



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 2019 the Trust invited 37 young people to interview, with 33 attending. Of these, 29 were offered places on Outward Bound courses held over the summer. 17 young people took up their places and went on a 'Skills for Life Award' course with 16 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?

- During the 3 weeks course I gained new friends within the centre from all over the world, improved my confidence and communication skills with different people.
- Instructors taught me coping mechanisms to defuse my anger which enabled me to become more successful in stressful activities.
- The course has completely changed my self-esteem, which used to be negative is now verging on positive because I know I can do this sort of thing and I love it!
- Possibly three of the best weeks I've had!
- This experience was a really good challenge for me and it has helped me in the way I think things through and do things. It has helped me prepare for college and to grow up a little.
- I was able to do things I never thought I could do; the course taught me so much about myself and what I can achieve when I put my mind to it.
- I really felt like I grew a lot in terms of breaking mental barriers.
- I learnt new social skills as well and improved on my motivation
- My new goal is going back to college and getting my A Levels/extended diploma.
- I have been inspired to improve on my physical fitness and enjoy the outdoors more.
- The memories and experiences I have been privileged enough to have on this course has allowed me to realise my full potential and develop resilience to just keep going even when struggling, giving me skills that I will most definitely be using in the future.
- I have more confidence in myself and learned to trust others.

For more information contact the Trust Administrator, Sir Francis Chichester Trust,
PO Box 27, Bradninch, EXETER, EX3 9BN.
E-mail: info@chichestertrust.org.uk
Website: www.chichestertrust.org.uk

What did the Outward Bound instructors say?

- Her ability to dig deep and persevere was incredible even when she was nervous or apprehensive about a challenge, she found the courage to give it a try.
- His ability to trust others, listen and slow down to make effective observations were the skills I have seen him develop the most.
- Taking initiative and being pro-active were his greatest areas of improvement throughout the course.
- Throughout the course she showed a great drive to improve herself as a person, demonstrating good commitment to the cause, whatever that may be.



Who did the Sir Francis Chichester Trust support in 2019?

(names have been changed to respect privacy)

Jonathan (18) Has Meares-Irlen syndrome - dyslexia like symptoms caused by a perception processing problem.

Dot (16) Lacks confidence. Primary carer for her mother who suffers from depression.

Alex (17) Struggles at home due to complex family difficulties / disabilities / bi-polar mother / low income.

Fred (16) Lacks confidence and immature for his age.

Sam (17) Has Autistic Spectrum Disorder (ASD). Lived in care since 2002. Diagnosed Asperger's.

Annie (18) Lacks confidence, self-esteem and occasional low-mood.

Martin (17) Lacks confidence. Disabled mother. Struggled to fit in with school and has been bullied on occasion.

Nick (18) Domestically abused for first 15 years of life and suffers from complex post-traumatic stress disorder (CPTSD).

David (16) Difficult relationship with parents, and services become involved.

Lynn (17) Recently put in Care with limited contact with family.



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 2019 the major supporters included The Bloss Family Foundation, The Devon Educational Trust, The Gibbons Family Trust, The Northbrook Community Trust and The Norman Family Charitable Trust.

For more information contact the Trust Administrator, Sir Francis Chichester Trust,
PO Box 27, Bradninch, EXETER, EX3 9BN.

E-mail: info@chichestertrust.org.uk

Website: www.chichestertrust.org.uk