



“The Inspiration to Achieve”

The Sir Francis Chichester Trust

Charity No: 301033

Newsletter 2022

The Sir Francis Chichester Trust provides free places for young people aged 16 to 22 years who live in Devon to attend personal development 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.

In Spring 2022 the Trust invited 35 young people to interview, with 33 attending. Of these, 20 were offered places on Outward Bound courses held over the summer. 19 young people took up their places 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 in 2022?

- *I cannot thank you enough for this chance to set me up for adulthood, a chance without you I would not have had, you have really helped to shape my future in a positive way.*
- *I have met friends from all over the world through this course that I hope to stay in contact with for life.*
- *What I learnt about myself is that I can do more than I ever imagined.*
- *It has reinforced my career aspirations and motivated me to keep going in what I want to do*
- *I really liked the challenge of being in the mountains because I have not been up mountains that big.*
- *I learnt that I am mentally stronger than I originally thought.*
- *The instructors were really encouraging and supportive.*

For more information contact the Trust Manager, The Sir Francis Chichester Trust,
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Who did The Sir Francis Chichester Trust support in 2022?

(names have been changed to respect privacy)

James (16) Suffered loss of close friend and bullied at school.

Joanna (17) Lives in supported lodgings as estranged from family - lacks confidence.

George (17) From low-income household with few opportunities.

John (21) Wishing to meet new people and experience new things to build confidence.

Fran (19) Experienced traumatic events affecting her mental and emotional health.

Ann (19) Covid destroyed confidence and feeling isolated.

Jack (16) Autistic and moved schools - lacks confidence

Taylor (16) In care most of her life.

Daniel (17) Witnessed and experienced domestic violence as a child.



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 2022 the major supporters, whom the Trust is eternally grateful to for their generosity, included The Angela Gallagher Memorial Trust, The Bloss Family Foundation, The Devon Educational Trust, The Elmgrant Trust, The Gibbons Family Trust, The Jack Riley Trust, The Matthew Wrightson Trust, The Norman Family Charitable Trust and The Northbrook Community Trust.

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