



# 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 wouldn't normally have the opportunity to attend and would benefit from the experience.

In 2017 the Trust invited 30 young people to interview, with 25 attending. Of these 20 were offered places on Outward Bound courses held over the summer. 15 young people took up their places and went on a 'Skills for Life Award' course with 13 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. 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?

- It boosted my self-confidence and I am now more confident meeting new people
- A life changing experience
- One of the best parts was meeting all different types of people
- The course taught me a multitude of things about myself and other people – it highlighted both my strongest and weakest points
- The course has trained me to become an overall more independent and resilient individual and helped me to boost my confidence levels
- It has given me some amazing experiences and memories to last a lifetime with new friends along the way
- I've learnt the importance of teamwork and to persevere – the course has changed me for the better and changed my mind set to keep a positive attitude
- It was one of the best experiences I've ever had in my life – I learnt a lot there and made some amazing friends
- I have learnt a lot about myself and what I'm capable of as well as new skills to help me through life
- Doing the activities stretched me to the edge of my comfort zones, which led to a great feeling when I was successfully completing them
- The course has made me more resilient and determined and I am very proud of what I achieved.

For more information contact the Trust Administrator, Sir Francis Chichester Trust,  
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## What did the Outward Bound instructors say?

- She thrived during the course and became more confident
- He may have found parts of the course challenging but to his credit he showed himself to be determined
- She pushed herself during the course and has made big improvements in her confidence
- Even when he found things difficult himself, he was always supportive of others
- Most impressive has been his attitude towards building relationships and speaking up to give his opinion
- He grasped the opportunity with both hands and thrived during the course – he has a lot to offer an employer in the future.



## Who did the Sir Francis Chichester Trust support in 2017?

(names have been changed to respect privacy)

**Emma** (16) suffers from anxiety and depression and helps care for an elder brother with autism. An Outward Bound course would give her a chance to meet new people and have a break from her caring responsibilities

**Andrew** (19) struggles to come to terms with his younger brother's suicide in 2016 and an Outward Bound course would help build his confidence

**Jacob** (17) is a 'child in care' having been exposed to abuse, domestic violence and neglect in his early life

**Louise** (16) struggles with low self-esteem due to her weight problems and is a young carer for her father and siblings

**Alex** (18) is outwardly confident but is anxious in situations meeting new people

**Ryan** (16) lives in foster care after a difficult time as a carer for his mother who had mental health issues

**Liam** (17) is a registered Young Adult Carer as he has a sister with Down's Syndrome. He lacks confidence and has become isolated from his peers

**Joshua** (16) is from a single parent family and struggles socially and lacks a consistent male role model, his mother having left an abusive relationship



## 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 2017 the major supporters included The Bloss Family Foundation, The Devon Educational Trust, The L & R Gilley Charitable Trust, The Gibbons Family Trust, The 29<sup>th</sup> May 1961 Charitable Trust, The Norman Family Charitable Trust and The Truemark Trust.

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