





A message from our Chief Executive

As we draw to a close on 2025, we reflect on the work of The Trust and the many young people we have helped this year. Some of the people we take sailing are anxious about stepping onto a boat and out of their comfort zone. Most have never had the chance to experience life on the water. The change and development we see in them throughout a voyage is remarkable. Confidence is boosted, they are proud of their achievements and have learnt valuable skills they can take into their adult lives.



In 2023 we introduced a new Apprentice Bosun scheme to help address the issue of crew recruitment in the sector, and since then we have welcomed three bosuns to the team. During the 2025 season we have really started to see the benefit of this foresight and we have been pleased to see our first apprentice Matt pass their Yachtmaster and progress to the position of Mate for the 2026 season.

The Cirdan Youth View forum has really excelled themselves in 2025 and have been sharing their input and ideas throughout the year. The forum is made up of young people aged between 16-25 that have sailed with us before and benefitted from being onboard. They cover a broad spectrum of needs and abilities, helping us to shape our voyages for future participants. In September the forum helped us to raise a fantastic amount of money at a fundraising event in London, which you can read more about on page 7.

Operating a small charity, it is always essential that we ensure that every pound fundraised is being used as effectively as possible so that we can maximise the amount of young people that we can provide assistance to. It is inevitable that the costs involved in running the Trust will continue to rise particularly ones that we have limited control over. In 2025 some difficult decisions were required in order to ensure that we are as prepared as possible going into the new season. I am pleased to report that as a result of various measures to streamline our operation the Trust is in a resilient position.



Looking ahead to 2026, we are increasing our efforts to educate participants about marine conservation and environmental issues and will be introducing more learning aids around this onboard our voyages, as well as new projects with a focus on these topics. Not all people adapt well to school life and many struggle to apply themselves within an academic setting. Learning outside the classroom can bring huge benefits. The use of outdoor spaces to educate and guide young people can open up enthusiasm and a desire to learn in a unique setting. Whatever the needs and abilities of a group, we will adapt and tailor a voyage so that young people get the most out of their time onboard.

Ed Humphries, CEO

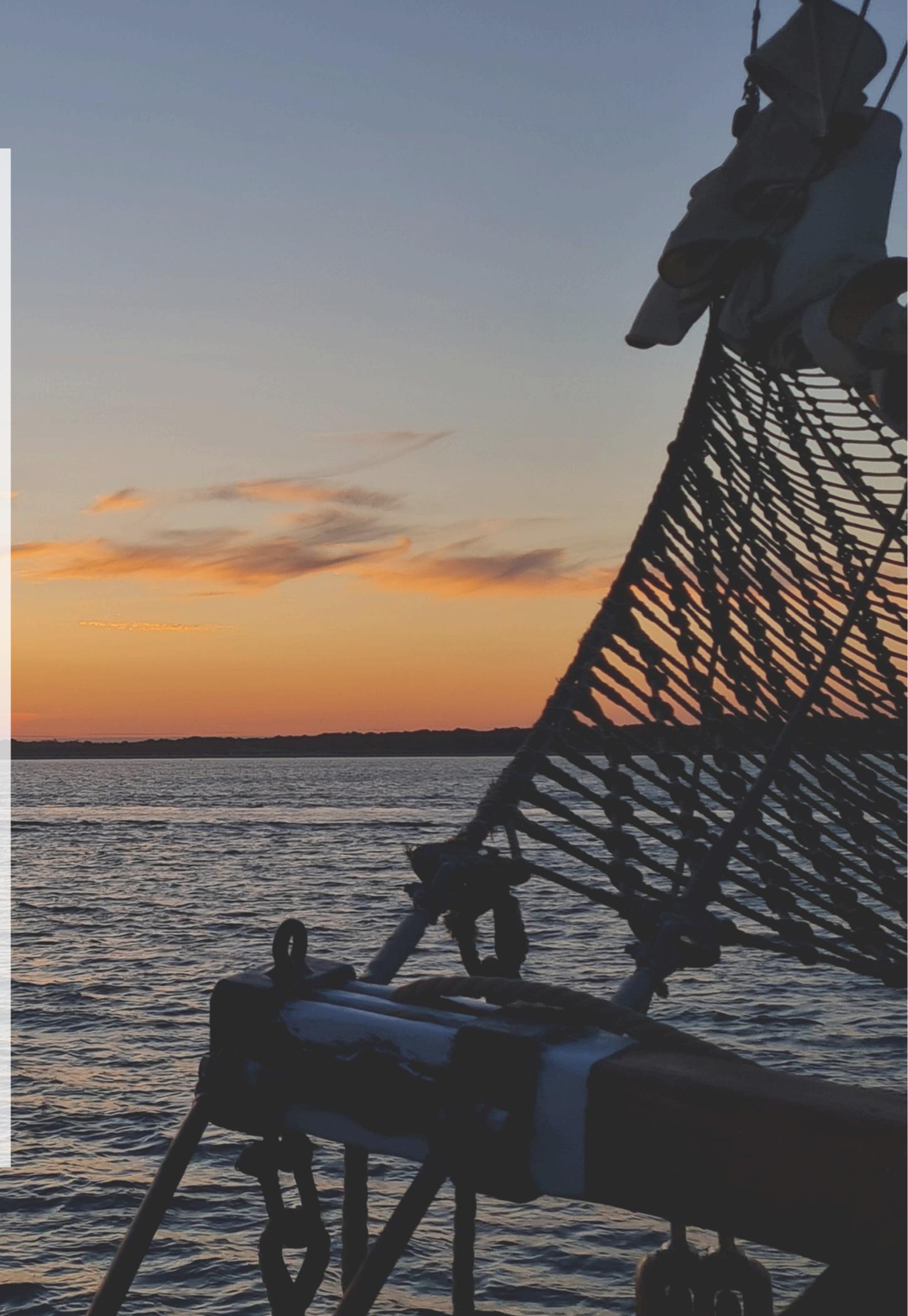
2025 Season

This year saw many young people from new groups and organisations enjoy the benefits of a voyage, as well as returning ones, with more than 50% of groups undertaking their first voyage with Cirdan. These included specialist education groups, those with learning differences, young people in care, YMCA units, sea cadets, refugee and asylum seekers, youth justice service, NHS Early Intervention in Psychosis service users, high schools and others needing some guidance in life. Many of the young people are from low-income households and deprived areas of the UK.

Queen Galadriel started the season on the Essex and Suffolk coasts before spending the Summer on the south coast. She welcomed many young people with ranging needs and abilities including groups with special educational needs and disabilities. We ran an individual's voyage for 16-25 year olds, and a number of participants completed their Gold Duke of Edinburgh Residentials. These individual voyages are also an opportunity for us to include those from a disadvantaged background who cannot sail as part of a group but who may require additional funding.

Faramir completed another circumnavigation around the UK, stopping at various locations including Neyland, Glasgow and Hartlepool in order to run voyages from these locations for groups local to them. Various NHS Early Intervention in Psychosis services completed different legs of the circumnavigation as part of our annual Voyage to Recovery programme.

Duet completed several Gold Duke of Edinburgh Residentials, as well as beginning a new project working alongside the Essex Outdoors Centre in Bradwell-on-Sea. This involved taking groups of primary school children on sailing trips on the River Blackwater. High school students experiencing mental health challenges and low self-esteem also sailed onboard Duet. We visited yacht clubs in Essex and Suffolk during their cadet weeks so they could learn about historical vessel Duet and our charity's work.





"The sea helps develop a huge camaraderie that is difficult to gain elsewhere."

2025 Performance

In 2025 we continued to honour Cirdan's main focus to work with young people who are disadvantaged in some way. Participants are from a diverse variety of backgrounds and experience a wide range of challenges as shown below. We also run several Gold Duke of Edinburgh Residentials, which are open to any young person wishing to experience a voyage, and these are supported by a specific legacy separate from our standard Voyage of Discovery Fund. We sometimes work with adult groups that are facing challenges, and in 2025 we welcomed various adults aboard as part of our work with NHS Early Intervention in Psychosis service users, and as with all our voyages these can be adapted to suit the needs of the group. The few adult weekend voyages during the season are either for promotional purposes or are sold at a premium to help raise much needed funds for our charity.

During 2025, the gender spread was 58% male, 39% female and 3% non-binary/other. From the information we gathered in 2025, the ethnic origins of our trainees was 54% British or European, 15% Asian, 9% African, 7% mixed race, 7% Caribbean, 1% Chinese and 7% other.

- *Low Self-Esteem/Confidence* 17%
- *SEND (Special Educational Needs and Disabilities)* 13%
- *Mental Health* 12%
- *Low Income* 12%
- *At Risk* 11%
- *Neurodiverse* 8%
- *Independent School* 5%
- *NEET (not in Education, Employment or Training)* 5%
- *Young Carers* 3%
- *Homeless/In Care* 3%
- *Physically Disadvantaged* 3%
- *Leadership Potential/High Achiever* 3%
- *Youth Justice Service* 3%
- *Excluded from Mainstream School* 2%

Our 2025 Impact

To ensure we maintain a high standard of service that meets the expected outcomes of our group leaders, we ask participants to complete evaluations. The outcomes gained from the experience we offer continue to show that the challenge and disciplines of life at sea is an extremely effective way to help young people develop essential life skills.

Amongst 14 outcomes, these are the six most desired by the leaders in 2025 on post-voyage feedback forms:

97% Team Building

97% Sense of achievement

97% Self Confidence

96% Facing Challenges

94% Positive Attitude

93% Communication Skills

Message from Youth View

The Cirdan Youth View is made up of passionate, young, budding sailors who are determined to support the amazing Cirdan Sailing Trust and improve future voyages for other young people. From Scarborough to Taunton, we come from all over the UK. Although we come from different places, schools or colleges, backgrounds and age groups, we all have one thing in common - our love for sailing. We have all discovered sailing at different stages in our lives. For instance, some of us discovered Cirdan through our schools and had the pleasure of embarking on a class voyage, whereas others were introduced to Cirdan via the Gold Duke of Edinburgh Residential. Despite our differing paths into sailing, Cirdan and its inspirational team - both on the water and in the office - have been life-changing for each and every one of us. From banter and biscuits in the blustering wind to competitive games and extreme cooking in challenging weather conditions, a sailing trip with Cirdan can make you smile so hard it hurts.

Even though we are sometimes very far from home, we never feel more at home than when we are on deck, feeling one of the magnificent Cirdan vessels being propelled forward by our teamwork and unity. Confidence, self-belief, discipline, determination. and teamwork. These are just a few of the attributes we have all developed during our time with Cirdan. That is only a small glimpse of what the Cirdan Trust has done for us as Youth View members, but what have we done for Cirdan?

In 2025 we are delighted with the progress we have made as a team. Between us, we have experienced Cirdan voyages countless times, which uniquely positions us to offer thoughtful, practical suggestions on how voyages can be improved. Thanks to having this incredible platform, we have successfully helped to make Cirdan voyages more accessible for young people with dyslexia. Following the brilliant advice of our member Steven, coloured overlays are now available on board all three vessels, allowing charts to be read more easily. We are extremely proud to have contributed to making Cirdan more accessible and inclusive. Continuing this focus on inclusivity, we have also suggested introducing more visual instructions across all vessels to better support sailors with learning disabilities. Furthermore, we are honoured to be part of fundraising for the charity, constantly brainstorming new ideas on how we can raise money to support this beloved Trust. Many of our members were able to attend the Girdlers' fundraising event in London in September. Lastly, one of our favourite things to discuss in Youth View meetings is merchandise! As a team, we have a lot of fun thinking about merchandise, showing off our creativity while also considering which items would be most useful to sailors and supporters of the Trust. We intend to broaden the Cirdan Trust merchandise range in order to raise further awareness for the charity and unite its supporters even more.

It may not be very glamorous or for the faint of heart, but we also love getting involved in the winter refit process. As Youth View members, we have been known to volunteer during winter in order to get our vessels shipshape and seaworthy for the long sailing season ahead. This is an excellent opportunity for us to broaden our boat knowledge, engage in highly rewarding maintenance work, and escape the pressures and stresses of daily life. Following a fruitful week of refit on Queen Galadriel last February, we are hoping to come together again as a Youth View team to continue supporting Cirdan in every way we can.

Lastly, we would like to take this opportunity to welcome our newest member, Joe, to the Youth View. Joe has sailed with many of us on numerous occasions and has always been extremely reliable and friendly. We look forward to his contributions and efforts within the Cirdan Youth View.

Sophia - Youth View member

Sail Trainee of the Year – Iona

In 2025 we have had some incredible young sailors join our boats, but one trainee in particular stood out.

A force of nature, Iona is one of the youngest people we have taken sailing. At 12 years old, her age didn't stop her from fully immersing herself into life onboard.

Iona joined a five-day voyage in June sailing from Largs and back with a youth charity based on the Scottish Borders. Iona is a young carer, helping to look after her mother at home. Being away on Faramir allowed her to enjoy being a young person and spend time with her peers.

Always enthusiastic and inquisitive, she demonstrated a keen interest in all aspects of life onboard and how the different elements of the boat work. She was always keen to ask questions to find out more and build her knowledge.

The crew felt fully confident leaving her in charge of the helm. "She showed exceptional skill at the helm; calm, confident, and completely in tune with the boat," said crew. "Her enthusiasm for sailing was absolutely infectious, lifting the energy of the whole group and inspiring the other trainees to push themselves."

Whether trimming sails, steering in tricky conditions, or working as part of the crew, she was consistently outstanding. A truly impressive young sailor with a bright future ahead.

We would like to thank Suffolk Marine Safety for their kind donation of a £50 voucher for Iona to spend on sailing equipment to help her in her future sailing endeavours.

We look forward to welcoming Iona onboard another voyage soon.





An Evening With The Cirdan Sailing Trust

In September we enjoyed a fantastic fundraising evening hosted by The Worshipful Company of Girdlers at their beautiful Girdlers Hall in London.

The evening began with a welcome from Adrian Udal, Girdlers' Master of Ceremonies, followed by Cirdan Trustee Simon Hodgkinson.

Cirdan Youth View member and Duke of Edinburgh Youth Ambassador Dominic Burns took to the microphone to introduce the first part of the evening - a Speed Networking event featuring five different stations: 1. Neurodiversity, 2. Special Educational Needs, 3. Areas of Deprivation 4. Duke of Edinburgh and 5. Mental Health. Groups and Youth View members that have sailed with us manned the stations and spoke to visitors about the benefits they have gained from joining a Cirdan residential.

An exciting auction followed, with centre court tickets for the Open Day at Wimbledon fetching £3,000 alone! Moments were tense with bidding, but with every bid placed more funds were raised for Cirdan.

Long-term Cirdan supporter and actor Patrick Malahide provided us with three wonderful readings - Sea Fever by John Masefield, A Sea Dirge by Lewis Carroll and Ulysses by Alfred Lord Tennyson.

A game of heads and tails (Anchors and Sails) followed, where guests competed to win a case of 12 bottles of wine.

Throughout the evening we enjoyed beautiful piano playing by Terry Saunders from the gallery, and the fantastic Hog Eye Men singing sea shanties.

A huge thank you to everyone who played a part in the evening, and a special thanks to Girdlers who very kindly match-funded what we raised on the night!



Voyage To Recovery 2025

Each year, Faramir completes the Voyage To Recovery programme, working with NHS Trusts around the UK. The boat completes a circumnavigation of the UK, with various NHS Early Intervention in Psychosis groups completing different legs of the programme.

Our voyages can have a powerful impact on those who find it difficult to engage with conventional therapy. NHS staff noticed service users opening up to each other, talking about their experiences and growing in their confidence as the week went on.

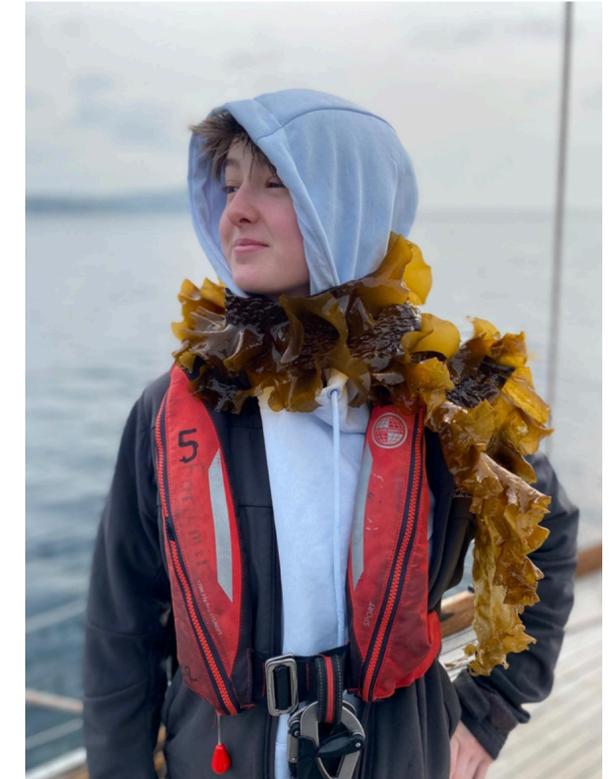
“One service user who could be socially anxious and initially was quietly mouthing lyrics to music, was seen singing along out loud on the boat at the end of the trip. He is also now meeting up and going on day trips with another service user he met on the voyage,” says Molly Smith, Lead Cognitive Behaviour Therapist.

A female service user who hadn't found therapy helpful in her NHS treatment and who was feeling stuck in life, reported the voyage has had a significant impact on her moving forwards in life. She is now employed, shared her story and voyage experience at an NHS board meeting and is wanting to help fundraise with her family for the Trust's next Voyage to Recovery.

“It was beautiful to see people grow and flourish in such a short space of time. We reflected as a staff group, we did not think the positives would appear as drastic as they did in just six days,” says Molly.

“In terms of recovery, the trip accelerates people's recovery. I've never seen such change in a short space of time,” says Dr Mark Bradley, Consultant Clinical Psychologist.

Another Voyage to Recovery programme will take place on Faramir in 2026, completing another circumnavigation around the UK.





"The Voyage to Recovery has given me a whole new outlook on life; it has flipped me 180."

Environmental studies

We have been building outdoor education provisions onboard our voyages, to help participants understand about marine life, conservation, tides, plastics and protecting our waters.

In 2025 we began a new partnership with Tall Ships (Wales) Trust, which saw groups of people in care take part in a day trip and overnight voyage onboard Faramir in Wales. We welcomed The Darwin Centre onboard, enabling participants to study marine life. The Darwin Centre aims to engage and enthuse young people and communities in STEM (Science, Technology, Engineering and Mathematics) subjects through hands on field trips and workshops.

A group of care leavers aged 18-22 years old from Wales had the opportunity to sail onboard Queen Galadriel in September. The group were made up of young people who are homeless or in supported housing. Many of the young people are at risk and have special educational differences, neuro-diversities such as Autism and ADHD and mental health conditions.

When possible, we will factor in time on shore for groups, to allow them to step off the boat, stretch their legs and explore. Beaches can provide a great opportunity for litter picks, and studying wildlife in rock pools and in the sand.

In 2026 we are expanding our educational work on marine wildlife and conservation by launching a series of new projects on the East Coast, working with a number of organisations with the same focus as us.

We are always interested to hear from like-minded organisations that are aligned with the same ethos as us - to help disadvantaged young people and help educate them about our planet.

If you would like to discuss opportunities of working alongside Cirdan, please get in touch with Lyndsey: 01621 776684 / info@cirdantrust.org



"The highlight was seeing the young people develop their skills and confidence but more importantly self-esteem."
Group Leader



Help with organising a voyage

We have overhauled our booking system and created material to share with groups and individuals including fundraising packs, a revised Food & Nutrition Planning Guide, and information about how our voyages provide learning outside the classroom. Once a group has booked a voyage and completed the booking paperwork, we will share these guides with you.



Income & expenditure

With a focus on working with groups whose young people face disadvantages in their lives and to ensure our service is widely available, fundraising is an essential aspect of Cirdan's work.

The groups that sail with us are continuing to struggle with finding the funds to enable them to take part in the valuable life changing experience that we offer. With the exception of just two youth voyages in 2025, every group that sailed with us required support from our Voyage of Discovery Fund scheme to enable them to participate.

In 2025, on average across the fleet, the voyages were funded at a level of 45.5% of the full voyage fee which is needed for our successful operation. We continue to work with the groups coming on board to aid them with their own fundraising efforts.

Fundraising continues to get increasingly harder as many funding budgets continue to decrease and we must constantly increase our fundraising efforts to meet the cost of providing our life changing adventure therapy voyages.

Costs continue to increase across almost all areas of operation. These include marina fees, parts, equipment, fuel and third parties such as engineers and shipwrights.

Our three vessels are all very different and in need of regular maintenance. We have several capital projects to complete over the next few years for which we need to raise a considerable amount of money, but we have in place a five-year fundraising plan to help us to meet this need.



Thank you!

The Cirdan Sailing Trust is partly self-financed through the contribution made by the groups towards their voyage. In 2025, almost every group and young person that sailed with us required financial assistance through our Voyage of Discovery Fund scheme to enable them to participate. Thanks to the generosity and support of all the grant making trusts and individuals who recognise the value of our work, we were once again able to offer this much needed helping hand.

We are also grateful for the support and cooperation of the marinas and suppliers. We would particularly like to thank the following regular donors and supporters:

ASTO
Augustine Courtauld Trust
Baronets Trust
Barry Glynn
Bradwell Marina
Burnham on Couch & Dengie Rotary Club
Christopher Aston Memorial Fund
David Milledge
Duet Fund
Essex Community Foundation
Essex Youth Trust
Fambridge Yacht Haven
Fox's Marina
Frank Jackson Foundation
Girdlers Company Charity

Hartlepool Marina
Haslar Marina
Ipswich Beacon Marina
John Lamb
John Tudor Baker
Keith Coleman
Kevin Finch Shipwright Ltd
Little Britain Challenge Cup
Marconi Sailing Club
Patrick Malahide
Platt Davies Family
Sam West
SeaRegs
Sir Julian Berney
Southminster Men's Shed
The Michael Clark Bursary



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Charity Number: 1091598

Looking ahead

2026 looks set to be a busy year with a mix of groups and individuals taking part in voyages.

Our Youth View will continue to work alongside us, coming up with new suggestions and ideas to help shape the future of our voyages.

We have various voyages this year where individuals can book a place, and these will be across all three vessels from various locations around the UK including Essex and Suffolk.

Duet will spend the season on the East coast and will continue her run of Duke of Edinburgh Gold Residentials. She will also be working alongside an outdoor activity centre in Essex, running day trips for primary schools around the UK, as well as running a programme of education day trips with a focus on marine life and conservation.

Faramir will once again be completing a circumnavigation around the UK, taking many NHS Early Intervention in Psychosis service users on residentials, and will be stopping at various locations along the way including Plymouth, Neyland, Glasgow and Hartlepool.

Queen Galadriel will begin the season on the East Coast and will spend the Summer on the South Coast, working with a variety of groups including SEN schools, YMCA, young carers and youth offenders.

We will continue our Apprenticeship programme and will welcome our next apprentice bosun in Autumn 2026.

