



**“The Inspiration to Achieve”**

# **The Sir Francis Chichester Trust**

Charity No: 301033

## **Newsletter 2023**

The Sir Francis Chichester Trust provides free places for young people aged 16 to 22 years who live in Devon to attend 14 or 19 day expedition 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.

### **What do the young people say about their time at Outward Bound in 2023?**

- *I made memories that will stay with me forever and developed many skills.*
- *Without this I would never have had a break this year, I wouldn't have finally been able to put things in perspective and considered another future for myself.*
- *This course has really grown me as a person not just in my physical skill set but socially as well.*
- *All the activities and adventures were amazing, like going on a gorge walk and sliding down a natural rockslide into a massive waterfall!*
- *My instructor was great, I felt I could talk to him if and when I had a problem.*
- *The people in my group came from all over the country and world from different backgrounds which is what makes it so good.*
- *This made me see what really really mattered to me.*
- *My experience has allowed me to think more openly for future plans.*
- *To disconnect from phones and social media was so liberating.*
- *What I learnt about myself is that I can do more than I ever imagined.*

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. In Spring 2023 the Trust invited 39 young people to interview, with 35 attending. Of these, 21 were offered places on Outward Bound courses held over the summer. 20 young people took up their places with 18 successfully completing.



## Who did The Sir Francis Chichester Trust support in 2023?

(names have been changed to respect privacy)

- ❖ Jane experienced traumatic events during her parent's divorce
- ❖ Mandy cares for her young disabled brother as her mother recently passed away
- ❖ Miguel has moderate learning difficulties and lacks confidence
- ❖ Alam wants to learn to communicate better and improve team building skills
- ❖ Barbara suffers from social anxiety
- ❖ Katya cares for her younger sibling and is from a low-income household
- ❖ Jordan has been in care most of his/her life
- ❖ Hannah has experienced serious assault and lacks self esteem



### The Sir Francis Chichester Navigation Award

was re-instituted in Summer 2023. This Annual award is made to a student on a navigation related programme at Plymouth University in recognition of their educational achievement considering any specific challenges they may also have overcome. The 2023 'Chichester Trophy' and award was presented by Chairman, Bryan Smith to Benjamin Peck pictured alongside Alexander Belton (Head of School)

**HOW IS THE TRUST FINANCED?** - *The Trust has a small amount of interest from its investments, but most funds are raised from other charitable trusts and individual supporters. The major supporters, whom the Trust is grateful to for their generosity, include The Angela Gallagher Memorial Trust, Bloss Family Foundation, Devon Educational Trust, Heathcoat Trust, Elmgrant Trust, Gibbons Family Trust, Jack Riley Trust, Fitton Trust, Norman Family Charitable Trust, Viscount Amory Charitable Trust and Northbrook Community Trust.*

**"We are all better than we know if only we can be brought to realise this, we may never again be prepared to settle for anything less"**  
**Kurt Hahn (founder of Outward Bound)**

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