



Children's  
Sailing Trust

# Annual Review 2023

Transforming young lives  
through sailing



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



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



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



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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.

**Martin Barlow was born here in Cornwall and has always been a keen sailor (who has crossed the Atlantic twice). Previously Mawnan School’s ‘parent sailing coordinator’, organising the school’s weekly sailing trips with Children’s Sailing Trust, you can now find him organising his leisure time between gig rowing and steering our charity as Chair of Trustees. Here’s his foreword on how last year fared:**

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 groups and growing levels of activity back to where they were pre-Covid; finding ways to provide opportunity for them to re-engage. It was also about consolidating operations at the Lake after a challenging start. And there was success on both counts – 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.

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*“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.”*

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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, Jackie 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.

My thanks also go to our wonderful board of Trustees, who are all so generous in the support they give to the staff 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, 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 James Staughton and Jilly Holt. I am grateful to them for agreeing to join us. I would also like to thank Steve Carter for agreeing to take over as Chair of the Trading Subsidiary. 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.



**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 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 Trust, ensuring it continues to provide the foundations to support our primary focus of providing subsidised sailing for young people.

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 staff team and our Board of Trustees can develop a clear plan, which will give the Trust the solid foundation to grow.

There are still many challenges to meet and we will continue to welcome any support we can get to ensure we can offer future generations of children the chance to experience what so many of us take for granted down here.

We are eminently grateful to all those individuals, groups and organisations who provide financial assistance and we hope we can continue to rely on your support, and that of others, in 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.

**Martin Barlow, Chair of Trustees**



# Hello from our CEO

Jakie is a Cornish girl who has been very fortunate to grow up on the Helford River, spending her childhood on or in the water. She witnessed firsthand the profound impact of the Trust, particularly through the participation of her children in the CST Schools' Sailing Programme, igniting a passion to give back to the community and ensure the charity's continued success. Here is her summary of last year:

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 (pictured, right).



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 (far left), 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 (left).



Secondly, after a four year hiatus, 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 (pictured left).



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

I am 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 on our holiday accommodation, along with their own fundraising events raising money on our behalf. While we will be incredibly sad to see this collaboration end in August 2024, we've forged new connections and friendships thanks to A&P Falmouth's unwavering commitment and sheer hard work (pictured below, a well-earned rest after clearing rocks!).



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 Reflections

Rupert started sailing toy boats at the age of two and built his first boat at the age of four. By nine years old he was racing dinghies on the Thames and a misspent youth meant he became a boat builder in his early twenties. Chucking in the day job, Rupert started working as a sailing instructor, juggling running a Sailability group with working at a watersports centre and freelancing all over the place. Now he's settled with us in Cornwall, here are his thoughts and feelings about 2023's water-based activities:



Our charitable programme in 2023 was the first full 16 week season of school 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, most going to the River, but a significant number of mainstream as well as SEND schools joined us at the Lake. These schools were able to do a mix of sailing and paddlesports, 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 Lake as an adverse weather location, bringing groups to Trevassack (those that were able to) rather than cancelling them completely.





The River remained the mainstay of our charitable sailing programme. Four days a week for 16 weeks, we taught primary-aged 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 (their latter weeks), happy in their ability to right the boat and sail on, is heart-warming. The progression from one point to the other, seeing a child initially unwilling to take the tiller and steer the boat, then sail with their friends on board simply out and back on the end of a rope, shows determination and resilience in staying on the water, conquering their fears and they start 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 at Porth Sawсен. The lack of water-based activity was made up for by some very inventive and amusing land games!

At the end of my first year with the Trust, 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 - challenging for all involved.

“

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! The charitable sailing programme only works with primary-aged children, yet many of the more keen sailors stick around for many years 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 (AI's), 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 (DI's).



Two of our Senior Instructors (SI's) and one of our full time DI's took part in our schools' programme, plus five of our six new college-age DI's are schools' programme alumni, as are several of our university summer staff! We have more AI's supporting us still, ranging from those who are preparing to take their DI course through to young people who are starting on their second season helping, to those who are just starting the path to becoming an instructor.

**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 CST 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 I've 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*

# Partnership 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 two 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 high-energy 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 group at the time, flexibility being key.

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 individuals to join us for immersive stays and watersports experiences. Notable partners include The Northam Care Trust, Willow Foundation, Duchenne Family Support Group, Brandon Trust, Active8, CAAP (Cornwall Accessible Activities Programme) and Access Cornwall.

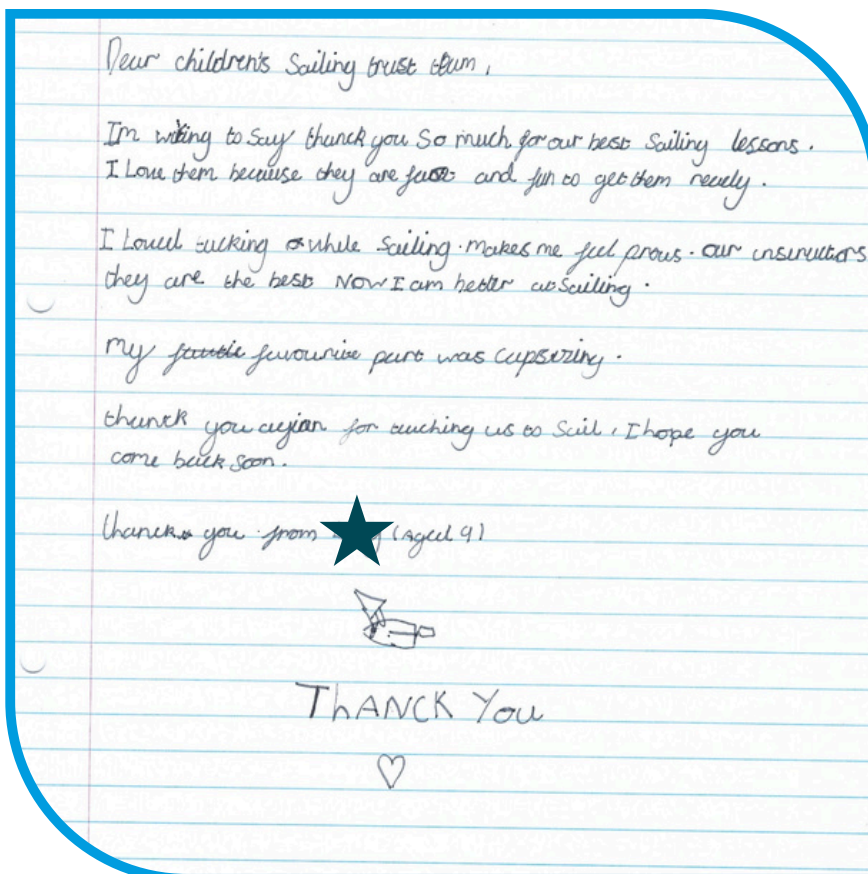
Through these impactful partnerships, we have not only enhanced the quality of our services but also gained invaluable insights that enable us to pinpoint areas for growth and operational refinement. These collaborations have significantly contributed to our continuous improvement, fostering greater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

# Fun(d)raising

Emma volunteered with the Trust after her sons started sailing with CST's charitable programmes and she witnessed first-hand the positive effect it had on them. Now she is our Head of Fundraising:

Cornwall, renowned for its natural beauty, paradoxically remains one of the most deprived counties in England. Our 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.

Sports England's 'Active Lives 2021-22 Academic Year Children Survey' reports activity levels are lowest among those going to school in the most deprived areas of the country. Despite an increase compared to 12 months ago, those going to school in the most deprived areas haven't seen activity recover to pre-pandemic (academic year 2018-19) levels, with the proportion active remaining down by 2.8%. As such, the gap in activity levels between those going to school in the least and most deprived places has widened - not all children and young people have seen activity levels recover. The proportion classified as 'active' has returned to pre-pandemic levels across lots of age groups, however this isn't the case for those in school Years 3-4 (ages 7-9) where activity remains 4.5% (53,000 children) down, with no change compared to 12 months ago.



Our programmes offer children the chance to explore new experiences within a group setting that fosters teamwork and peer engagement and so 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 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 effect 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 doorstep. 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 not only lead 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 and 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 thank all our donors, as 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 Fundraising**



# Money Matters

Colin has the unenviable task of organising the finances across the charity and its subsidiary, and has lots of positive things to say about our 2022/2023 financial year and our future:

The Group ended 2023 on a positive note with a small surplus (prior to accounting for depreciation) where we had budgeted for a Group deficit of c.£20k. The welcome bonus 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.



We received funding in 2023 to acquire an Electric Utility Vehicle to make lake operations more efficient, plus a beautiful Drascombe Lugger. This sail boat allows families or groups with accessible needs to experience sailing together at Trevassack, as well as getting groups out working together, improving teamwork and social skills. 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 with our our charitable sailing programmes.

We felt immense gratitude upon receiving funding that enabled us to forge a partnership with Penhaligon's Friends, empowering us to create meaningful experiences for bereaved teenagers and families here in Cornwall;

*"It has been interesting to hear how vulnerable some of our parents feel, and that accessing 'days out' through Penhaligon's helps them to have more confidence - not necessarily our planned outcomes but definitely an added bonus! It does show that it doesn't always have to have a high therapeutic focus to make a difference."* - Julie Parker, CEO, Penhaligon's Friends

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 the result of a combination of factors including cost of living crisis, cost of inflation and the National Living Wage increases.

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**



# Sailing Soundbites

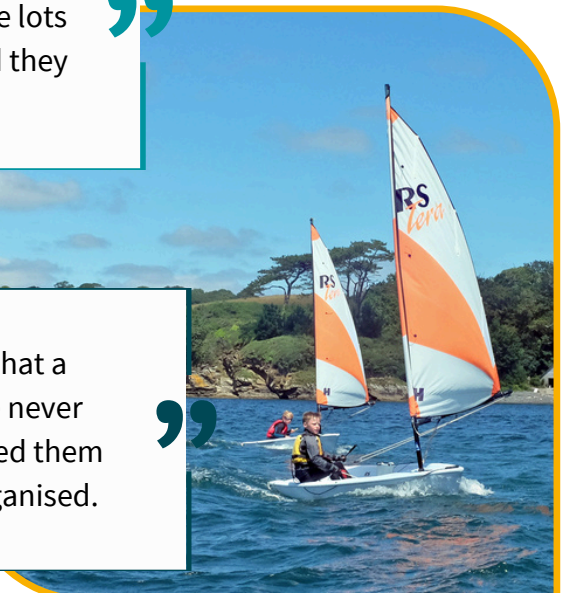
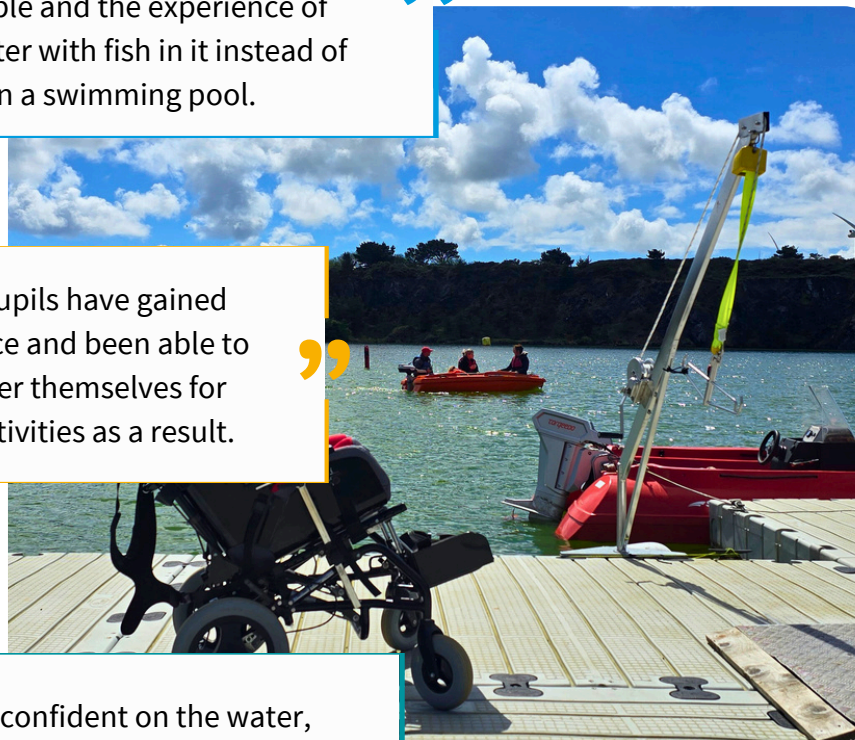
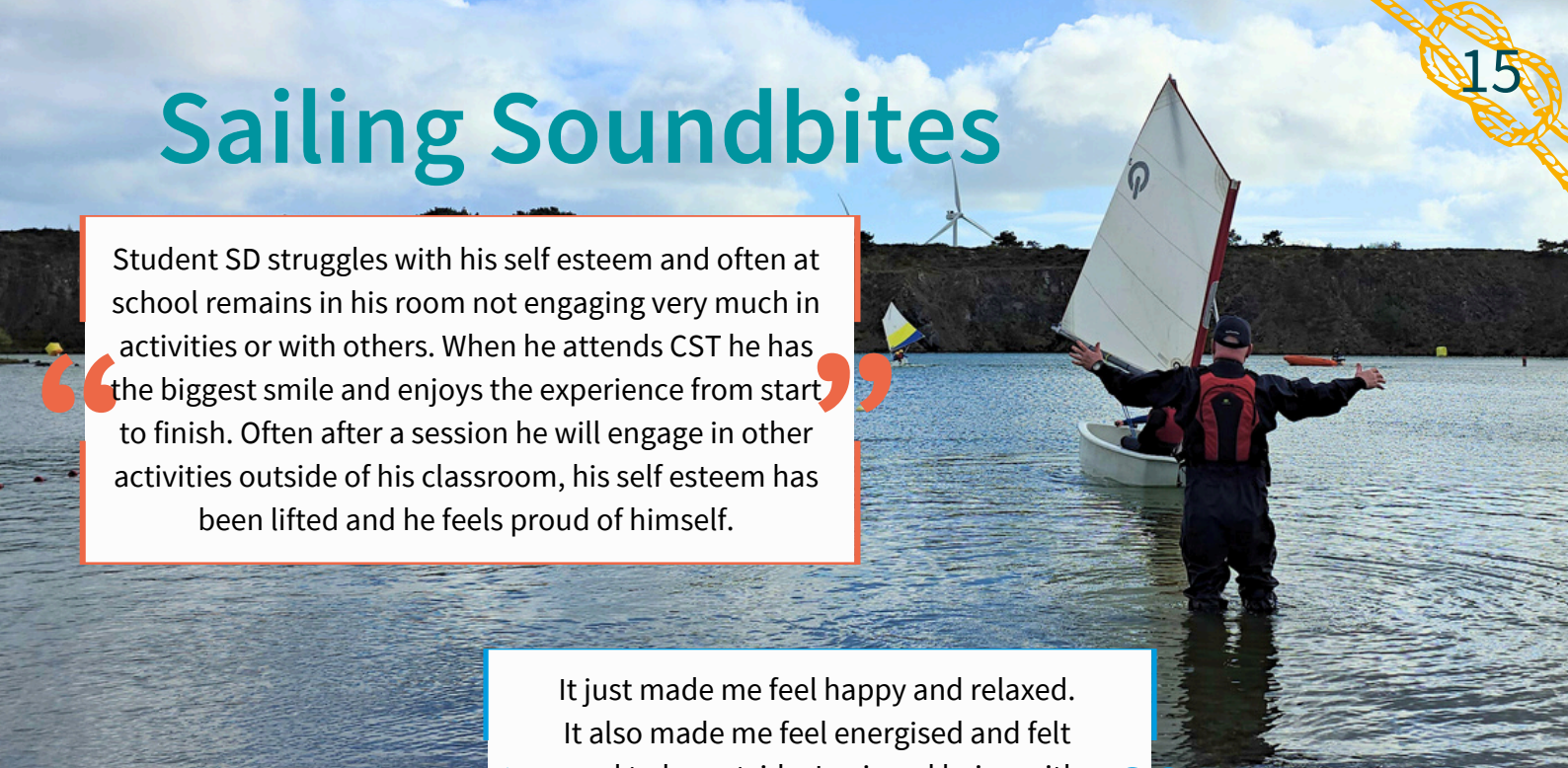
Student SD struggles with his self esteem and often at school remains in his room not engaging very much in activities or with others. When he attends CST he has the biggest smile and enjoys the experience from start to finish. Often after a session he will engage in other activities outside of his classroom,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

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.

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

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

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.



# Thank you

 for supporting the work of CST

## Donation Station

 Scan QR code or go to [childrenssailingtrust.org.uk/fcst](https://childrenssailingtrust.org.uk/fcst)

We welcome both one-off and regular contributions to help fund the charity into the future, 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.

☎ 01326 702326

🖱 [childrenssailingtrust.org.uk](https://childrenssailingtrust.org.uk)

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