



The Youth Adventure Trust is proud to be the charity partner of the Three Peaks Yacht Race



Adventures can be life changing: will you use your 3 Peaks Yacht Race as an opportunity to help vulnerable children build resilience through adventure?

#### ABOUT THE YOUTH ADVENTURE TRUST

We use outdoor adventure to help vulnerable 11-16 year olds to build resilience, develop confidence and learn skills that will last a lifetime and help them to face the challenges in their lives. Our Youth Adventure Programme, which spans 3 school years and incorporates residential camps, activity days and the ongoing guidance of our specialist team, is a genuinely life changing opportunity. They develop enhanced self-confidence and independence, form positive opinions of themselves and positive attitudes towards their future. Many young people will discover for the first time that they CAN succeed.

When the pandemic started, life for our young people got even harder than it had been previously. We had to find a way to continue to support them, despite not being able to run our usual programme of activities. We ran an online mentoring programme, virtual activities and peer support sessions until we were able to get back outside with our young people again. The past 12 months have taught us that the majority of people we work with would not access the outdoors without the Youth Adventure Trust and their opportunities for personal development would be severely limited. We think it's more important than ever before to get people outdoors - your support will make a huge difference. Thank you!



I can recognise that sometimes it's not everybody else and maybe it's just me that needs to do something to fix the problem

**Maddison, age 13**

Maddison's behaviour has become disruptive at school and at home due to new friendships. She needs a little support to help her with life choices.

#### HOW YOU CAN HELP

A place on our programme is completely free to the young people; however, each place, including 3 residentials, 8 activity days and ongoing support over 3 school years, costs us £3,600. We would like to invite crews to help more young people fulfil their potential through outdoor adventure by using the 3 Peaks Yacht Race as an opportunity to fundraise for the Youth Adventure Trust. We will provide lots of help, resources and support and will be cheering you on! Challenge and stepping out of your comfort zone is at the heart of what we do at the Youth Adventure Trust and by taking on this amazing challenge you will also be helping us to inspire young lives.

Find out more about our work at [www.youthadventuretrust.org.uk](http://www.youthadventuretrust.org.uk) or contact Natalie on [natalie.levin@youthadventuretrust.org.uk](mailto:natalie.levin@youthadventuretrust.org.uk) or 07944 666412  
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