



# Portsmouth Sail Training Trust

## 2022 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.

On average, 120 young people have attended PSTT, throughout 2022, with over 300 certificates awarded to the young people, including RYA Keelboat Stage 1 and 2, RYA Powerboat Stage 1 and First Aid qualifications.

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:

*"All the students who attend PSTT were identified as young people who needed a bit more self-confidence and resilience. Attending the PSTT programme has had a big impact on the students. They are now more organised, more independent and have more self-belief in every task that they do. I have seen the student's communication skills improve and seen great team building throughout.*

*The PSTT programme is an amazing opportunity for students to learn life skills through new and fun activities. The instructors are great with the young people and can open the students minds with great, unique activities".*

**Scott Miller - Oaklands Catholic School and Sixth Form College**

*"I believe that all of the students who turn up to the sailing have benefited immeasurably from the PSTT programme. They have all mentioned that it is their favourite/only good part of the week and that when it is not on, they are deeply upset. LT has really benefitted from the course and has made new friends, something she struggled with in a school environment. She is feeling a lot more confident in herself also.*

*The staff are fantastic with the students and a lot of the student's state that they feel more comfortable with the staff at PSTT than they do teachers in school. PSTT provides them with a safe space and adults they trust, as well as new social skills, friends and knowledge".*

**Maddie Evans – Bay House School**

## **PSTT Regatta**

It was with great pleasure that we were able to run the PSTT Regatta this year, after being unable to organise the event for the past two years due to the Covid-19 pandemic. The Regatta took place on Friday 15 July with 40 young people and 15 supporters of PSTT in attendance.

The young people enjoyed participating in various races in Portsmouth Harbour in the morning and then came ashore for lunch and an awards ceremony in the afternoon.

Chief Instructor, Will Keyser, said "It was wonderful to be able to celebrate all the young people's achievements at the PSTT Regatta. I am so proud of all the young people who attend PSTT, and it is great to see them grow and develop throughout the year. Well done to the Regatta Winners, Charter Academy, and to all the young people who received their certificates."



## **End of Year Teacher Surveys revealed that:**

**78%**

**have increased  
in confidence  
& resilience**

**71%**

**have an increased knowledge of  
opportunities available to them in  
the maritime sector**

**73%**

**have developed  
good communication  
skills**

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