

Children's
Sailing Trust

Annual Review 2022

25 years of Confidence,
Competence and Resilience

Contents

Having to try something that is out of their comfort zone. When the wind is blowing hard and the boat feels out of control, the children must really be brave and think about what they are doing. It is great to see how much their confidence can improve in such a short space of time.

Getting over fears, confidence in themselves, improved self-belief, improved self-esteem and so much more!

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Welcome

2022 saw Children's Sailing Trust celebrate 25 years of delivering sailing and water activities to young people here in Cornwall and it is my great honour to recognise this as Chair of Trustees.

Set up by John Green MBE from his home on the Helford River with the primary purpose of getting young people of all abilities and backgrounds out on the water to sail, the dream was achieved by removing the cost to the families and to this day this is still the Trust's primary purpose. With the help of many generous donors of both time and money, we've achieved so much more since 1997 and with the upcoming celebration of our 'Friends of CST' collective and new volunteer drive we hope to continue this growth for another 25 years.

My own volunteering days with the Trust started long before my Trustee days, in fact I couldn't help but become involved whilst my children attended the local village school.

Spending many afternoons with them and their classmates on the water, I soon became the sailing coordinator for the school with the task of making sure everyone had their wetsuits and got to where they needed to be on time... No mean feat I assure you!

It would be impossible not to notice the difference that sailing makes to the lives of young people. During my time on the river, I have seen hundreds of young people working together to overcome great challenges. Sailing helps them come to terms with handling boats and dealing with the uncertain weather of course, but also, and most importantly, it helps them understand each other and themselves in a way little else can. Time and again, teachers tell us how this translates from the water into the classroom. Schools see improvements in concentration, motivation and teamwork, as sailing continues to be a fantastic opportunity to help children develop their self-confidence.

After the events of the past few years, we are pleased to have safely resumed activities, both on the Helford River and at our sister site Trevassack Lake, catering for those with additional needs. Its first full year of operation has been another learning curve, though one we are proud to say has been a fantastic success for those it looks to serve.

My thanks to our incredible staff team at CST, led with great passion and dedication by the indomitable Jackie Jewell and now complemented by our new Activity Manager, Rupert Whelan, out on the water bringing with him a wealth of experience and fun. But most importantly thanks to you, our supporters and volunteers, who have helped us get to where we are and who we hope will continue to support us into the future.



Martin Barlow, Chair of Trustees

CEO Report

Wow, what a first year, continuing our operations on the Helford River alongside making water and holidays accessible to all at Trevassack Lake. It has been a year of true inspiration and I am so proud to be part of all we have achieved so far.

I would like to thank the Trustees, the staff of 'Team CST' and our volunteers for their passion and commitment. It's a true team effort and I am fortunate and very grateful to have such a wonderful team supporting me.

I have had so many moments in the last year where seeing really is believing. Having grown up on the south side of the Helford River, I know it really is the most special setting for our charitable sailing programme. It was great to see so many children learning to sail in the summer 2022 sunshine, many of whom may not otherwise have had the opportunity to do so.

What we have also achieved on and in the water at Trevassack Lake has been such a privilege to witness. Seeing those with disabilities getting out on the water or being able to do an activity with their whole family – for the first time – makes all that we do so worthwhile.

I have been making long-term connections, from Chamber of Commerce to Cornwall Council, and we are delighted to be working with Active Cornwall's (Cornwall Council) fully-funded Time2Move holiday programme – enabling children on free school meals to have a half day of watersports and a healthy meal with us at Trevassack Lake.

Without our supporters, donors and Friends of CST, we would not have been able to achieve any of this so I thank you all for your continued support.

"With your help we can continue to make dreams come true"

Jakie Jewell, CEO

Children's Sailing Trust

We deliver positive and life changing outcomes by providing programmes of sailing and water activities

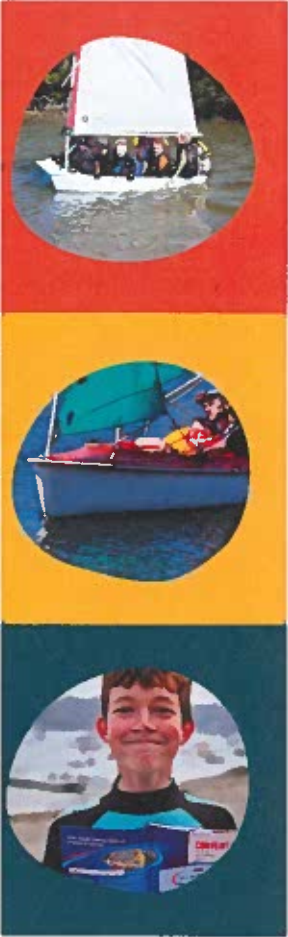
Every year we reach young people from a variety of backgrounds including those from low-income families, those who have poor mental health, those who suffer from anxiety or who have learning or physical disabilities, many of whom would otherwise not be able to access the water.



What We Do

4180
bowlines
tied!

05



"Found a new hobby he would like to pursue"

"Now considering possible career in the marine industry"

"Very important to build her confidence and self-worth"

In 2022, we provided:

- 2,500 hours of charitable sailing sessions
- 7,523 people got out on (and in!) the water
- 97 accessible watersports sessions
- 100 Stage 1 and 50 Stage 2 RYA certificates
- 20 powerboat courses
- 78 accessible holidays
- 253 hours of boat maintenance

Our in-house WAVE syllabus:

- 395 attended a full syllabus course
- 331 achieved WAVE - yay!
- 84% received their WAVE certificates

Our unique WAVE syllabus helps young people take pride in their sailing achievements, by completing a checklist of tasks to be rewarded with CST certificates for each of three WAVES. For 2023 we hope to develop a specific course for those with Special Educational Needs and Disabilities (SEND).

100%
Are more confident
on the river and at sea now

88.8%
REALLY enjoyed the sessions
100% liked the sessions

88.9%
Said the best bit was
learning a new skill



Charitable Sailing

Our current activities include:

- Up to 18 weeks of sailing for children aged 8 to 11
- Tailored activities for young people age 11 to 17 attending SEND sessions
- Bursary places available on our Youth Sailing programmes for young people aged 11 to 16
- Accessible floating classroom, equipment and holiday accommodation designed to increase the opportunities for those children with SEND and their families, to access the water and sailing



The opportunity for young people to experience our programmes benefits them significantly and the impact of these sessions goes beyond the sport and into the classroom and home life:

- Improved self-esteem gained by interacting with others and engaging in a new and challenging experience
- Improved well-being and mental health, with feelings of anxiety reduced, through time spent in the natural world
- Improved confidence and social skills gained by positive experiences and having fun with a peer group and greater ability to form friendships
- Improved water confidence and the ability to sail a boat, with a pathway to a possible career in watersports
- Improved teamwork and leadership skills with greater capacity to problem solve, leading to better resilience
- Improved creative and critical thinking acquired through taking part in a sport



CEO 'Best Bits'



If I had to pick just one highlight (with so many to choose from) it would be seeing a local girl (above left), who suffered a traumatic brain injury from an horrific horse-riding accident in Spring 2021, get back on the water in one of our specialist Hansa sailing dinghies. She had learned to sail with the Trust through our subsidised sailing program over 7 years ago and returned to sailing with the instructor who taught her all those years ago – that was a real moment for me and indeed for her family.

Volunteering

We've had two local businesses offer their staff teams for volunteering days, helping us with grounds maintenance at Trevassack Lake. One of the two has already been back for a second time and the other has requested another volunteering day – it's been so lovely to have such supportive businesses around us understanding that being a Charity, we appreciate all the help we can get.

Trevassack Holidays

A Trevassack Holidays highlight for me was talking to a guest who was reduced to tears during our conversation as he was in total awe of everything we offer and do. He travels all over the country as an accessibility consultant and had never experienced anything like Trevassack Lake. We have had so many guests tell us that, for the first time ever on holiday, they felt 'normal'.

I have really enjoyed visiting our local schools to talk to children about who we are and what we do. The children have been incredibly engaged and interested to ask questions.

The most memorable question so far is, "is there a crocodile at Trevassack Lake"!

When I asked the assembly of children of a local secondary school, "who has sailed with the Trust?", it was delightful to see that 75% of the children put their hand up – another proud moment.



Celebrating 25 years of



25TH ANNIVERSARY
CELEBRATION DINNER

SPONSORED BY JACKIE STANLEY ESTATE AGENTS

In celebration of 25 years of Children's Sailing Trust, a dinner was held in Drapers' Hall, London, to raise much needed funds.

"I was delighted to be part of our 25th Anniversary fundraising dinner in London, it was a night to remember. There was so much support from all over the country and once again we reduced some to tears with the video screening, showing the results of our work – including myself!" - Jackie Jewell, CEO

The evening was sponsored by the ever-generous Jackie Stanley, a great advocate of ours over the years and we had a record number of kindly gifted items for auction. The event was a huge success and our appreciation is with all who attended (and those who couldn't be there in person but supported us in other ways).



A warm welcome to our new Children's Sailing Trust Trustees



Chairman of Wealth Manager and Corporate Chartered Financial Adviser Watson French, Stephen Watson.
"Providing opportunities, development, support and enjoyment for vulnerable children is important to me"



Chartered HR Professional and Head of Events for Truro School, Joanna Wood.
"I firmly believe in access to all opportunities for everyone regardless of background, ability or circumstance which is why I love CST."

And a fond farewell with our heartfelt thanks to longstanding Trustees:

Phil Badger, Tom Roach and Gina Briggs.

Their combined years of dedication and hard work towards the development of CST has been invaluable.

Children's Sailing Trust



Brand Development

It is wonderful looking back over the years and seeing how far we've come, our progression clearly visible in our timeline of logos. 'The Boy in the Boat' came from a photograph of our founder's son as a child and is sentimental as well as illustrative of why we exist. When we were gifted a legacy by our dear friend Roger that enabled us to develop the lake, it was necessary to change and modernise our branding so that it worked better in a digital world as well as to encompass everything we now offer. We changed our name from Helford River Children's Sailing Trust (HRCST) to Children's Sailing Trust (CST) to incorporate the two locations, but we also needed a logo that could be used consistently across our Not-For-Profits.



In late 2021 we launched Trevassack Holidays, a collection of 6 properties by the lake, two of which are high-dependency for severely disabled families. 2022 was our first full year of offering watersports to the public at Trevassack Lake and we needed a degree of separation from the charitable work, thus CST Experiences was born. Both needed to stand-alone but also tie back to their charitable roots, so a much simplified, more accessible logo was developed that was readable at any size and application, from embroidery to digital - something the previous logos just could not achieve.

We are proud to present our new branding that communicates each of our objectives in a clear and concise yet nostalgic way that is practical for all applications.

News From 2022


**Cornwall
 Tourism
 Awards**
2022/23

We won the **GOLD** award for **New Tourism Business** for all the hard work that has gone into the Trevassack Lake development and the **BRONZE** award for **Accessibility and Inclusivity** which is incredible considering we hadn't completed the website objectives in time!



The Secret Lake

For the first time in CST history we have employed a marketing person - an unenviable role with all that has changed in 2022.



Katie Chown was selected to create the new watersports website and then attempt to get the word out about our new site at Trevassack Lake. Dubbed 'the secret lake' due to the number of locals who never even realised there was a quarry here, we are pleased to have a full-time content writer, digital marketer, media creator, email and social media marketing specialist all rolled into one smiley person. The bonus is she's not scared to don a wetsuit and she's Cornish!



THE SUNDAY TIMES

Times journalist, David Hutt wrote an incredible article about staying with his family at Trevassack Holidays, our Not-For-Profit holiday accommodation beside Trevassack Lake.

"Is it really possible for a holiday to be affordable, adventure packed and truly accessible? Even the simplest of holidays can be such a challenge for families with disabled kids. Often it's a case of either doing something specifically for that person — or having to exclude them.

· Finding options that genuinely include everyone is the holy grail."



Scan QR code to read the article:

L-R: David, Ruby, Gill, Samuel and Ruben



Sailing Benefits

Contemporary evidence suggests that blue spaces offer great potential for positively influencing physical and mental health. This perspective suggests that physical activity undertaken on, or around water has the potential to deliver enhanced health and wellbeing benefits, as well as the development of relevant life skills.

Our own research this year has reported 'students have benefitted greatly from the experience; building their self-esteem, learning to work as a team, developing leadership skills and enjoying improved mental health and wellbeing. Students who suffer from a heightened sense of anxiety have found this a calming and enjoyable experience'.

1 "Some of the children who are not academically strong or even particularly sporty have really shone as being confident sailors. Also, the children are proud of their achievements. We have had some children who have been quite frightened or apprehensive about sailing, but with small steps and encouragement, everyone has been able to take part and overcome their anxieties."

2 "MT had never been on the water; due to her specific needs she normally does not get the chance to participate in water activities. You gave her the opportunity and with our and your support she was able to participate, and did participate, together with peers and I cannot even begin to describe how huge this is. Thank you."

3 "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!"

Quotes from Group Leaders about students from CST sessions in 2022

Supporting CST

We are determined to continue offering sailing and watersports opportunities to young people.

CST exists because of the generous support given by businesses and individuals over the last 25 years and we now look to build further funding relationships with individuals who recognise the importance of our work and understand the difference this will make.

Why Committed Giving?

A regular or committed gift allows us to ensure the future of our charitable sailing programme, offering more and more children opportunities to develop life-skills through time spent on the water. Additional benefits include being able to see young people develop and flourish through returning to progress through the RYA syllabus and build upon their experience. Being able to return for several years has a profound impact and can result in fantastic achievements – previous young sailors have gone on to become successful in many different career disciplines, but within the sailing world a number have gone on to become instructors and some have even competed in the America's Cup.

£292,291

2023 funding requirement

4 years

of committed funding goes a long way!

£5

per month minimum to be a Friend of CST



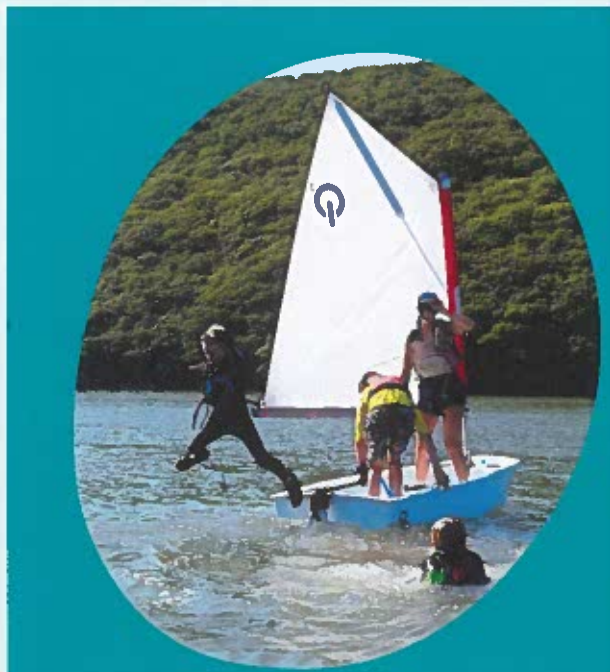
'Friends of CST'

Scan QR code or go to childrenssailingtrust.org.uk/fcst

Your regular contributions will help fund the Charity's work going forwards, supporting our work with young people in unrestricted ways for core charitable requirements such as paying towards RYA-qualified Instructors and Specialist Instructors for inclusive sailing and watersports sessions, protective kit and watercraft.

Summer Regatta

We are delighted to invite Friends of CST to our Summer Regatta on the river and details will be sent out soon.



With Our Thanks

We are very grateful to the following Trusts and Foundations for their generous donations this year, as well as to our amazing individual donors, who together helped support us through a challenging year.

Special thanks to (in no particular order):



Goonhilly Wind Farm, CCF
 Charles Reynolds, CCF
 National Lottery Community Fund
 Peter Harrison Foundation
 Persimmon Charitable Foundation
 Worshipful Company of Shipwrights
 Norman Family Charitable Trust
 Boardmasters Foundation
 Sports Foundation for the Disabled
 Trinity House Maritime Charity
 Carew Pole Charitable Trust
 Garfield Weston Foundation
 Emmanuel Kaye Foundation
 The Golden Bottle Trust
 29th May 1961 Charitable Trust
 TK Foundation
 Tanner Trust

Donation Station

Scan the QR code or go to childrenssailingtrust.org.uk/donate



£30

Would cover the cost of one local primary-aged child's first time out on the water with a sailing session on the Helford River

£150

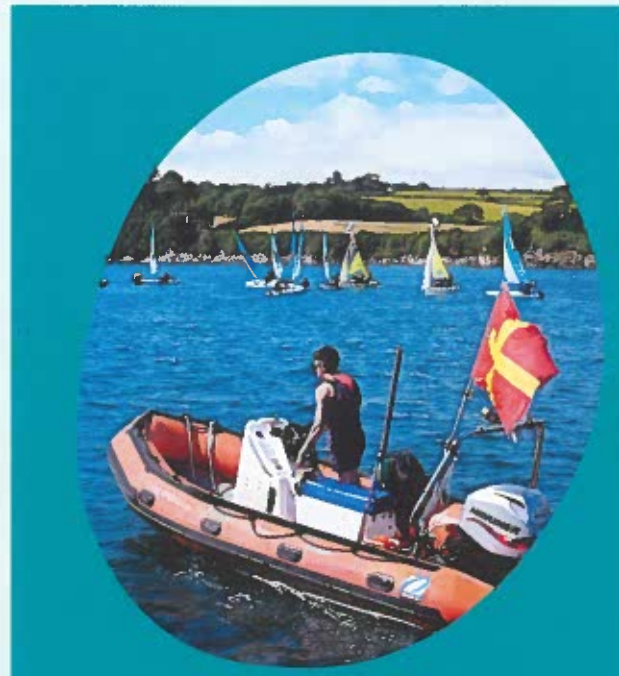
Would provide one of our instructors with necessary training, qualification and VHF radio to keep everyone safe on the water

£480

Would sponsor a child's place in a group of 30 to attend sailing lessons for one whole season

£5,000

Helps towards upgrading our fleet of safety boats which accompany young people on every outing



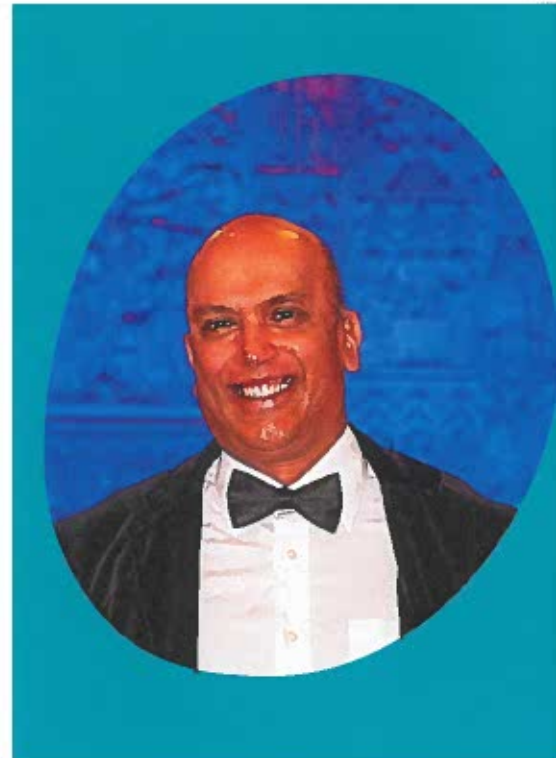
Money Matters

Colin Barco is our new money maestro, joining the trust halfway through 2022 after Helen Sewell moved to pastures new.

As well as his sparkling wit, Colin brings a wealth of expertise and experience from the charity sector and has been working hard behind the scenes with our Charity funds and Not-For-Profit trading subsidiary.

Here are a few words from Colin about the financial year:

"We continue to be heavily reliant on the generous support of individuals, organisations, trusts and foundations for which we are truly thankful. Without their kind donations and grants in 2022 we would not have been able to deliver our charitable objectives.



Our income generated through general reserves was £144k. Contributions from schools and parents amounted to £7k (4%) of income received. As in the prior year, the Charity was not able to cover all of its expenditure and this resulted in a funding deficit for the year. The plan for 2022 was that the Trading Subsidiary would generate a surplus to offset some of the deficit incurred by the Charity. In the first full year of trading, the Subsidiary also suffered a deficit on trading due mostly to delays and additional costs caused by the pandemic and subsequent economic downturn which in turn affected local tourism. This has meant that the Charity has again used its own reserves to ensure continued provision for its objectives.

We are committed to delivery of our charitable objectives in the future and so, despite continuing cost and economic challenges, we plan that the charity as a whole will be close to break even by the end of 2023."

£144k

**income
generated**

£7k

**from schools
and care-givers**

£292k

**required for
2023**

Looking to the Future

Our new Activity Manager, Rupert, has been involved with boats and sailing all his life, juggling classic dinghy restorations with race coaching and was a regular on several dinghy open meeting circuits.

In the early 2000's, he started helping Whitefriars Sailing Club's Junior Group, gaining instructor qualifications and ended up as Group Chair and Club Chief Instructor. In part due to his new member training programme enabling non-boat owners to get afloat easily with informal training, Whitefriars was shortlisted for RYA Club of the Year 2023. Alongside his Club and Junior Group work, Rupert got involved as an instructor with Sailability@Whitefriars, a volunteer-led group providing accessible sailing for people with disabilities and learning difficulties. As Senior Instructor and Training Manager, he ensured the group could run everything from introductory level SEN school sessions and therapeutic sailing to sailing skills development and World Championship level race coaching. Now he's taken on the challenge of enriching our charitable sailing programme, as well as our commercial watersports.

"The future is all about FUN! We're developing the island on the lake as a hidden location for everything from forest schools to a boat race base, a place for pirates to steal your raft or just as an accessible place away from the mainland to float to via Floaty."

On the river, we are re-launching our CST Regatta at the end of the school year to keep our primary-aged sailors engaged and to start the summer holidays with a splash! It will be fantastic to see the children racing around on the river like pre-pandemic times."





Thank you

for supporting the work of CST



thank you for
the amazing lessons and
great times on the water.
I'm very thankful the CST
exists as without it i
most likely never discovered
sailing without it. I'm very
much looking forward to
the next course.



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childrenssailingtrust.org.uk

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Children's Sailing Trust
Trevassack Lake
Garras
Helston
Cornwall
TR12 6LH

Registered charity no: 1165396



Children's Sailing Trust

May 2023

Lieutenant Colonel R Cole-Mackintosh
The Worshipful Company of Shipwrights
Ironmongers Hall
1 Shaftesbury Place
London
EC2Y 8AA

Dear Richard

In 2022 Children's Sailing Trust celebrated 25 years of teaching primary-aged children to sail on the Helford River and the first full year of operation at Trevassack Lake, two amazing achievements of which I am very proud.

We are delighted that in addition to our well-established charitable sailing programmes, we are able to offer bursaries to enthusiastic sailors wishing to continue their sailing with us, showing sustainable progression. We are also working with Cornwall Council to deliver water-based activities to young people from low-income families during the school holidays.

The Charity continues to grow and evolve, but our core purpose remains the same - to introduce young people and their families to sailing and water activities, sharing our facilities, knowledge and expertise, and by removing any barriers to participation.

The images, stories and achievements you will see and read about in this Annual Review reflect the heart of what the Trust does; young people learning through physical activity - whatever their ability - to be part of a team, gaining resilience, growing in confidence, even learning to trust adults; experiences that will stay with them for life.

We never underestimate what any young person is capable of, given the chance, and I very much hope you will be able to support the Trust in 2023.

Emma Gooding
Head of Fundraising

Enc

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