

Case Study: 'Luke' from Merthyr

Details:

Luke, aged 18, lived with his grandparents in Merthyr and was quite insular, being unemployed, lacked self-motivation, having anger management issues and spending many hours in his bedroom. Luke hadn't talked for two years, didn't have many friends and his Youth Worker didn't think Luke would be able to hold down a full time job

Voyages:

Luke joined Challenge Wales on a 5 day residential during Easter 2016 with young people he didn't know. He took part in all aspects of sailing and cooking and took home a Challenge Wales achievement certificate. The voyage started in Penarth and included a visit ashore to Lundy Island.



The Results:

- Luke talked for the first time in two years during the voyage and improved his communication skills with us. He continued to talk after his voyage
- His Youth Worker was impressed with the new Luke and couldn't believe the difference before and after a voyage
- Luke was inspired to improve his life and was supported to take driving lessons – he then passed his driving test first time
- Luke was also keen to now look to getting a job and moving out of unemployment – although he wasn't successful at his first interview he talked passionately about the effect sail training had had on him. Within 6 months though Luke had successfully stepped into his first job and has been able to hold it down. His youth workers attributed this to his Challenge Wales voyage
- The team behind supporting Luke were so impressed with the difference a sail training voyage had had on Luke that they came out, two months later, with some of their youth workers on a residential voyage on Challenge Wales to see what we do and to learn from us.
- During the second voyage one girl with learning difficulties who had never cooked a meal before, cooked breakfast - on time – for 13 people. She has continued to make basic meals for her mother.
- Luke's grandmother inspired by Luke's transformation has now started to volunteer at the local community centre

“

The impact of sailing on Challenge Wales has been amazing. Challenge Wales has been instrumental in supporting our programme to help young people lead independent and fulfilling lives.

”