

Our Impact – Theory of Change

THE NEED

Every year, 4,200 children & young people (0-24) are diagnosed with cancer*. Cancer affects physical, emotional, social, and mental wellbeing and education/ career prospects. These can be long-term.

OUR VISION

Every young person feels accepted, independent and optimistic living through and beyond cancer.

OUR PURPOSE

To inspire young people to believe in a brighter future living through and beyond cancer.

WHO



Young People

- Aged 8 – 24 (& siblings)
- Living in UK
- Living through and beyond cancer

Team network

- Hospital & charity partners
- Shore-based staff
- Skippers & volunteers
- Medics & medical adviser
- Yacht charter & outdoor activity partners

WHAT



Sailing, outdoor activity and canal trips

- Physical challenge
- Recreational experience
- Socialisation
- Peer support
- Being away from home
- Change of perspective
- Inspiring role models - including volunteers with lived experience of cancer, many who received our support themselves.

INDICATORS



How we know

- Number of young people on first time trips
- Number of young people on return trips
- Response rates to surveys
- Online engagement
- Satisfaction rates with trips
- Safe management of trips
- Volunteers trained and retained

CHANGES



Increased sense of purpose

- Sense of accomplishment
- Personal growth

Increased feelings of self-worth

- Reduced anxiety
- Reduced self-doubt
- Reduced isolation

Improved optimism for the future

- Feeling able to take the next step

Improved autonomy

- Moving from patient to post-treatment
- Independence from treatment/family

IMPACT



Improved mental wellbeing

Ability to believe in a brighter future