



PORTSMOUTH  
SAIL TRAINING  
**TRUST**

Raising aspirations for young people

## OUR IMPACT: 2023

Portsmouth Sail Training Trust (PSTT)  
is passionate about engaging, motivating, and enabling  
young people in Portsmouth to reach their full potential.

RAISING ASPIRATIONS

FOR YOUNG PEOPLE

[portsmouthsailtrainingtrust.org](https://portsmouthsailtrainingtrust.org)

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## ABOUT PSTT

## RAISING ASPIRATIONS FOR YOUNG PEOPLE

Portsmouth Sail Training Trust (PSTT) aims to raise aspirations for young people and help them reach their full potential through maritime training.

In 2023, PSTT supported over **120** young people from challenging backgrounds, providing over **12,000** hours out on the water and enabling young people to gain accredited qualifications and develop key life skills.

**250** certificates were awarded to the young people, including RYA Keelboat Stage 1 and 2, RYA Powerboat Stage 1 and First Aid qualifications.

As well as gaining sailing and maritime skills, all the young people were given the opportunity to experience additional outdoor activities, such as Stand Up Paddleboarding, Kayaking and Climbing.

Overall, all the young people have developed valuable life skills such as communication, resilience, and self-confidence.



End-of-year teacher surveys found that of our 2023 intake of pupils...

89%

Have an increased knowledge of opportunities available to them in the maritime sector.

97%

Have increased in confidence.

90%

Have increased in resilience.

86%

Have developed good communication skills.

Developing these life skills enables the young people to raise their aspirations, helping them to have a hope and ambition for the future. You can read more about some of these young people on the following pages.



## FEEDBACK FROM SCHOOLS



The programme is a wonderful experience for our pupils to benefit from and engage with. I have a long list of children who have expressed an interest to go sailing. Your staff deal with our young people with sensitivity, empathy and humour and have been fantastic helping when there has been more challenging behaviours.

CB struggles to regulate in school and is unable to communicate his feelings of anxiety or frustration. Seeing him blossom as the year went on was wonderful - he was recently able to dock the boat with minimal support and was very proud of himself.

EF had never been out on the water in a small boat, struggles socially and tends to avoid new experiences. We have seen EF cope with new friendships and new demands”

**Laura Cook**

THE WATERLOO SCHOOL



“Nearly all of our students come from low-income families and struggle with additional needs that have equated to low self-worth and academic struggles. Many come to us feeling lost and like many doors are closed off to them. That is why the PSTT programme is vital to us and to the students.

The opportunities and doors it opens up allows our students to come to life, feel confident in themselves, and more secure in their futures. Below are a few Testimonies from the Tutors of students that take part:

I would say personally Blake and Patrick get a lot out of sailing. They look forward to it each Tuesday and talk about it even when it isn't a day that it is on. Blake is truly at one with the water! He is more sport orientated than academic and sailing, along with football, is really helping him to focus more. Patrick is very body aware and I see him get a lot out of sailing as it is physically hard work but he is treated as an equal as opposed to a more athletic sport for example.

“Regarding HWE I feel it has really supported him manage in school as he enjoys success offsite, and we can then carry that over into his school week. He always has a better week after his sailing session and appears more able to focus academically after some time out being more practical.”

**Luke Walker**

PROSPECT SCHOOL

## NEWS &amp; EVENTS

**PSTT Regatta**

It was wonderful to welcome 32 young people to the PSTT Regatta on the 7th July 2023, despite teacher's strikes.

All who attended had a great day out on the water and enjoyed receiving their qualifications in the awards ceremony.

**PSTT Awards 2023**

It was wonderful to welcome young people, parents, funders, partners, and supporters to our PSTT Awards afternoon in September.

Congratulations to Sam who won the Joseph Stannah Foundation Most Improved Award 2023-23.

Well done to Elise who won Standout Achiever Award 2022-2023.

A bravo to Alfie on being awarded the PSTT Instructors Award 2022 – 2023.

**Announcing Portland Sail Training Trust!**

In September 2022 Portsmouth Sail Training Trust opened a new centre in partnership with the not-for-profit Andrew Simpson Centre Portland - Portland Sail Training Trust.

The programme is currently supporting eight young people with the plan to grow this number year on year.

**Maritime UK Solent - Charity of the Year Partnership 2023/24**

In July 2023, PSTT was fortunate enough to be chosen as Maritime UK Solent's Charity of the Year. To date, PSTT has attended the Maritime UK Solent Awards Evening, hosted a networking event and is partnering with Maritime UK to host a PSTT Careers Day in March 2024.

**To find out more,  
or donate to our  
work, please scan  
the QR code!**



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