



Through our sailing programs, young people are offered an invaluable opportunity that sees them not only learn to place trust in adults and their peers but also experience a range of benefits spanning mental and physical health improvement, enhanced creative thinking and the cultivation of vital life skills.

Our two sites of operation are Trevassack Lake (below) and the picturesque Helford River (right)



## Our approach revolves around three core principles:

### 1. Competence:

Achieving RYA Stage 1 certification, and our in house WAVE syllabus enabling positive decision-making and problem-solving skills.

### 2. Resilience:

The ability to surmount obstacles, be it the challenges of learning to sail, dealing with the wind and the tide and having to think fast and recover. Belief in one's capacity for improvement.

### 3. Confidence:

We emphasise the development of self-esteem, the belief in one's capacity for growth, and the nurturing of trust in adults and peers. Additionally, social skills are cultivated through the experience of working in groups and taking on leadership roles.

Through these three foundational principles, we aim to not only teach sailing but also foster personal growth, resilience and a positive mindset that will benefit participants in various aspects of their lives with continued enrichment.





## In post-season surveys, young people, parents and teachers told us:



41%  
found that they were more active out of school as a result



81%  
really enjoyed the watersports sessions



78%  
said sessions made them more confident on and in the water



79%  
can't wait to get back out on the water again



60%  
said they enjoyed making new friends during their sessions



98%  
of teachers said sessions improved pupils' self-esteem, co-operation, leadership and willingness to learn

“Rory was nervous and didn’t want to do it at first, he has autism and struggles with trying new things, but he ended up absolutely loving it! It really boosted his confidence to try new things and taught him to work as a team with his class friends.”

Parent

“

“Peter has found the experience a very positive one. Unable to play alongside others, share, talk openly or even enter water. Peter secured a place with the Trust and has overcome his fear of water, something which is essential in Cornwall and has helped others to do the same. Peter’s compassion, resilience and mental well-being has developed profoundly, and he is visibly calmer and engaged. In school Peter is transferring these skills and succeeding enough to return to a mainstream setting after Christmas. A positive outcome for everyone.”

Angela Little, Penwith APA, KS2  
Teacher & Sailing Coordinator

## On the Water Round Up 2023

451 children sailed with CST in 2023

78 children with special educational needs sailed or took part in watersports activities

640 places were offered through the Time2Move Holiday Programme

213 school holiday courses delivered

268 private sailing instruction and paddlesport sessions completed

185 multi-activity sessions completed

40 RYA Stage 1 and 2 Stage Certificates Awarded





# Children's Sailing Trust Volunteer Training

Volunteers have always been at the heart of our operations and in 2023 we trained five of our young sailors up to be RYA Assistant Instructors. We then helped them gain their RYA Dinghy Instructor qualification through our enhanced training program. Our Activities Manager Rupert Whelan reported: "I hope that our newly qualified volunteers will become paid members of staff working on our schools sailing programme when their own education allows. Our paddlesports-trained volunteers will also become paid staff working at Trevassack Lake for multi activity sessions, paddlesport lessons and swim safety. We are developing our own instructors in a market where there is a shortage of staff. As instructors, they are gaining qualifications that they can use not only working for us, but in future to pay their ways through university, or to travel the world. They may even take a career in watersports."



"Volunteering with the sailing trust and gaining my Assistant Instructor qualification has given me the confidence to deal with so many situations. I have learnt lots of new skills, 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

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 course, I knew I wanted to be involved in instructing as well as sailing. Having the opportunity to do my AI training at the beginning of the season this year not only lead to an amazing summer of being an Assistant Instructor, but has now meant that I had the skills and experience to take my DI qualification. I am so grateful for this.

Ewan - volunteer AI

"As parents we have seen Claudie grow and mature hugely as part of the Children's Sailing Trust 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

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



# Our Trevassack Lake HQ

It has been a journey, since we opened late in 2021 (thanks to pandemic-related delays). Two years on, we've learned a lot, but received a ton of 5 star feedback along the way! Spectacular articles in The Times showcasing our accessible holidays with watersports alongside Royal visits have been icing on a year full of hard work and unwavering enthusiasm for our under-resourced team but boy is it worth it. Stick a pin in any of our reviews and you'll see why. Yet there's so much more to do! 2024 is going to be another busy one...



## WE WON GOLD!

Last year it was for New Tourism Business 22/23, this year we bumped our Bronze to the top spot for Accessible and Inclusive Tourism for our holidays! We couldn't be more proud. The Trevassack ethos is built on welcoming all ages and abilities so every aspect is fully accessible, for a mobility-restricted family getting away together for the first time to local children learning to swim and even 91 year old Laurence getting back in a boat and unlocking memories and skills hidden by dementia.

We've had lots of wins along the way, from hand-creating waymarkers to point people in our direction, to fixing Floaty and cruising groups around our 10 acre freshwater lake and, most importantly, introducing Rupert who is taking us a step further by establishing the lake as a Sailability centre.



We have been blessed this year to receive sponsorship from A&P Falmouth, who chose us as their 'Charity of the Year'. The support (and fundraising!) has been impressive and oh so welcome.



**Feeling inspired? Love to support local children and help them on a positive pathway in life? There are lots of ways you can get involved, from sponsorship to simply spreading the word.**

**We welcome collaborations large and small, from like-minded individuals and corporations - come and hire our venue, send the grandkids over with a gift voucher, or brand some bottles we can sell for profit.**





Since 2007 we have helped over  
11,765 people get out onto the water



## Children's Sailing Trust

Landewednack School  
6<sup>th</sup> October 2023

Dear Children's Sailing Trust team,

I'm writing to say thank you for being amazing and teaching us all about sailing, tying knots and alot more. I really enjoyed it because our instructors are very nice and funny.

I loved every thing about sailing and sailing makes me feel happy, calm and joyfull.

My favourite part was capsizing and going round the lake with all my friends. I also loved the session when we where tying knots.

I'm really glad for the chance and I'm sad it's over but all things end. I hope that in the future I'll be able to do it again. So goodbye (for now).



Our fleet of vessels now consists of  
25 Optimists, 4 Zests,  
8 RS Teras, 6 RS Fevas, 5 RIBS and 3  
Powerboats (safety boats), 6 Hansa  
Sailing Dinghies and 'Floaty', our  
accessible, electric powered (solar  
panels on its roof) floating classroom  
that can accommodate up to 15  
people including wheelchair users.

Our Lead Instructor Lucy is currently walking with a  
dodgy hip to raise funds to support the sailing season  
and would love a few pennies in her pot:

[www.justgiving.com/page/lucy530](http://www.justgiving.com/page/lucy530)



WANT TO KNOW MORE?



Children's  
Sailing Trust

Registered CIO 1165396

[www.childrenssailingtrust.org.uk](http://www.childrenssailingtrust.org.uk)  
[hello@childrenssailingtrust.org.uk](mailto:hello@childrenssailingtrust.org.uk)