achievement considering any specific challenges they may also have overcome. The 2024 'Chichester Trophy' and award was presented to Katrina Browne, pictured alongside Dr Adan Lopez Santander and Professor Alexander Belton (Head of School)

HOW IS THE TRUST FINANCED? - *The Trust has a small amount of interest from its investments, but most funds are raised from other charitable trusts and individual supporters. The major supporters, whom the Trust is grateful to for their generosity, include The Bloss Family Foundation, Devon Educational Trust, Elmgrant Trust, Gibbons Family Trust, Jack Riley Trust & Astor Foundation*

"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)

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