

PHILIP GOWER FOUNDATION AND THE OUTWARD BOUND TRUST

Partnership Report 2025



THE
OUTWARD
BOUND TRUST



SUMMARY OF SUPPORT

In 2025, **Philip Gower Foundation** generously supported The Outward Bound Trust with a donation of **£23,597.50** which enabled **60 young people from four schools** to unlock their potential through an Outward Bound course. During their 5-day residentials in Wales or the Lake District, they had the opportunity to develop **confidence, resilience, teamwork skills** and **appreciation for the natural world**.

School	Age of young people	No. of young people supported	Course date and location
Haute Vallee School	13-14	12	28 April-2 May 2025 Aberdovey
Grainville School	13-14	12	23-27 June 2025 Howtown
Le Rocquier School	12-14	24	23-27 June 2025 Aberdovey
Jersey School for Girls	12-16	12	29 September-4 October 2025 Howtown

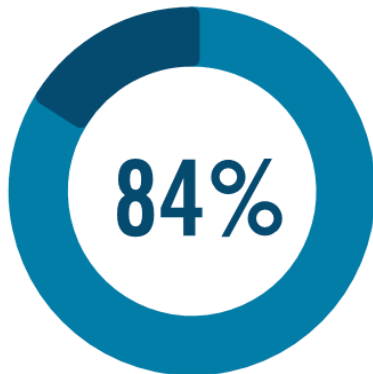


THE EXPERIENCE AND OUTCOMES

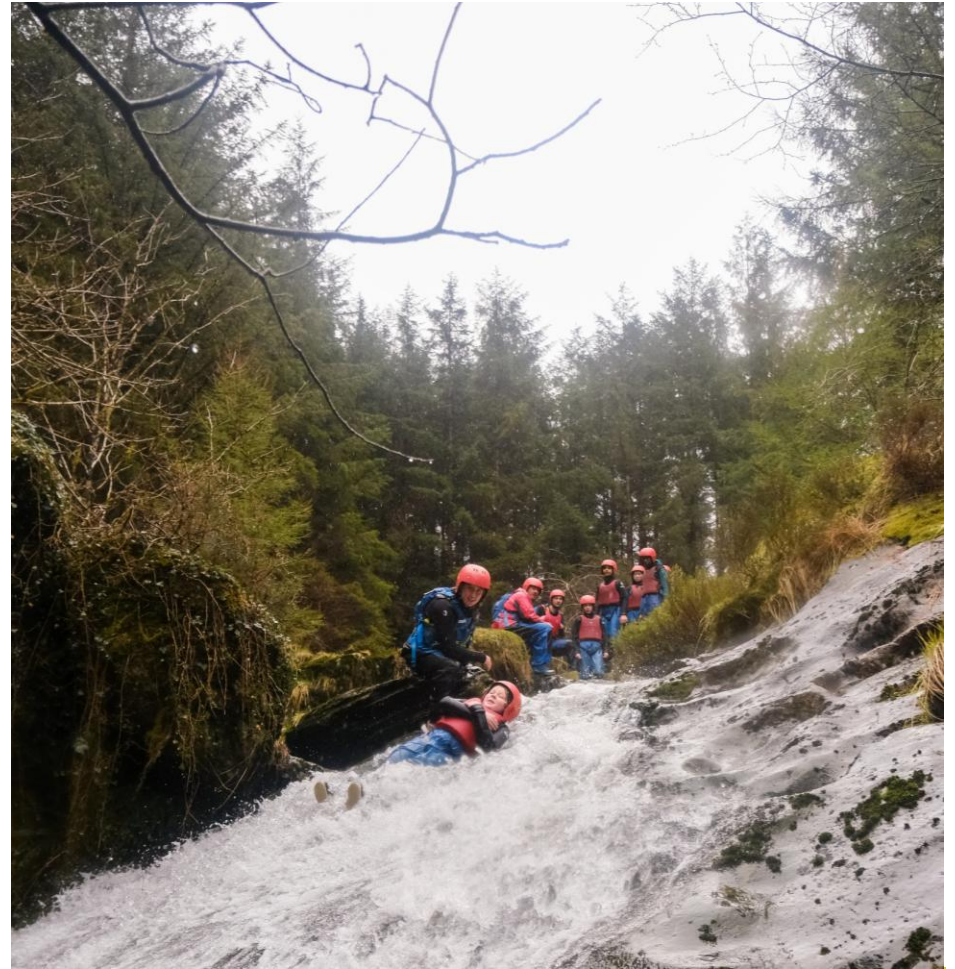
During their Outward Bound programmes, the young people took part in activities such as **canoeing, rock climbing, gorge walking** and **overnight expeditions**. Throughout the course, participants **stepped outside their comfort zones** and learned to **work as a team**.

Instructors and accompanying staff noted their highlights from the courses included watching the young people come out of their shells as the week progressed; facing their fears on the expedition and pushing themselves to overcome challenge, while supporting their friends to do the same.

58 participants¹ and 7 staff members completed a questionnaire at the end of their course for us to assess the key outcomes. Feedback indicated that Outward Bound improved the young people's **confidence, resilience** and **connection with others**.



Of young people felt more confident in themselves at the end of the course (N=58)



“

I liked being with other people, I've never been so social.

Ciaran, age 14, Grainville School

”

DEVELOPING TEAMWORK SKILLS AND RESILIENCE

Each face-to-face interaction in the mountains, on the water or during social time helps to develop rapport, **break down social barriers** and **deepen personal connections**. Instructors from Le Rocquier School and Jersey College for Girls' courses described the campfire evenings as notable highlights of the week, where the young people came together to reflect and bond over the challenges and successes of the course.

As the young people pushed themselves out of their comfort zones through each challenge in the outdoors, they became more likely to **learn from mistakes**, **recover from setbacks** and **persevere**. Support and guidance from the instructors helped to **build trust** and **self belief** which supported the young people to **work together with their peers to succeed**.

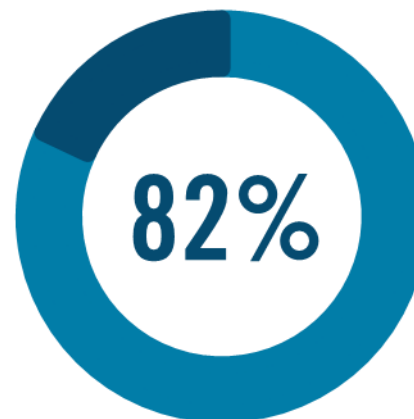
“

A key thing I had to develop [was patience] working with others at different levels. Everyone has had different experiences so it's extremely important to work and help with that.

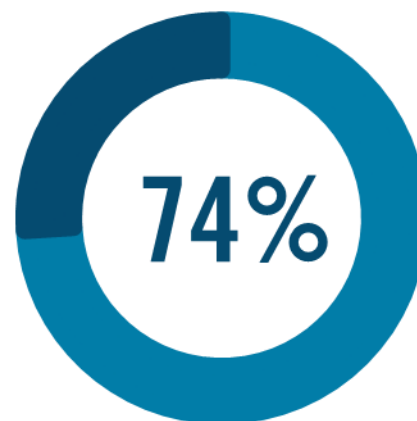
Alessa, age 16, Jersey College for Girls

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At the end of the course:



Of young people agreed that they will be more likely to keep going when facing difficulties in the future (N= 58)



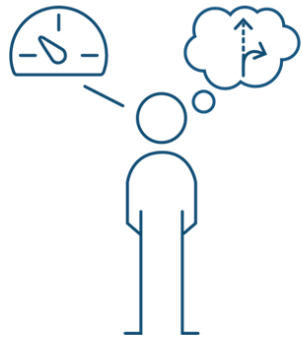
Of young people were more aware of other people's skills and qualities (N= 57)

BUILDING CONFIDENCE AND CAPABILITY

At Outward Bound young people are provided with repeated opportunities to explore where their capabilities and ambition can take them. They identify personal goals, work towards them, learn from mistakes and in doing so experience the results of their efforts, each time leaving them **feeling enabled, valued and sure of what they can do**.

Instructors from Grainville School and Haute Vallee School's courses both noted moments of the week during the expeditions; as the groups pushed themselves to get to the top of summits. In doing so, their confidence grew and as they embraced the views around them, they felt pride in their ability to complete the challenge.

100% of accompanying staff members agreed that, as a result of the course:



The young people realised that they were capable of more than they had thought

The young people are more aware of their strengths and the areas in which they need to develop

The young people developed their ability to work collaboratively with others



“

Over the past week, they have pushed themselves far beyond their comfort zones...they have discovered new independence, resilience and the value of teamwork in ways that a classroom could never provide. The impact has been profound: their self-confidence has soared, their self-esteem has grown, and they leave with a sense of pride in what they have achieved together..

Teacher (name withheld), Jersey College for Girls

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THANK YOU.

“Thank you so much for the opportunity you have given these students.”

Adam Horner, Learning Support Assistant, Haute Vallee School

“We want to extend our heartfelt thanks for making this course possible, it has been transformational for our students... None of this would have been possible without your generosity and support.”

Teacher (name withheld), Jersey College for Girls

“Our students wouldn't have been able to do this course without the funding... this opportunity will change lives! It's allowed us to have one to one conversations with students to help them realise their potential, to set goals and dream bigger!”

Nicola McAteer, Financial Assistance Coordinator, Jersey College for Girls

“Thank you for your support to enable us to offer this experience. The change in their lives, self-confidence and self belief is extremely beneficial to their future success, personally and academically.”

Emma Falle, Assistant Headteacher, Grainville School

GET IN TOUCH

The Outward Bound Trust's Social Impact Report 2024: www.outwardbound.org.uk/our-impact/social-impact-report

Latest Annual Report and Accounts: www.outwardbound.org.uk/trusts-and-foundations

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