



# 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 2018 the Trust invited 47 young people to interview, with 38 attending. Of these, 24 were offered places on Outward Bound courses held over the summer. 19 young people took up their places and went on a 'Skills for Life Award' course with 17 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 helped me realise what I am like as a person as well as giving me the chance to achieve my full potential.
- There were many amazing moments throughout the course and the bond created with others was unlike anything I've ever experienced.
- My self-management has increased a lot. I have become a lot more aware of myself and others.
- During the climbing day I moved out of my comfort zone but enjoyed it the most!
- I have identified my lack of confidence and decided to work on it. Try my best to improve my future despite my circumstances.
- I have learnt to try and try again and then give it a final go!
- I have learnt that I am more resilient than I once thought. I have started thinking I CAN, not I CAN'T.
- I have improved my confidence by taking a leadership role on the second expedition.
- I learned to not worry what people think of me, accepting who I am.
- Being on this course has taught me that I should be myself and people will appreciate it more. At the start I was shy and didn't know anyone and had very little faith to stay but I did and it's the best experience I have had!

## What did the Outward Bound instructors say?

- Empathy was one his strongest and best features and he should be proud of the way he conducted himself and supported others.
- Stick with the knowledge that you are a team player and with the confidence that you have developed, can only flourish into an empowered individual which can go far.
- Her ability to bounce back from challenges with a positive attitude will be an essential skill in her future endeavours.
- Communication is another area that he struggled with at the start of the course. Due to his lack of self- confidence he found it difficult talking to, and in front, of others. Again this drastically improved over the duration of the course, by putting himself in situations where he had to communicate with others; he has built a strong foundation of skills for future life.
- He had a brilliant personality with a razor-sharp wit that he used expertly to amuse the group, even during the most challenging moments of the course.



## Who did the Sir Francis Chichester Trust support in 2018?

(names have been changed to respect privacy)

**Rebecca (17)** supports her mother and younger sibling and although she would say this is OK her home life is very difficult and she is generally forced upon to do most things around the house.

**Joe (16)** struggles with his confidence throughout secondary school due to constant bullying and lack of understanding from teachers.

**Rosie (18)** lacks drive and motivation.

**Freddie (16)** does not always see his own full potential.

**Ali (17)** suffers from ADHD and ASD so life can be quite hectic for him.

**Bruce (18)** has dyspraxia and struggles with speech.

**Verity (17)** has witnessed high risk domestic abuse throughout most of her life ad this has had a serious impact on her wellbeing.

**Katie (18)** is a young carer for her mother and has never travelled.



## 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 2018 the major supporters included The Bloss Family Foundation, The Devon Educational Trust, The Gibbons Family Trust, The 29<sup>th</sup> May 1961 Charitable Trust, The Norman Family Charitable Trust and Jack Riley Trust.

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