

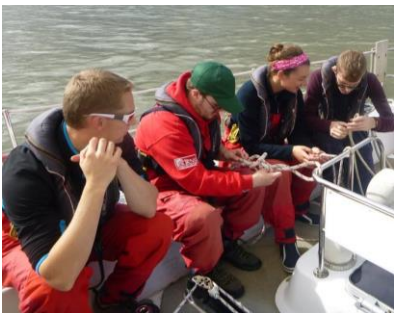
Costed Case Study: Evan's Story

Details:

Evan is in his early twenties, left school at 16 with no GCSE's and has a sensory impairment, a learning disability and suffers from anxiety & depression. With Lottery funding Challenge Wales has created its *Voyages of Discovery* programme giving disadvantaged young people an opportunity to learn soft skills and gain recognised accreditation through sailing.

Voyages:

Evan joined *Challenge Wales* as part of a group from Leonard Cheshire Disability. He was initially on a one day voyage and then on a short two-day residential voyage with other members of his group. He took part in many of the team activities onboard from sailing to helping in the galley.



The Results:

- His group leader commented that Evan **overcame his nervousness** and was quick to take part in any tasks that called for volunteers. He **was very supportive** to one member of his group who was struggling with her balance.
- Evan described his own experience on the first voyage of *“being nervous and excited beforehand but afterwards I was proud and pleased with myself.”*
- Evan said that he **worked as a team** and listened to instructions which enabled the group to raise the sails.
- After the second voyage, Evan stated that **the voyage had helped with his anxiety and depression.**
- By helping Evan overcome his anxiety and depression, **lead him to need to make less use of mental health services.**
- Challenge Wales Youth Development Officer and an Independent Evaluator visited Evan and his group before and after his voyage and the Youth Development Officer was present during each of the voyages. Using an Outcomes evaluation scoring method it was evidenced that **Evan's confidence increased** as well as his skills score but the biggest increase was seen in his **improved physical/mental health.**
- Evan **gained accreditation** in *Teamwork* and *Developing Own Confidence* through Agored Cymru.
- Through Independent evaluation we can show the project **created fiscal value** (nominal savings to the state) and **social value** (wider benefits to the individual and society).
- In Evan's case the Challenge Wales *Voyages of Discovery* project **created £7.43 of value for every £1 invested in it.**

“My favourite part of the sailing experience was all of it. I loved being able to relive childhood memories” Evan

“The most significant outcome was seeing a great increase in personal confidence and teamwork. Everyone was very proud of their achievements. The Challenge Wales crew were wonderful and very good at working with the young people with different learning disability levels and requirements.” Group Leader