

PORTSMOUTH SAIL TRAINING TRUST IMPACT REPORT NOVEMBER 2019

Thanks to the generous donations of our supporters and funders, 2019 has been another fantastic year for Portsmouth Sail Training Trust.

Throughout the year, **120 young people have benefited from regular training sessions.** We use sailing and other maritime skills to increase young people's career prospects and develop key life skills to enable young people to succeed in their careers and in life.

THIS AMOUNTS TO 11,880 YOUNG PERSON ENGAGEMENT HOURS.

Over 70 young people have achieved qualifications in both sailing and powerboating to date in 2019. These achievements have built up valuable life skills such as **communication, resilience and self confidence.**

Gaining these skills also raises the aspirations of the young people – helping them to have hope and ambition for their future. For some this will mean the possibility of a career in the marine industry and PSTT enables employer engagement opportunities to encourage this.





CURRENT MONITORING AND EVALUATION STUDIES SHOW THAT:

- 70% of young people taking part in the programme have increased knowledge of the opportunities available to them, and 68% have raised aspirations to work in the marine industry.
- 88% of young people increased in their ability to communicate with others.
- Teachers observed that 100% of the young people taking part demonstrated increased resilience after Phase 1 of the programme
- Teachers stated that 98% of the young people on the programme showed an increase in their self confidence and willingness to participate
- The students' self assessment showed that 60% felt they had more confidence

Thank you for your generous support!