



Children's
Sailing Trust

Annual Review 2023

Striving to help all children
by enabling their potential
to be the best that
they can be.



Amazing! I was really nervous before, but I loved every minute.



It just made me feel happy and relaxed.

It also made me feel energised and felt good to be outside. I enjoyed being with other people and the experience of being in water with fish in it instead of just in a swimming pool.

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“

It is amazing to see some children grow 10 feet while sailing and some children lead when they wouldn't tend to lead in a classroom

”

Welcome

Martin Barlow, bit of blurb about him introducing the year to start the whole thing off

2023 was a year of re-building and consolidation. After having safely resumed activities both on the Helford River and at Trevassack Lake in 2022, this last year has been about re-building relationships with schools and growing levels of activity back to where they were pre-COVID; finding ways to provide opportunity for the schools to re-engage. It was also about consolidating operations at the Lake after a challenging start. And there was success on both counts – Schools sailing on the River grew and activity returned to pre-COVID levels, whilst the Trust’s trading company produced a good profit in its second full year of operations.

The staff made the sessions super fun and we have a great time learning new skills and I liked it when I had to make the boat go upside down and we worked as a team to get it back up and then sailed some more - Thank you CST without you I wouldn't get to do this.



The considerable achievements of 2023 were down to the magnificent efforts of our committed and dedicated CST team, led by our tireless and unstoppable CEO, Jakie Jewell. The Trust would not be in the position it is without the fantastic work of this excellent group of people. The many outstanding reviews we continue to receive pay tribute to their expertise, resourcefulness, attention to detail and to the great care they take to ensure everyone enjoys a memorable, life-affirming experience with the Trust. My enormous thanks go to the whole team for everything they do for the Trust.



My thanks also go to our wonderful board of trustees, who are all so generous in the support they give to the professional team and to the Trust generally. It is a great pleasure working with such a fine group of people, who all bring different expertise and perspective to bear on the challenges we face. I would like to give a special thank you to Tony Holden who stepped down from the board of trustees this year, after having given so much of his time over several years and who has made a lasting contribution to the Trust, as well as helping the Trust to lay solid foundations for the future.

I am delighted to report that the board swelled not only its numbers, but also its depth and breadth of knowledge and expertise by the very welcome addition of Stephen Watson, James Staughton and Jilly Holt. I am grateful to them for agreeing to join us. And we continue to look for more trustees to join our board, with expertise in finance, safeguarding and the law, in particular. Please do not hesitate to get in touch if you think you might be able to help. I would also like to thank Steve Carter for agreeing to take over as Chair of the trading company.



**Honorary President of
St Austell Brewery, James
Staughton, OBE DL.**
*“Supporting vulnerable
children is important”*



**Successful Consultancy
Entrepreneur, Jilly Holt**
*“I firmly believe in access
to all opportunities
for everyone”*

As I look forward and given the many uncertainties of our world, I do not take anything for granted. Having seen our excellent team re-establish activities on the river post-covid and grapple with the challenges of how best to develop activities at the Lake, we know that there is still much to do to ensure a secure future for the Lake and to ensure it provides the foundations to support our primary focus of providing heavily subsidised sailing for young people on the River.

We are, therefore, embarking on a thorough review of our strategy for the next 3 to 5 years and I am confident that the combined efforts and expertise of all our stakeholders, including our excellent team and our board of trustees can develop a clear plan, which will give the Trust the solid foundation to support our charitable work long into the future.

On behalf of all of us at CST, my thanks go to all our supporters and friends for continuing to stand by us and for all those who donate and provide financial support both large and small. We are very grateful to all those individuals, groups and organisations who provide financial support and we hope we can rely on your support and those of others in the future. There are still many challenges to meet and we will continue to need your financial support.

Martin Barlow, Chair of Trustees



Hello from our CEO

Another year has come and gone, marking another proud chapter for myself, Team CST, our dedicated volunteers, and our esteemed Trustees, both past and present. I remain deeply grateful for the unwavering support from this remarkable and passionate group of individuals.

In May, we were graced with the presence of Her Royal Highness, the Duchess of Edinburgh, providing a wonderful opportunity to showcase our headquarters and the outstanding, fully accessible facilities at Trevassack Lake. The Duchess engaged with some of the young people we work with and witnessed firsthand their enjoyment of our watersports activities for all. It was a pleasure for me to discuss our work and accomplishments with Her Royal Highness, reflecting on our journey over the past 26 years.



In April, the High Sheriff of Cornwall, Toby Ashworth, chose us as one of his 'Charities of the Year'. Despite a very wet and windy day, the High Sheriff visited our HQ at Trevassack Lake and observed young people participating in watersports through our collaboration with Active Cornwall and Cornwall Council's Time2Move Project. Witnessing the joy and resilience of these young individuals in adverse weather conditions underscored the significance of our work with young people in his eyes.



Reflecting on highlights from the summer of 2023, two events stand out prominently. Firstly, the Tall Ships Regatta in Falmouth having been generously offered a Charity Stand by A&P Falmouth, we were surrounded by the majestic tall ships. I had the privilege of being invited aboard one of them for an evening of Cornish Sea Shanty singing, an enchanting experience enhanced by beautiful sunshine.



Secondly, after a four year hiatus due to Covid, our Schools' Regatta made a triumphant return. Despite challenging weather conditions, the resilience of Team CST, Volunteers and Trustees shone through. Although the children couldn't take to the water, the day was filled with laughter, camaraderie and beach activities.



Engaging with young people at Career Days in secondary schools has been a rewarding experience. It's been a pleasure to discuss the career possibilities in watersports as well as broaden their horizons regarding opportunities in the marine industry.

I'm also honoured to have been invited to serve as an Ambassador for Cornwall Marine Academy, where like-minded individuals work to inspire the next generation.

In July, we became Charity of the Year 2023/2024 for A&P Falmouth. Their support has been invaluable, ranging from boat renovations to assistance with repairs to our holiday accommodation along with their own fundraising events raising money on our behalf. While we'll be incredibly sad to see this collaboration end in July 2024, we've forged new connections and friendships thanks to A&P Falmouth's unwavering commitment.



Throughout 2022/2023, I've focused on building partnerships with like-minded charities, exploring avenues for mutual support in challenging funding climates. This collaborative effort has been immensely rewarding, emphasising that we are all navigating the same waters and are stronger together.

Finally, I extend heartfelt gratitude to our funders, donors, supporters and Friends of CST. Your steadfast support is the cornerstone of our work with young people and we are deeply thankful for your continued commitment.

Jakie Jewell, CEO



Rupert's Ramblings

Our charitable programme in 2023 was the first full season of schools sailing offered since the enforced pause during Covid and the gradual recovery that followed.



We found a very different landscape than from before Covid in what schools were able to do outside of the classroom. Some schools simply weren't able to return at all whilst others could only join us for a shorter period of time as other commitments, staffing shortages, a lack of transport or occasionally pupil readiness to be in the river environment prevented full participation.

However, 23 schools did sign up for all or part of the season, most going to the river, but a significant number of mainstream as well as SEND school joined us at the lake. These schools were able to do a mix of sailing and paddle sports, developing confidence and resilience in a secure environment which aided the learning process for students with additional needs following the lack of outdoor activity during the previous few years. We also used the river as an adverse weather location, bringing schools to Trevassack rather than cancelling them completely. Several schools came to the lake, but unfortunately not all were able to take advantage due to the logistical issues of getting to the Lizard within their timescale.



The river remained the mainstay of our charitable sailing programme. 4 days a week for 16 weeks, we taught primary children to sail, and in doing so, built not only competence in a small boat, but also confidence in their ability to leave their comfort zone.

Watching the nervous children from week one play capsizing games during the autumn term, happy in their ability to right the boat and sail on. The progression from one point to the other, seeing a child unwilling to take the tiller and steer the boat with their friends on board simply out and back on the end of a rope, showing determination and resilience in staying on the water, conquering their fears and starting to really enjoy the feel of being on the river and in control of what they can now do.



In July, to celebrate the end of the school year, CST ran the first schools regatta since 2018. We were not blessed with the best of weather, with the Met Office warning people to stay away from exposed beaches due to storm force wind, but in the end, we had a great mix of schools, trustees, friends of the Trust and staff down at Porth Sawсен. The lack of water based activity was made up for by some very inventive and amusing land games.

My thanks must go to our instructors. The weather in 2023 was some of the worst of many years, with strong easterlies at the start of the season welcoming a team who were finding their feet as they took on new, more responsible roles or were joining us for the first time. A short respite in the early summer soon turned to rain and gales for a significant part of the rest of the season.

The team coped brilliantly, showing that confidence, competence and resilience isn't just for school children but can be seen in everyone involved in the programme.

Rupert Whelan, Activities Manager



Skills for Life

We are incredibly lucky at the Children's Sailing Trust! Despite only working with primary-aged children, many of the more keen sailors stick around to take summer courses with us or join in with our term-time Saturday morning clubs. As they learn, they also start helping, and from that helping, they become Assistant Instructors (AIs), who then help run courses. We are able to put them through powerboat training and even first aid courses, so they can continue their training to become full Dinghy Instructors (DIs).

2 of our Senior Instructors (SIs) and one of our full time DIs took part in our schools programme, plus 5 of our 6 new college-age DIs are schools programme alumni, as are several of our university summer staff!

We have more AIs supporting us still, ranging from those who are preparing to take their DI course through young people who are starting on their second season helping, to those who are just starting the road to becoming an instructor. We can't take too many AIs at once, as we are offering a bespoke training package which takes a lot of time and effort from our senior watersports team, but we will attempt to fit in keen and dedicated sailors wherever possible.

We would like to offer a huge thank you to everyone who has progressed through our schools programme or from our holiday courses and has come back to volunteer with CST. If this then turned into a vocation, whether with us or working elsewhere, then we doff our hat to you, too.



"Volunteering with the sailing trust and gaining my Assistant Instructor qualification has given me the confidence to deal with so many situations...how to work with people of all ages, how to look after people and taken on lots of responsibility that I wouldn't have experienced at school. I really love being part of the instructing team and can't wait to start again next year!"

Claudie - volunteer AI

"As parents, we have seen Claudie grow and mature hugely as part of the CST team. Teaching others to sail is difficult, involves interacting with people of different ages from all backgrounds and because of the inherent risks, comes with great responsibility, as does holding a powerboat license. These are qualities we value greatly and it has been lovely to watch Claudie grow up steadily whilst so obviously loving being part of the team."

Claudie's Parents

Diverse Impact



Cornwall Council have created Time2Move (T2M), a Department of Education scheme to help children who receive free school meals keep active over the school holidays. CST engaged for 2 main reasons. Firstly, it enabled us to reach families who would otherwise never even think about watersports as a possibility, which fits in incredibly well with our core reasons for existing. Secondly, it provided additional income for the charity, enabling us to keep staff employed and develop their skills ready for the charitable sailing.

Our Easter sessions were a steep learning curve for all the staff at the lake! The groups could be challenging at times, but we had plenty of people returning for several visits, showing we were putting on popular and successful sessions. We rotated around kayaks, paddleboards, building rafts, creating bottle rockets, shelter building, taking Megasups and Katananus with whole groups on board and anything else that seemed to work for the instructors at the time.



Throughout 2023, our efforts have been focused on amplifying awareness of our services and facilities among various local providers. A significant collaboration has taken shape with Cornwall Council, spanning Child Social Care, Adult Social Care, Children and Family Services, Families Together, Disabled Children Therapy team and Resettlement Services for Cornwall. This partnership serves to provide housing, meals and watersports for groups and individuals who could otherwise face homelessness or unsuitable accommodations, thereby helping alleviating pressures such as bed blocking in hospitals.

Our collaboration with Penhaligon's Friends yielded an application to the Cornwall Integrated Care Board, securing vital funding to bring bereaved young individuals and families to our Trevassack Lake site. Groups engaged in on-water sessions and utilised our Learning Centre for group therapy.

Furthermore, our collaborative efforts extend beyond the local landscape as we engage with groups from across the UK, inviting young individuals to join us at for immersive stays and watersports experiences. Notable partners include The Northern Trust, Willow Foundation, Duchenne Family Support Group, Brandon Trust, Active8, CAAP (Cornwall Accessible Activities Programme) and Access Cornwall.

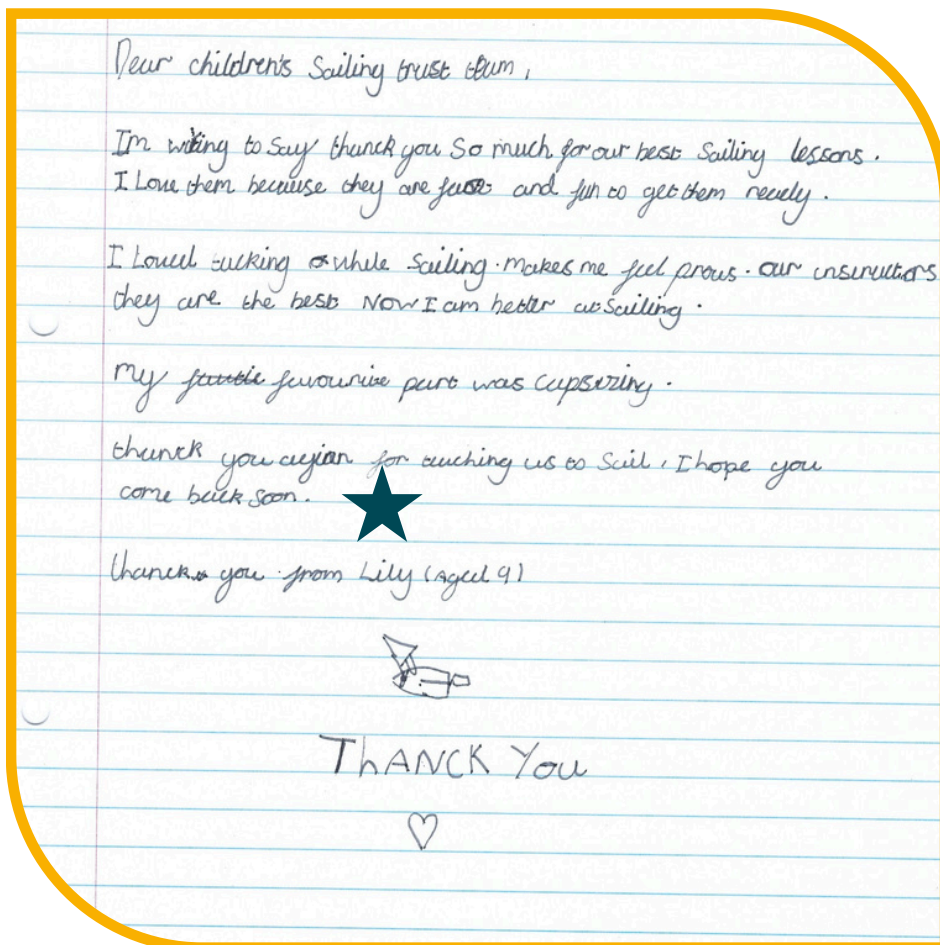
Through these impactful partnerships, we have not only enhanced the quality of our services but also gained invaluable insights that enable us to pinpoint areas for growth and operational refinement. These collaborations have significantly contributed to our continuous improvement, fostering greater efficiency and effectiveness in our endeavours.

Fun(d)raising

Cornwall, renowned for its natural beauty, paradoxically remains one of the most deprived counties in England. Our charming communities, nestled in Areas of Outstanding Natural Beauty, often find themselves among the 20% most deprived neighbourhoods in the UK, facing significant barriers to housing and services. Many essential links and support services, commonplace in larger urban areas, are conspicuously absent in our region.

The COVID-19 pandemic has exacerbated these challenges with up to one-third of our participants experiencing heightened mental health issues. Startlingly, two-thirds of primary school children reported feelings of loneliness during this period (Youth Sport Trust, July 2020). The stark reality is that one in five children in Cornwall live in poverty and in certain areas this distressing statistic surges to three in five (Cornwall VSF). Within our catchment area, around 35% of young people grapple with poverty, even after factoring in housing costs (Public Health Intelligence Team, Cornwall Council).

CST recognises the pressing need to uplift these communities, which is why our mission goes beyond sailing. We provide enriching outdoor activities that not only teach sailing skills and water safety but also promote positive mental health and well-being. Our programs offer children the chance to explore new experiences within a group setting that fosters teamwork and peer engagement.



Our students benefit hugely from their sessions with CST. Many are initially afraid of going on the water but by the end of our sessions they all overcome this. Their self confidence is improved greatly when they realise that they can overcome their fears. Some of our students are very anxious and resistant to change but even the most anxious smile for almost the whole duration of the sessions which says a lot about the affect it has on their mental wellbeing!

"We moved to Cornwall from London when Ewan was 3, and it was important to us as parents that Ewan be able to make full use of the coast as an incredible resource on our doorsteps. Sailing had always seemed a somewhat elite/unobtainable activity to us, but when we found CST, their team and the opportunities they offered were perfect for us. Ewan has loved every minute of his sailing journey with CST, and to have the opportunity to take this further and move towards Instructor qualifications is an incredible gift. As parents, we are beyond grateful for CST and all their funders who make these opportunities available. It really has played a very significant role in who Ewan is and is becoming as a young man."

Ewan's Parents



"I first started sailing with CST when I was 9, having never sailed before, and I very quickly fell in love with the sport. I found the instructors really inspiring and by the time I was taking my RYA Stage 3, I knew I wanted to be involved in instructing as well. Having the opportunity to do my AI training at the beginning of the season this year not only led to an amazing summer of being an Assistant Instructor, but has now meant that I have the skills and experience to take my DI qualification.

I am so grateful for this."

Ewan - volunteer AI

We continue to be reliant on an assortment of funding streams to finance our charitable work. We have focused our efforts during 2023 on improving our reporting process allowing us to showcase our impact to individuals and Trusts & Foundations as we see a greater need than ever for children and young people to re-engage with outdoor activities and regain the confidence and improved mental health benefits that being outside has to offer. We were successful in applications to Foundations which meant that we were able to facilitate accommodation and watersports activities for young people who had suffered a bereavement and enable a special school which had gone into administration to continue sending their pupils to us to continue sailing.

We thank all our donors, without your support none of this would be possible:

Astor Foundation
Van Neste Foundation
Coral Samuel Trust
Hargreaves Foundation
Padstow Masonic Charity Trust
Worth Waynflete Foundation
Lady Cobham Foundation
Helford Passage Car Park Trust

Bake Foundation
TK Foundation
CCF | Integrated Care Board
People's Postcode Lottery
Worshipful Company of Shipwrights
Duchy Health Charity
Lizard Outreach Trust

Emma Gooding, Head of Fun-raising



Money Matters

The Group ended the year on a positive note as the result for the year was a small surplus (prior to accounting for depreciation). We had budgeted for a Group deficit of c.£20k and the welcome surplus was mainly due to our Trading Subsidiary delivering a much better-than-budgeted surplus for the year.

We continue to rely on donations from individuals, the community, and Trusts and Foundations in order to be able to deliver our Charitable Sailing Programme. We are truly grateful for those donations.

Due to the kind donation from one individual we have enough funds to acquire a much needed new safety boat for our Helford River operations. In addition, we received funding in 2023 to acquire an Electric Utility vehicle to make lake operations more efficient, plus a Drascombe Lugger that allows families with accessible needs to experience sailing together on our lake. We were also pleased to receive funding that allows us to train current and new volunteers with the appropriate skill sets to help us in more and more ways, both with our schools' sailing programme and SEND activities at Trevassack Lake!



Looking forward, despite the gains in 2023 mentioned above, we have still budgeted for a Group deficit of around £10k for the financial year ending 31 October 2024. This is a result of a combination of factors including cost of living crisis, cost of inflation and the National Living Wage increases.

We have also taken over running of the cafe at Trevassack Lake as the previous tenant left with no notice and we were not able to find a new tenant. After careful deliberation, the decision was made to bring the running in house, with the potential to create a strong source of income to support our charitable work going forward. It was a risk to take this on unexpectedly but one that is looking like it will pay off.

Suffice to say it has been a rather eventful start to the new Financial year! But I am pleased to say that we are doing much better than budgeted in the first quarter of the year.

Colin Barco, Finance Manager



From the mouths of...

Excited, more confident on the water, happy and joyful because the was nice. The instructors taught me lots of things including how to tack and they made the session fun!

Some pupils have gained confidence and been able to volunteer themselves for other activities as a result

I really enjoyed watersports this year. I want to get brave enough to jump off the pontoon by the next time I come.

Student SD struggles with his self esteem and often at school remains in his room not engaging very much into activities or with others, when he attends he has the biggest smile and enjoys the experience from start to finish, often after a session he will engage in other activities outside of his classroom, his self esteem has been lifted and he feels proud of himself.

They were great fun and it made me want to go sailing more

One child didn't know what a wetsuit was, several have never been on a boat. It has helped them to be independent and organised.

For some children, it is the first and only opportunity to go to the beach, in the water and sail.





Thank you

for supporting the work of CST

✉ Children's Sailing Trust
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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.