



THE ROTARY CLUB OF TRURO BOSCAWEN

Club No.1695

District 1175

Chartered 1989

Rotary Club sponsors young people to take part in life changing experience



All three young people chosen by the Rotary Club of Truro Boscawen to take part in this year's Rotary Youth Leadership Award programme said it had been an amazing experience which had changed their lives for the better.

At the beginning of July this year Reece Foster, Callum Philcox and Will Parish spent a week on Dartmoor with 27 other young people selected by Rotary Clubs from across Plymouth, Devon and Cornwall where they took part in a range of activities and workshop sessions designed to improve their leadership skills and develop their self confidence.

Invited to give a presentation on their experiences at this week's meeting of the Rotary Club, the trio said that taking part in the activities, which included rock climbing, abseiling and camping, together with the opportunity to listen to a number of inspirational speakers, had been a once in a lifetime opportunity which they would never forget.

Thanking members for sponsoring his place on the programme, Callum, who works for Truro accountants Francis Clark, said that the experience had taken him out of his comfort zone and given him the confidence to try new things in both his personal and working life. Ruefully recounting how he had stepped into a bog at the start of a hike across the moor, leaving him with extremely wet feet for the rest of the day; had led a team to build a shelter from sheets

of cardboard and tarpaulin for the group to sleep in, and had taken part in both rock climbing and abseiling activities, despite being petrified of heights, Callum said he had felt a real sense of achievement at the end of the week.

He also highlighted the impact of a talk from a former PE teacher who had been paralysed following a motor bike accident and had then gone on to represent Great Britain as a member of the Paralympian skiing team in never giving up on your dreams.

“His message was that if you persevere you can achieve anything you want in your life” said Callum. **“Two weeks after returning from the course I went on holiday and paraglided off a mountain – I would never have even thought about doing something like this before – let alone actually achieving it “**.

Adding that taking part in RYLA had been **“the best experience of his life”**, apprentice youth worker Reece Foster said that completing the programme had given him a different perspective on life and encouraged him to push himself to do more. **“I realised that I had held myself back in the past and I wanted to change this. I began by going on a trip to Cardiff by myself, something I would never have done before, and becoming more confident in speaking up during meetings.”**

Reece’s new found confidence certainly impressed his manager and work colleagues, who told him they could see a massive difference in his attitude and approach.

Will, who works for the Cornwall Rural Community Council, said that taking part in the programme had helped him develop skills to deal with potential stresses in both his home and the workplace.

“Although having to take the lead in some situations was actually quite stressful, the course taught me techniques to deal with the stress without feeling overwhelmed” he said. **“I came back feeling much more calm and in control and have been able to use the techniques I learnt to give me more confidence. “**

Thanking the three young people for their presentation, Rotarian Ian Bell, who was part of the group which selected this year’s candidates, said that they had been a real credit to the Club. **“It is fantastic to see your increased confidence “** he told them.

They were then formally presented with RYLA certificates by Club President David Hughes.

Members of the Club will be taking part in Truro Day on 9 September when they will present purple crocus bulbs to the Mayor of Truro as part of the Rotary International Purple4polio project to eradicate polio across the world.

Trisha Hewitt
Hon Press and PR Officer