

Costed Case Study: Carys's Story

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NATIONAL
LOTTERY FUNDED

Details:

Carys is in her early teens, she has a moderate learning disability and she suffers from anxiety. Despite these obstacles, Carys attained her GCSE's before leaving school. With Lottery funding, Challenge Wales has created its *Voyage of Discovery* programme giving disadvantaged young people an opportunity to learn soft skills and gain recognised accreditation through sailing.

Voyages:

For the first time, Carys joined *Challenge Wales* as part of a group for a two-day-voyage. Despite an initial fear of being on a boat, she decided to be willing and enthusiastic. She took part in many of the team activities onboard and she generally supporting her team mates wherever required.



The Results:

- Her group leader commented that Carys **overcame her nervousness** and she was willing and enthusiastic. She **made a great effort to listen** to staff advice and instructions. She showed an ability to carry out a range of task correctly.
- Carys **described her experience as awesome**. Despite her vertigo, she decided to face her fear and let herself be strapped into a hoist and raised part way up the mast. She was very proud of this accomplishment. *'I conquered my fear of heights !'*
- Carys's experience onboard **increased her confidence** and as a result of this, **she took up the role of steering group lead** in a youth organisation. She is now able to gather together and communicate the views of her group to take decisions.
- Through the voyage onboard *Challenge Wales*, **Carys developed communication skills, teamwork abilities, physical and mental wellbeing and her relationships with her fellow teammates**.
- Carys achieved Agored Cymru 'Improving Own Confidence' accreditation (Entry Level 3, 3 credits)
- Through independent evaluation we can show the project created social benefit (wider benefits to the individual and society) and economic value (benefits which have an obvious economic value, such as volunteering). In Carys' case the *Challenge Wales Voyage of Discovery* project **created £6.81 of value for every £1 invested in it**.



'Before I came on the voyage, I was worried and nervous because I might fall in the water, I had butterflies in my stomach.' Carys

'During the voyage, I was winching, using the ropes in the snake pit, steering at the helm, learning how to tie nautical knots, taking down the sails and folding them correctly and taking the lead on preparing the evening meal in the galley.' Carys