

REPORT FROM THE PRINCIPAL - REVIEW OF THE SEASON:

The biggest challenge to the Trust this season has been to reduce overheads without compromising standards and objectives. This involved restructuring the Instructor base, contracting 3 young qualified dinghy instructors (2 of whom had started with HRCST as children) to work alongside our Chief Instructor Mike Comyn and instructors, Pete Williams and Martin Fenton. We continued to depend on our large volunteer base for qualified help. Our long term aim is to have at least one volunteer sailing instructor and one safety boat driver from each school. To achieve this we have created many training opportunities for volunteers, and we are delighted to have enabled a large number to learn new skills, including a wide range of RYA qualifications. Our thanks go to all our volunteers who give complete dedication to the work they do.

Primary schools outings are based on a capacity of 24 children in groups of six according to ability. We encourage schools to bring all their children sailing from year 4 onwards. Where a single school cannot fill the allocated slots we cluster schools together, creating cross links between communities.

In the summer term, we have 3 outings per afternoon, an opportunity for 72 children to be on the water per day. The same schools come week on week. The children are carefully mentored as individuals in the skills needed to sail single handed, row, handle a boat and most importantly have fun - whilst gaining confidence and getting to know the river. RYA Youth Sailing certificates are awarded as each stage is attained. Fading light in the autumn restricts us to 2 outings per afternoon.

Dedicated outings for SEN children take place in the mornings. We are delighted to have been able to include a group from Curnow SEN school (including one blind child). Other SEN are catered in normal sessions with primary schools (some schools have over 30% SEN).

Saturday Sailing Club was instigated 4 seasons ago to create opportunities for teenagers to continue sailing once they have left primary school, many of whom have progressed to being Instructors and power boat drivers themselves.

Inter schools Regatta: held annually on Grebe Beach is a fiercely contested fun competition between teams from each school. Sailing and rowing games, tasks and quizzes are attacked with much gusto from children and volunteers alike. The prize, was won this year by Trannack, just one point ahead of runners up Wendron. Everyone got chocolates and went home smiling - a fun day for over 200 children!

The Chamberlain Regatta; fast becoming "a serious racer" regatta, was held in conjunction with Helford River Sailing Club. 17 youngsters aged 10-16 took part in a variety of dinghies raced on handicap with a common start.

A most successful Season - completed efficiently and with a team in harmony delivering professional tuition in a happy environment.

**Alison Collins, Principal, HRCST
October 2010**



Alison and her team of Instructors

Helford River Children's Sailing Trust

2010

Annual Review

2010 has been a most successful season where the Trust has continued to provide the service of learning to row and sail, free of charge to local children - especially from schools in deprived areas and children with Special Educational Needs.

2010 HIGHLIGHTS

- 422 child sailors from 18 primary schools
- 2954 Sea Outings
- 67 SEN children through dedicated groups (plus more from schools)
- 119 volunteers supported primary school children
- 88 volunteers trained by the Trust.



The Helford River Children's Sailing Trust delivers a unique training programme, intensively dependent on high levels of volunteer support - volunteers recruited and trained by the Trust free of charge. There is no cost to participants enabling all to come. Participating schools are selected from the catchment area of South Western Cornwall - which includes some of the most deprived parts of the UK.

In 2010 over 600 persons were on the water each week during the Season in a fleet of boats supplied by the Trust. The Fleet includes over 50 sailing boats, and 6 safety boats - all maintained to peak condition by the Trust.



To have a local facility that enables children and volunteers to take part in this character building activity is a huge boost to the participants and the surrounding communities. See what they said in 2010:

"It's a fantastic opportunity with peers – working with others, and the confidence boost has been colossal".
(Cherry Hawker – Head, Trannack School)

"Challenging in a different way definitely builds confidence. Children emerged transformed - better individuals – with complete attitude change"
Endorsed by the Heads with 'amazed enthusiasm' - (Charles Field, Head, Nansloe;
Christine McFarlane, Head St Michaels, Brett Dye, Head Parc Eglos)

"Children have blossomed from the sheer success achieved during this activity. Qualification, at whatever level, delivers a change in attitude"
(Mark Dalton, Head, Coverack and St Keverne CPS)

"Challenging in a safe environment is a huge boost to self confidence – as they learn the skills to overcome fear. It reaches children not included, (some 17% are SEN) where they are personally in charge and able to be challenged and succeed".
(Richard Lawrence, Head, Wendron C of E PS)

"It develops independence, thinking skills, working together and much more. Without HRCST this activity would definitely not be possible – because of cost.
(Jean Whethem, Head Cury C of E PS)

"..learning to sail and row is a great skill for life and work (especially in Cornwall). The biggest benefit is the increase in self-esteem and the ability to think for themselves and to solve problems independently. Skills acquired helps jobs and opportunities. Sailors stand out! They come through the system – it builds confidence immensely."
(Liz Brand, Head, Constantine PS)

"The service is valued because it is available to all and not elitist in any way....A wonderful skill and competence for life that increases confidence and ability to take on new challenges. Including parents and volunteers, creates a learning community – greater cohesion"
(Anne Shipman – Head, Garras and St Martins CPS)

"A talent opportunity for the less academic giving a skill for adult life"
"A timid child became quite self-confident"
"Applies to everything they tackle"
(Sue Wilson, Head Landewednack CPS)

"An integral part of the school. An element of fear and being challenged is good at all ages (applies to children and volunteers) and a huge benefit".
(Drew Corser, Head Boskenwyn COP)

"Develops co-operation and teamwork and enhances the curriculum. It definitely builds confidence and ability. Those who find academic work difficult seem to particularly thrive."
(Tom Harman, Acting Head, Grade Ruan C of E PS and Manaccan PS)

"As one of the first schools to join, this important activity remains a most valuable part of the school year"
(Randall Brook, Head, Mawnan Smith C of E PS}

"I have found a real purpose where I can contribute knowledge and skill to others – whilst at the same time truly enjoying a healthy community activity and keeping active."
(Volunteer: Retired professional disabled by a stroke)

"To help children with special needs in a non-institutional way is hugely rewarding as one sees the response from learning quite simple skills in a pleasurable way"
(Volunteer: Retired teacher)

"It has become a highlight part of the week – enlarging my capabilities, interacting with young people and keeping me young"
(Volunteer: Retired business man)

"Having fun, being challenged and learning in a practical way from great teachers is inspirational. A big step in my career is becoming qualified to share what I have learnt and help others, as I help myself,"
(Volunteer: Student, going to University)

"A way of life that changes lives. For me, the pleasure is seeing the delight as beginners are challenged and discover their own confidence to cope and become competent"
(Instructor)

