

## Costed Case Study: Hope's Story

### Details:

Hope was seventeen years old when she came onboard *Challenge Wales*. She currently lives in a children's home. She left school as soon as she could, with two GCSE's and was interested in studying child development. 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:

Hope joined *Challenge Wales* as part of a group from a sports organisation who work with either socially excluded, homeless or both. She was on a one day voyage with other members of her group. She took part in many of the day's tasks and activities.



### The Results:

- Before the voyage Hope was not confident and said she felt 'Pants ☹️'.
- She had **the willingness to undertake and try things**, even physically challenging activities like climbing part way up the mast to pull the sail down which **boosted her confidence**.
- She was very helpful and took care of the team by cooking and also made hot drinks for everyone.
- Hope worked as part of a ten-strong team that raised the mainsail.
- Following the voyage, Hope had **doubled her scores for confidence** and **increased her scores for physical and mental health by 40%**.
- Through independent evaluation we can show the project created a significant social benefit (wider benefits to the individual and society). In Hope's case the *Challenge Wales Voyages of Discovery* project **created £5.65 of value for every £1 invested in it**.



*'Before the voyage, I felt nervous because I didn't know how it was going to go but afterwards, I felt very happy that I enjoyed it and I learnt a lot.'* Hope

*'I was very happy because everybody worked well as a team and all the crew were really nice and they were friendly.'* Hope