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Dear Martin,

END OF GRANT REPORT FROM TALL SHIPS YOUTH TRUST

Thank you once again to Mike and Julie, yourself and everyone at The Clare Foundation for supporting Tall Ships Youth Trust by making an extremely generous grant of £18,000.

As the result of your support, we have been able to provide two four-night voyages for two groups of disadvantaged young people from Buckinghamshire. One young person had to pull out with very short notice, meaning that 19 young people have benefited in total. This is wonderful and without The Clare Foundation, these young people would simply not have been able to take part.

The first voyage was for 12-15 year olds and took place on Monday 23rd August – Friday 27th August. The second voyage was for 16-25 year olds and took place on Monday 6th September – Friday 10th September.

The young people were referred to us by Action4youth, Buckinghamshire Mind, Lindengate, The Healthy Living Centre and The Oasis Partnership.

The feedback we have received from the young people, youth group leaders and the voyage crew has been amazing, and I attach some examples, along with some photographs from the trips, which I hope you will enjoy.

In addition to the interview on BBC Three Counties Radio on Monday 13th September, which we have already shared with you, we were also delighted to have a crew from ITV Meridian join us at the start of the first voyage. They spoke with our skipper, (Guy Waites), a youth worker from Action4Youth, (Imogen Earl) and two of the young people taking part. We have not been given a date as to when this piece will be aired as of yet, but we will keep you informed.

Thank you once again for your incredible support. This project has been fantastic to work on and it has been great to collaborate with the different charities involved. We hope that each one has enjoyed the experience as much as we have, and we hope we are able to offer a similar experience to more young people from Buckinghamshire in the near future.

If you have any queries or would like any further information, please do not hesitate to contact us.

Yours sincerely,

James Hudson
Director of Fundraising and Marketing

THE CLARE FOUNDATION PROJECT FEEDBACK

STATISTICS

The following statistics were gathered via 'End of Voyage Questionnaires', which the young people complete after every voyage, and 'Voyage Crew Assessments'. The results are based on the 19 young people who took part in the project.

YOUNG PEOPLE SURVEY RESULTS

- **95%** of young people reported improved team working skills
- **89%** believed it improved their communication skills
- **58%** felt the voyage had improved their confidence and self-esteem
- **68%** felt it had improved their ability to cope in different situations
- **68%** felt it had improved their leadership skills
- **68%** said they felt fitter and healthier after their voyage
- **100%** said they had made new friends
- **100%** enjoyed the experience and had fun!
- **100%** would recommend the experience to a friend!



VOYAGE CREW ASSESSMENTS

- **100%** of the young people were rated as either 'outstanding' or 'good' for teamwork
- **63%** were rated as 'outstanding' or 'good' for effort. The remaining **37%** were rated as 'competent'.
- **74%** were rated as 'outstanding' or 'good' for communication. The remaining **26%** were rated as 'competent'.
- **85%** were rated as 'outstanding' or 'good' for their attitude to learning. The remaining **15%** were rated as 'competent'.
- **89%** were rated as 'outstanding' or 'good' for their attitude to supervision. The remaining **11%** were rated as 'competent'.
- **90%** were rated as 'outstanding' or 'good' for their reaction under pressure. The remaining **10%** were rated as 'competent'.
- **90%** were rated as 'outstanding' or 'good' for their problem-solving skills. The remaining **10%** were rated as 'competent'.
- **26%** were rated as 'outstanding' or 'good' for their team management skills. The remaining 74% were not assessed for this.



YOUNG PEOPLE FEEDBACK

Daisy: “I’m really excited, but also a little bit nervous. I want to get stuck in 100% and give everything a try, though I am scared of heights, so I may not get to the top of the mast, it will be good to try and challenge myself though, so I’ll give it a try. It’s just nice to be able to get out and do things like this again. The pandemic and the lockdowns really effected my mental health, now that restrictions are starting to lift I’m sort of adjusting to ‘normal life’ again and I’m feeling more positive”



Sam: “I’ve never done anything like this before so I’m looking forward to it, especially night sailing and swimming. I’m a very active person so the lockdowns were difficult because a lot of the things that I enjoy doing were put on hold like Basketball. So I’m excited to get stuck in with all of the physical tasks onboard as it’s something that I’ve particularly missed.”

Dan: “The voyage was action-packed but still very calming and overall, a great experience. I learnt lots of new things including leadership, communication and teamworking.”

Alice: “Learning to sail was a new experience and I learnt about perseverance and teamwork.”

Will: “It was a great experience. I learnt how to tie different knots, communication skills and not to eat a chilli pepper!”

Imy: “This was a unique experience with an amazing bunch of young people and crew! I learnt about teamwork, leadership and patience.”

Harry: “It was fun, windy, warm and sunny. I enjoyed learning how to cook without a recipe.”

Molly: “It was absolutely amazing, and I made new friends and learnt communication skills and resilience.”

Amaan: “I enjoyed the voyage – I enjoyed the helming.”

Sally: “It was all encompassing, an experience which contrasted my daily life and provided both challenge, adventure and relaxation. I learnt how to adapt to a new environment and to new people. I also developed resilience and perseverance, both socially and with tasks).

Mehreen: “This was a fun-filled, high-pressure but relaxing, once in a lifetime experience where I was able to meet new people in a brand-new capacity and make brilliant friends. I learnt how to delegate, how to look after a yacht and the importance of a crew, perseverance and developing my personal leadership style.”



VOYAGE CREW FEEDBACK

About Ibrahim: “Despite the seasickness you were a valuable member of the watch and crew, well done! Have more confidence in yourself and challenge yourself to try new things. An Excellent effort and contribution – keep up the good work.”

About Mehreen: “A great attitude and effort, well done! I was able to confidently delegate you to lead a task and help others; something for you to develop – a leadership style of your own. Thank you for all your work, I hope to see you on another voyage again soon.”

About Sally: “A great trip, Sally; well done on all fronts. I was quickly able to delegate a task to you and you were prepared to tackle any task that needed to be done and lead tasks too. Thank you. I hope you will come back to learn more.”

About Samuel: “It has been a pleasure to sail with you this week. You are a real team player and help others with great enthusiasm whilst also showing good leadership. Sometimes (only occasionally), you get a little distracted by others around you. I would be super happy to see you on another Challenger again soon.”



About Daisy: “It has been good to sail with you this week. You have shown enthusiasm for the sailing including some fantastic efforts sweating sails up. Sometimes your attitude to supervision is variable – I think this is partially due to who you are with and so you should try hard not to let those around you influence you. I do hope you had fun though and learnt new skills.”

About Elliott: “I have really enjoyed getting to know you this week. You are an incredibly polite and friendly person. I think you have done brilliantly to adapt to living onboard the boat. To improve, you could sometimes solve some challenges more easily by stopping, taking a deep breath and thinking about how to tackle it. Thank you for sailing with us – I hope you take away some happy memories from the trip.”

About Katlyn: “Katlyn was a very valuable member of the team, always doing whatever was asked. Katlyn adapted very well to living and working in a challenging environment and learning lots of new skills along the way. Thank you, Katlyn, for your energy and enthusiasm!”

About Rhys: I was really glad to have Rhys on the team. He adapted very well to the



challenge of living and working on a yacht. He was always willing to do whatever was asked of him.”

About Harry: “Harry jumped enthusiastically into living and working on a yacht. He was very keen to learn new skills – learned then quickly passed on to his colleagues. It was great having him on the team.”

About Molly: “Molly has been a real joy to have onboard, always cheerful and willing to engage on great conversation with anyone. She also has a real knack for helming and directed me on the tying of a bowline. It has been a pleasure sailing with her.”

About Dan: “Dan has been a delight onboard, responding well to new environments and challenges. He has engaged enthusiastically with other members of the crew and been a great person to be around. Great to sail with you Dan, lots of positive energy!”

About Alice: “Alice has performed really well onboard, especially given the completely new environment. Her willingness to do any job put in front of her has been great to see. Well done Alice, you have a wonderful calm and quiet way of handling new experiences!”

GROUP LEADER FEEDBACK

Imogen Earl, Action4Youth: “We’re delighted to see Will and Harry having a fantastic time onboard Challenger 3 with Tall Ships Youth Trust. We’d like to say a big thank you to The Clare Foundation for funding their voyage!”

Daniel Bicknell, Lidengate: “Just wanted to say a big thank you from myself and the rest of the young people that went sailing this week. It was honestly the most amazing experience we could have hoped for, learning a lot about sailing but also about others and ourselves. Please could you extend this thanks to Guy and the other members of the crew, they were the best we could have asked for, very calm and collected but always on it and professional.”

Lewis Bakes, Oasis Partnership: “The Oasis Partnership were lucky enough to have been one of the 4 local charities selected by The Clare Foundation to take 5 young adults on a 4-night voyage along the Jurassic coast of South of England. As the activity lead for the new Bagnall Project (new service for the community of Chesham, provided by The Oasis Partnership).

After turning up at Gunwharf Quays all the sailors were welcomed and given a brief run through of the itinerary of the trip by Tall Ships’ amazing staff. Our skipper was Bushey, our first mate was the amazing Sophie. Both seemed genuinely excited to be there, and this spread to the crew. Our watch leaders John and Ian were introduced to us, and we were split into watches. These would determine what order we cooked and cleaned in, with one team washing up after the other has cooked and then vice versa the next day. A quick set of safety instructions that were clear and concise, and a list of what behaviour was expected, and we were off! The sailors were excited when we first set off. My colleague from Pebblebrook School said that the guys from his school were excited and chatting a lot more than normal (even the quiet ones were fully engaged).



The crew were all excited at making friends and learning new skills. Everyone gelled with each other excellently from the start and stayed close throughout the voyage.

One of the best outcomes I witnessed was we arrived as a set of 10 individuals and soon became a team. There was no arguing, messing about and I was proud of each of them. This was an environment that was so different to what any of us had experienced previously, and everyone took to it well. As with every crew, there were those that were stronger in some aspects of the voyage than others, but everyone supported and helped each other. It really was lovely to see.

The atmosphere on board was always relaxed and informative, but safe and controlled. The young adults enjoyed yacht life. Everyone getting involved in steering and raising dropping sails and packing the yacht away at night when we are docked.



We docked in port each night which gave the crew time for a bit of shore leave which allowed time for showers, we went for a run one evening, have a walk around the port. This was another great thing as I think the guys would have gone stir crazy. We gave them a bit of freedom and responsibility and they thrived on it. Everyone was back when they said they would be, and we had no problems. The skipper got a lovely compliment from our neighbour in the dock who said our guys were polite and well behaved. This was typical behaviour for the crew. They reflected their organisations and Tall Ships really well.

I enjoyed the trip a lot more than I thought I was going to. It was a real honour to watch these young adults rise to such a challenge and do so with so much commitment and laughter. It was an experience I will treasure. Each person on that yacht came away better thanks to the trip. I can't thank Tall Ships enough. I really want to thank the Clare Foundation personally. This trip was incredibly beneficial for everyone involved and I honestly believe that this trip has improved everyone's life. It was such a positive experience showing everyone that no matter backgrounds, when we all pull together we are stronger. I would recommend Tall Ships to anyone and would be happy to volunteer for them. It had a profound effect on me."

TALL SHIPS YOUTH TRUST FEEDBACK

James Hudson, Director of Fundraising and Marketing, Tall Ships Youth Trust: "A huge thank you to The Clare Foundation for sponsoring two voyages for Buckinghamshire-based charities. The young people on board got so much out of their experiences at sea. Increased confidence, improved communication skills and their ability to manage feelings better being some of the outcomes reported to us. We'd love to keep working with you and take many more young people from the area on life-changing voyages!"

Chas Cowell, Youth and Volunteer Manager, Tall Ships Youth Trust: "What was excellent about both voyages was that none of the young people knew each other beforehand, but they completely gelled as a team and left the voyage as friends. There was some apprehension during the planning stages about mixing young people with special needs with more mainstream youngsters, however, this is our forte and, in the end, it was great to see that all of the young people were not only treated as equals onboard by the crew, but they also saw each other as equals. The focus was always on what the young people could do, not what they couldn't do and that is what made the voyages work so well. Thank you to The Clare Foundation and all the charities involved for making this project such a success and such a pleasure to work on. I believe every single young person who took part got something out of it."

VOYAGE BLOGS

BLOG 1

Day 1: Firstly, we tried on our foulies (wet weather gear), then we found our bunks. Next, we had an interview with ITV. They asked us what we were looking forward to. Afterwards, we took all of our bags down below deck and we were given a tour of the boat and shown how everything works. Next, we were separated into two watches (Port and Starboard) and then we set sail. We were assigned jobs before having a knot tying lesson. We learned a clove hitch and a bowline. Whilst we were on our journey, the weather was beautiful, so we relaxed and waved at boats as they passed by. Eventually, we arrived at the docking bay near Southampton. We then proceeded to



cook dinner for a crew of 15. We cooked bolognaise, ate it and then wrote this blog!

Day 2: We awakened early, so early that the birds were still snoring in their twiggy and birdy paradises. We motored out of the river into the great beyond. We hoisted yankee two and cut the engine to set sail. Then we cooked a delicious lunch of steaming hot pasties and bubbling baked beans. We were taught how to use the winches and used this newly learnt skill to put down the yankee. Following on from this we started the roaring engine and motored away, towards the sparkling white cliffs and anchored at Worbarrow bay. Five handpicked professionals dived into the freezing depths of the unknown, under close supervision from the crew. After that wet event, we had to miss sunset because we were so indulged in our banquet worthy of royalty (bangers and mash (and bangers.)) Here we are now, stomachs full, writing our finals thoughts before nightfall.

Day 3: We rose from our slumber at the early hours of 7am, and once again had some delightful cereal, like nothing we'd ever tasted. We ascended elegantly to the deck to prepare the sails for travelling the seven seas, whilst the other watch cleaned the luxury lower deck thoroughly. We lifted the anchor and set sail for wherever the wind would take us.

Eventually, we landed in Portland with the bright and powerful sunlight beaming down on our red and hot faces. At first, we decided to go on a dangerous trek to the wondrous yet lethal LIDL to stock up on our limited supply of biscuits and choccy milk.

After that exhilarating adventure, we headed to the beach to skim stones; easily achieving fifty or sixty skims along the beautiful blue water each. We headed back to the boat to make a delicious repast of Fajitas. Now we are here to write our last words of the evening, and we're about to go and have our first proper shower this week.

Day 4: The 'morrow arrived, earlier than a maths teacher on test day. 7.30am, Starboard gang awoke and prepared a delicious



breakfast of scrambled eggs, bacon and toast; finer than any cereal could dream of being. After that delicacy, we slaved under the early morning sun, still on its rising arc. Rope after rope after rope, we wrapped, pulled and in doing so completely wore ourselves out, putting multiple sails up and down multiple times.



Lunch time arrived and we treated ourselves with a timeless classic: a sandwich and a pile of crisps. Fully satisfied and content, we headed back to deck after washing up.

The rain and wind eased, and we continued to doze peacefully under the warm sun. Next, the most relevant point in our day, DINNERRRR. We whipped up the spiciest, hottest, steamiest, finest batch of chilli this world has ever seen, Gordon and Mary would be impressed, amazed, astounded with this immaculate work of culinary art. During the chopping of the vegetables, our young and devious minds decided to do the Chilli Challenge, much regretted 10 seconds after, especially by our amazing April who managed to munch on five bits of the demon chilli. Several cups of milk later... we continue our journey through the dark sea and starry night to reach our final destination, Portsmouth.

Day 5: We arose from our slumber at the crack of dawn. We had the same breakfast for the 500th time. We were set to work scrubbing the deck in the burning hot sun. We cleaned EVERYWHERE. Then we sat here writing this blog.

BLOG 2

Day 1: Today being the first day, of course was a fun-filled, packed day. We met at the boat at around 1pm and had Covid-19 lateral flow tests which were all negative. After having our own lunch, some got subway (cheesy spicy meatballs) which were mouth-wateringly delicious, we attempted and managed (with support!!) to get down the super steep stairs with our luggage. Then we all sat on deck and got to know one another.

At 16:16pm, we left Portsmouth Harbour and headed to Cowes on the Isle of Wight. We learned roping and winching techniques as well as how to unpack the sail. About an hour later, we started dinner!!! Today it was chicken curry and there was a veggie option too. It was my watch which made the splendid supper. After dinner, we had a team briefing and if we wanted to, we showered, otherwise it was compulsory to shower tomorrow morning though, the ladies said their hair doesn't need to be washed until tomorrow evening, hopefully in Poole.

Day 2: Morning: The morning consisted of an early rise from our hammock beds (through the strings). Our watch was on breakfast duty and were in charge of providing everyone with a morning meal. Luckily, due to the tide this morning, we were able to spare some free time at Cowes Harbour. A couple of people explored the area and spotted a quaint café where they indulged in some afternoon tea and cake. The other crew members stocked up on snacks and got hot drinks from costa to tide them over until the afternoon.

Afternoon: Today the sails went up for the first time!!!! The Yankee and main sail both went up as we sailed from beautiful Cowes to busy



Poole. Our watch leader, John departed us from Poole for the first time under the watchful eye of our reliable skipper. We had a safe voyage and we learned how to tack and gybe the sail. Multiple members of our watch learned how to man the helm and manoeuvre the boat which was a new experience for all of us.



Another member, Sally, bravely took the courage to climb the mast and attached the main sail into place. We had plenty of relaxing time on our voyage, so we were able to learn more about each other and bond as crewmates.

Evening: Our watch had the responsibility of cooking for 15 this evening, we had the well renowned 'spag bol' to cook for dinner. Luckily, after a stressful afternoon there were compliments all around and we felt very proud to prepare dinner for a hardworking crew. The watch emerged from the saloon to a very pretty sunset in Poole as we ate our hearty meal up on deck under the cool breeze. We are now full of home cooked food and ready for a shower and bed.

Day 3: We set sail for Weymouth (where I'd been to visit went with my mum and stepfather before). We sailed across the sea, and I liked sitting at the front. In Weymouth, we went to an arcade, and I won a prize. Then we went for a stroll, and I went pass the apartment I stayed in with my parents. For dinner we had fish and chips and chicken burgers.

Day 4: We left Weymouth in the next and we sailed back to Portsmouth. I was good at sailing the boat and my hammock in my cabin was cosy like always. It was too hot to have my blanket on, so I just had my PJs on. For dinner we had sweet and sour chicken.



WITH GRATEFUL THANKS TO THE CLARE FOUNDATION FOR YOUR SUPPORT