



Portsmouth Sail Training Trust

2021 Impact Report

Portsmouth Sail Training Trust (PSTT) is passionate about engaging, motivating and enabling young people in Portsmouth to reach their full potential.

PSTT provides maritime training, qualifications and mentoring to disadvantaged young people. PSTT also aims to help young people raise their aspirations and improve their life skills.

Once again, it has been a challenging year for PSTT, with lockdowns delaying the start of the programme in Spring. However, with your support, we have continued to help the young people of Portsmouth raise their aspirations.

On average, **100** young people have attended PSTT, throughout the Summer and Winter terms, with over **200 certificates awarded** to the young people, including RYA Keelboat Stage 1 and RYA Powerboat Stage 1

As well as gaining sailing and maritime skills, all the young people have been given the opportunity to experience additional outdoor activities, such as Stand Up Paddleboarding, Kayaking and Climbing.

Overall, all the young people have developed valuable life skills such as communication, resilience and self-confidence.



Developing these life skills enables the young people to raise their aspirations, helping them to have a hope and ambition for the future. You can read more about some of these young people below:

Tony Hewett – Class Teacher, Miltoncross Academy

"PSTT has had such a positive impact on pupils, it is now built into their curriculum. It helps them build up their confidence and learn how to work together in an environment outside of school.

One of the students involved in the programme was selective mute. He barely spoke in Junior School and was the same in Secondary School. He transferred to us in Year 8 and would barely speak. On the days he did speak it was only yes or no answers, some days he would not speak at all.

Fast forward to now and after a year of attending PSTT, the young man now speaks every day, he is accessing all his lessons in school and has just finished his mock exams. He took to sailing very well and formed a great relationship with the sailing instructors. The skills he has picked up, and the huge boost to his confidence and self-esteem, has honestly changed this young man's life".

Sarah Foley – Class Teacher, Prospect School

"We have a young boy LC who attempts every week to overcome his fears of the sea and boats. LC was chosen to attend PSTT because he really wanted to become involved regardless of his swimming abilities. LC has swam, he has tried paddle boarding and yachting. At times, LC is still very nervous, but he continues to attend each week. LC's confidence has grown massively and his ability to accept help is far better. He no longer just gives up."

End of Year Teacher Surveys revealed that:

89% of the young people have an increased knowledge of opportunities available to them in the watersports or marine industry.

86%

have an increased resilience



81%

have improved communication skills



95%

have increased self confidence



Thank you, once again, for your continued support of PSTT. Together, we will raise young people's aspirations.