

THE OUTWARD BOUND TRUST PARTNERSHIP REPORT

JO WALTERS TRUST & THE OUTWARD BOUND TRUST 2022-23



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SUMMARY OF SUPPORT

In 2022-23, the **Jo Walters Trust generously supported** The Outward Bound Trust with a donation of **£5,220** which enabled **64 young people** from Stewarton Academy to unlock their potential through an Outward Bound course.

The young people attended a 5-day residential at our Loch Eil centre in the Scottish Highlands (see table 1), where they focused on **developing positive relationships, improving teamwork and communication skills,** and **building self-confidence.**

Table 1: The course funded by the Jo Walters Trust in 2023

School	Type of course	Age of young people	No. of young people supported	Course date and location
Stewarton Academy	Adventure & Challenge	13-14	64	27 February – 3 March 2023 Loch Eil

THE YOUNG PEOPLE'S EXPERIENCE

Stewarton Academy is a comprehensive secondary school located in the rural town of Stewarton, East Ayrshire. It is a relatively large town for the area and the school serves a wide catchment area. One of the catchment areas particularly stands out as being less affluent than others in the region, meaning the pupils who attend Stewarton Academy are from a very **socially diverse background**. At school, the young people are encouraged to achieve their full potential whilst taking responsibility for their own learning now and throughout their lives¹.

The 64 young people who attended the Outward Bound course were aged 13-14 and at a pivotal time of life where they are soon to make decisions about exams and further education. A proportion of pupils who attended also have additional support needs and were offered the opportunity to go on the trip as it was thought they would benefit greatly from **learning in a dynamic and stimulating**

The young people embraced new experiences and tackled a variety of challenges throughout the week.



¹ Names of pupils have been changed to protect their identity. Accompanying staff member names have been used only where permission has been given to do so. Photos are Outward Bound stock photos.

environment. The aims of the Outward Bound residential was for the young people to **build on their teamworking and communication skills**, understanding that by doing this they can **create opportunities for achievement and success.**

The young people took on a range of adventures including **sea kayaking, zip lining, and overnight expeditions** where they hiked to and from their campsites. The group also enjoyed the **immersion in nature**, spending time looking at different floral and fauna and **learning about local folklore.**

The Outward Bound instructors wished to share what a **fantastic and capable group of young people** they were. They were keen to take on all the challenges and were **very receptive to using their learning journals** to understand how their experiences and the skills they learnt on their course could help them in the future.

There were several standout moments of the week including a **“thrilling” paddle** in windy conditions from Feth to Gairloch for one group and a **“magical” sunset** during their expedition, where the young people commented that the hillside looked as if it was on fire.

THE LEARNING OUTCOMES

The young people and the accompanying staff were asked to complete a questionnaire at the end of their course for us to assess the key outcomes. In total, 53 participants completed the questionnaire². The feedback we gathered indicates that their Outward Bound experience **improved the young people’s teamwork and communication skills and prompted them to think about how they may face future challenges.**

Activities on the course were tailored around **developing resilience and how teamwork equals success.** Through the support of their instructor, teachers and each other, they worked together to get through the variety of challenges they faced. At the end of the course:



74% of young people reported that their confidence in meeting and working with new people had increased.



72% of young people reported that their teamworking skills had improved.



The young people have developed new friendships, widening their peer group.



Mark McCormack, PT Pastoral Support, Stewarton Academy

² A retrospective pre/post questionnaire format was used. Results are calculated from participant average scores before and at the end of the course. Young people indicated their responses to statements on a five-point scale where 1 = Very unconfident to 5 = Very confident. N=53.

By completing challenges such as hiking and the overnight expedition, the young people stepped out of their comfort zones and started to display a growth mindset. By the end of the course:



74% of the young people said they were more likely to set themselves challenging goals in the future.



70% of young people said they were more likely to stick at tasks they find difficult.

The young people also commented on some of the things they had learnt about themselves and others whilst on their Outward Bound course;



I have learnt that I can do more in a team rather than trying to do everything myself.

Bonnie, Age 14

I've learnt that I can face my fears and that I can do anything.

Ava, Age 14

I loved nature a lot more than I thought I would!

Verity, Age 13

Communication is key, you need to listen to others, so things go smoothly.

Katy, Age 13

I have learnt to come from a place of maybe instead of no.

Freya, Age 13

I am braver than I think.

Sara, Age 13



All accompanying staff³ agreed that during the course:



The young people **developed resilience.**



The young people's **confidence in their abilities increased.**



The young people will **set higher goals for themselves in the future.**



The young people developed their **ability to build relationships with others.**



“

The young people excelled in this environment more than we would see in school. As staff, it's good for us to see and acknowledge. This group displayed strong leadership skills that we may not have seen in a class environment.

”

S Beattie, PT Pastoral Support, Stewarton Academy

³ A post course questionnaire was used where the visiting staff responded to several statements where 1= Strongly agree, 2 = Agree. N=3

FURTHER INFORMATION AND RESOURCES

The Outward Bound Trust's Official Website

Our official website contains a wealth of information about The Trust, including information on our centres, the courses we offer, staff members and our upcoming events, as well as our latest news and additional case studies.

www.outwardbound.org.uk

The Outward Bound Trust Alumni

At the end of 2009, we launched a new initiative called 'Generations' to reach out to the million+ individuals who have participated in an Outward Bound course since the creation of the Aberdovey Outward Bound Sea School in 1941. The stories that over 400 alumni have shared with us suggest that an Outward Bound course can have a positive and enduring influence on their lives.

<http://www.outwardbound.org.uk/about-us/alumni/>

Patron's Company Members

A number of businesses and individuals support The Trust on a regular basis.

www.outwardbound.org.uk/about-us/our-supporters.html

The Outward Bound Trust's Social Impact Report 2017

<https://www.outwardbound.org.uk/our-impact/social-impact-report/>

The Outward Bound Trust's Latest Annual Report and Accounts

<https://www.outwardbound.org.uk/media/102611/annual-report.pdf>



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Ogwen Cottage, Snowdonia, Wales

Ullswater, The Lake District, England

Howtown, The Lake District, England

Eskdale, The Lake District, England

Loch Eil, The Highlands, Scotland