

## Changing lives at sea

People who sail with us demonstrate increased self-esteem, confidence, resilience, tolerance, motivation and teamwork.

*"I feel so alive and reconnected with myself."*

Autistic high school student

*"I learnt that you don't have to be alone in everything you do in life."*

Young carer

*"It was amazing, one of the best experiences of my life."*

High School student with Autism and ADHD

*"I learnt to push myself out of my comfort zone and how mentally strong I can be when I do."*

Early Intervention in Psychosis service user

*"Always push your limits, because the new skills, friends, stories and sense of achievement you will find is worth the initial spike of apprehension."*

DofE Gold Residential participant

*"This trip offered a unique blend of adventure, relaxation and connecting with nature offering freedom and exploration."*

Low income family

Life at sea provides a challenging environment where participants have to understand and accept authority, live and work alongside their fellow crew members, learn new skills and of course have fun.

As a voyage progresses, young people learn to accept the disciplines and constraints of life on board. Alongside their peers, they face up to the challenges that produce the positive outcomes necessary to underpin success in education and work and help young people to thrive in today's society. These include confidence, resilience, motivation, tolerance and team spirit.

Our Voyage of Discovery Fund scheme subsidises the cost of a voyage to ensure young people, in particular those who face disadvantage in their lives, can benefit from the challenge of life at sea. We rely on the generosity of grant making trusts and individual supporters to operate the scheme.

Contributions towards the upkeep of our vessels and our Voyage of Discovery Fund are very much appreciated. Donations can be given to any member of the Cirdan team or you can donate via [www.justgiving.com/cirdansailing](http://www.justgiving.com/cirdansailing)



[info@cirdantrust.org](mailto:info@cirdantrust.org)  
[cirdantrust.org](http://cirdantrust.org)  
01621 776684

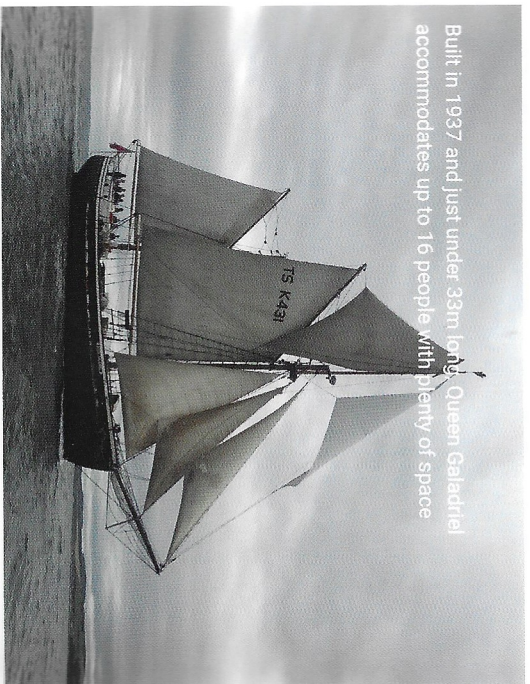
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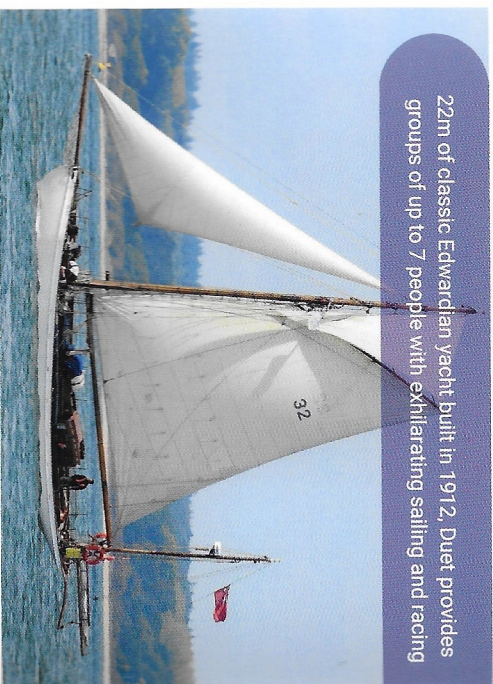
# Cirdan Sailing Trust

*A Voyage Of Discovery For Young People*

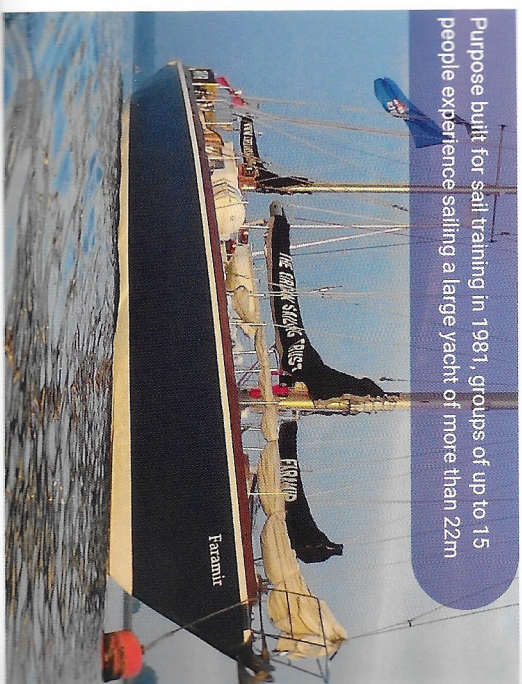




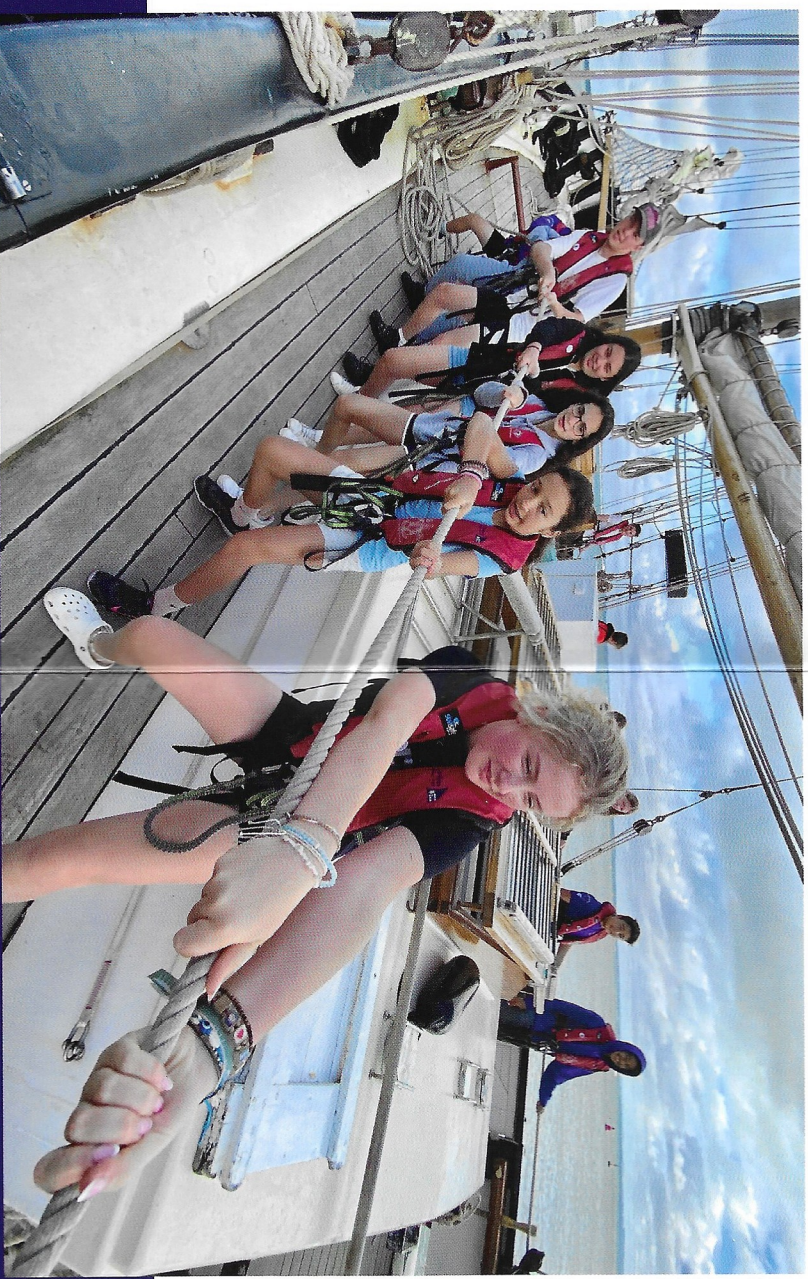
Built in 1937 and just under 33m long, Queen Galadriel accommodates up to 16 people with plenty of space



22m of classic Edwardian yacht built in 1912, Duet provides groups of up to 7 people with exhilarating sailing and racing



Purpose built for sail training in 1981, groups of up to 15 people experience sailing a large yacht of more than 22m



### → Youth Voyages

We work with a vast array of organisations including, but not limited to: special needs and mainstream schools, homeless and supported living, behaviour units, NEETS, low achievers, neurodiverse, home schooled, youth justice services, young carers, early intervention in psychosis service users and people from low income and deprived areas of the UK.

Most of our voyages are subsidised through our Voyage of Discovery Fund which offers financial support where it is needed to make the experience affordable for groups.

### → Duke of Edinburgh Gold Residentials

Cirdan is a DofE Approved Activity Provider and runs offshore sailing voyages for students looking for fun and adventure to complete the residential section of their Gold Award. These voyages are also open to any like-minded young person with or without sailing experience.

### → Adult & Corporate Charters

Enjoy a tailored voyage aboard our vessels with the guidance of our professional crew. These voyages help support our youth development voyages.