



# 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 19 day 'Skills for Life Award' personal development courses at one of the three Outward Bound centres. 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.

In 2016 the Trust invited 33 young people to interview, with 25 attending. Of these 22 were offered places on Outward Bound courses to be held over the summer. 20 young people took up their places and went on a 'Skills for Life Award' course with 14 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 and offer a wide range of experiences for the young people. 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.

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

- This course was truly life-changing and very beneficial – I have had such an amazing experience
- The experience of going on the course was both a challenging and enlightening one, pushing us all both physically and mentally while teaching us life lessons and methods of approaching a variety of problems, both physical, mental and social
- The course has allowed me to have a new perspective of life – it has shown me that I can do anything if I put my mind to it and it has allowed me to test my limits of strength and willpower to carry on even when it gets really hard
- It has been the most amazing experience I have ever had and I will cherish the memories that I have gained as well as the skills
- It has helped me to build confidence when trying to form relationships with strangers and I have also learnt to be more independent and take care of myself and others in a more challenging environment. I have been taken out of my comfort zone and found a new resilience within myself
- I have learnt that there are lots more things in life than sitting playing on my play station and that there is a big world out there with lots to do and see
- I can safely say that Outward Bound has been the best experience of my life (so far) and will be a tough one to beat because I enjoyed every minute of the course and have taken a lot from it: self-motivation, self-confidence, peer support, discovering I am a good leader, organisation, open mindedness, and the realisation of how happy I am.

For more information contact the Trust Administrator, Sir Francis Chichester Trust,  
PO Box 27, Whimble, Exeter EX5 2WQ.

Tel: 01404 822138 E-mail: [info@chichestertrust.org.uk](mailto:info@chichestertrust.org.uk)

Website: [www.chichestertrust.org.uk](http://www.chichestertrust.org.uk)

## What did the Outward Bound instructors say?

- He has shown a positive attitude and understood stepping outside his comfort zone
- She has developed a lot both emotionally and physically and gained lots of self-confidence
- Assuming a leadership role was a new challenge for him, but he accepted it willingly and grew increasingly confident throughout the course
- He classed challenges as opportunities and tried to make the most out of them, not only for himself but also for his peers
- He took the opportunity to develop his confidence by trying new roles within the team
- Self-confidence has been his strong point and he now needs to consider how to use this to be a stronger leader.



## Who did the Sir Francis Chichester Trust support in 2016?

(names have been changed to respect privacy)

**Joshua** (16) is excluded from mainstream school and has never had the opportunity to travel or go on holiday.

**Joey** (18) hopes to go to university and wanted to become more independent and learn to socialise more.

**Dylan** (16) attends a special school and is a 'child in care' and an Outward Bound course would raise his self-esteem.

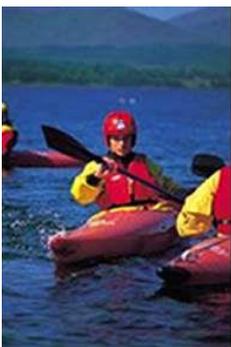
**Ryan** (19) has both physical disabilities and ADHD and he wants to be more independent.

**Charlotte** (16) is a child in care and in her formative years acted as a carer for her siblings and lacked attention from her parents; this affected her self-confidence and sense of self-worth.

**Kate** (16) is an adopted child and struggles with friendships and has been bullied in the past. She has high anxiety and poor social skills.

**Alex** (18) was adopted at 8 years old after physical and mental abuse and neglect. The trauma of this has affected his ability to make friendships and an Outward Bound course would help him interact with others of his own age.

**Susie** (16) is in foster care after years of abuse and neglect in childhood. Since being in care she has made great strides forward and Outward Bound would help develop her self-confidence.



## 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 2016 the major supporters included The Adams Youth Trust, The Bloss Family Foundation, The Devon Educational Trust, The Gibbons Family Trust, The Jack Riley Trust, The 29<sup>th</sup> May 1961 Charitable Trust and the Norman Family Charitable Trust.

For more information contact the Trust Administrator, Sir Francis Chichester Trust,  
PO Box 27, Whimble, Exeter EX5 2WQ.

Tel: 01404 822138 E-mail: [info@chichestertrust.org.uk](mailto:info@chichestertrust.org.uk)

Website: [www.chichestertrust.org.uk](http://www.chichestertrust.org.uk)