



"All our students have benefitted greatly from the experience, developing their self-esteem, working as a team, leadership skills, and mental health and wellbeing.

Students who suffer from a heightened sense of anxiety have found this a calming and enjoyable experience. One student has made significant progress which has allowed him to feel confident enough to begin a work experience placement."

**Lead Teacher at Three Bridges School**



### The difference our work makes to young people

"Kate is adopted and comes from a background of childhood trauma and neglect. This has had a huge impact on her self-esteem, confidence, and ability to form meaningful relationships with her peers and adults. She also suffers from high levels of anxiety, which prevents her from trying new things. She was initially very reluctant to do the sailing course because it was with a group she didn't know, doing an activity she had never done before. We encouraged her to take part and much to her and our surprise she loved it!

She has been very proud of the new skills she's learnt and has really enjoyed getting to know some new people in a structured and safe environment. She has said that doing the sailing helps her manage the anxiety she has felt in school and gives her time to "decompress". She feels calmer at home afterwards. Making new friends and being told she is good at a new activity has boosted her self-confidence, and this is starting to translate into her everyday life. She has loved the teamwork and camaraderie on the course and would certainly like to continue her sailing journey."

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Their self confidence has increased greatly. Some were initially very reluctant to join in with the activities but by the end of the series of sessions they all joined in. Your staff were incredibly patient with them and this, in addition to their calm, supportive approach helped our learners to feel safe and supported. Their team working skills also increased greatly especially when in a double kayak! I have never seen our learners smile as much as they did when on the water so another big tick for how much it has benefitted their mental wellbeing! Teacher 2022

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**It's more than wind, water and waves that young people discover when sailing - it's themselves, each other and about being part of a team.**



"Sailing has had a huge impact. This boy struggled with low self-esteem. He often took comments from other pupils to heart and even at times reacted physically, which in turn meant he had to face sanctions. He often compared himself unfavourably to his peers who appeared to achieve in all areas of the curriculum.

He had a love for the outdoors and one of the areas of the curriculum he felt more confident with was anything to do with outdoor education. When he started sailing, he seemed to excel with the sport right from the start. This had a dramatic impact on his confidence. His relationship with his peers improved and the number of negative incidents reduced.

Children's Sailing Trust not only offered the experience of learning to sail, but recognised achievements in RYA stages. He was seen to be achieving in a well-recognised and highly respected sport. He took part each week no matter what the weather, and at the end of the year, he took part in the Interschools Regatta and was a major player in helping the school win first place. By the end of Year 6 he was able to stand tall with his peers as he was acknowledged for his successes in sailing.

I have no doubt that the experience of learning to sail will be a major contributing factor to his later successes in life."

**Head Teacher, Trannack Primary School**

### In our post-season surveys, children, parents and teachers told us:



78%

said sessions made them more confident on and in the sea



81%

really enjoyed the watersports sessions



41%

found that they were more active out of school as a result



79%

can't wait to get back out on the water again



98%

of teachers said sessions improved pupils' self-esteem, co-operation, leadership and willingness to learn



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"Peter has found the experience a very positive one. Unable to play alongside others, share, talk openly or even enter water. Peter secured a place with the Trust and has overcome his fear of water, something which is essential in Cornwall, and has helped others to do the same. Peter's compassion, resilience and mental well-being has developed profoundly, and he is visibly calmer and engaged. In school Peter is transferring these skills and succeeding enough to return to a mainstream setting after Christmas. A positive outcome for everyone."

Angela Little, Penwith APA, KS2 Teacher and Sailing Co Ordinator.

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Since 2007 we have taken over 9,000 young people out onto the water. In 2018 CST supported 786 participants to access watersports through various programmes of activity, in 2022 this had grown to 1739.

Our fleet of vessels now consists of 25 Oppies, 8 R8 Teras, 4 Zests, 6 RS Fevas, 5 RIBS and 3 Powerboats, 6 Hansa Sailing Dinghys and "Floaty" our accessible, electric powered (solar panels on its roof) floating classroom that can accommodate up to 15 people and wheelchair users.



**"Floaty" - our one of a kind floating classroom**

