



## OUR HEARTFELT THANKS

In June 2007, The Children First Trust held the second annual Cidel Charity Cup Sailboat Scavenger Hunt at The Boatyard. We raised just under \$68,000 for worthy causes that benefit children in Barbados, and it would not have been possible without your participation and generosity. On behalf of everyone at the Trust, I'd like to express our heartfelt thanks to all of you, whether you donated funds, products, services, time, and a special thanks to those of you who enjoyed a day at the beach with us. We entertained over 350 guests—that's 100 more participants than in 2006. We are hoping for an even bigger turnout in 2008.



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Fourteen boats were on the water, participating in the 3.5 hour scavenger hunt. This year, the team aboard "Other Business" (pictured left), skippered by Peter Gilkes, and sponsored by the Barbados Ball Hockey League, won the Cidel Charity Cup 2007. Our very own Barbados Coast Guard aboard "Stiletto 2", skippered by Graham Allen, came in second, and the Kensington Court team aboard "JayStar", skippered by Ron Hunt and Penny McIntyre, came in third. For full details and more photos of the day's event, please see pages 15-17 of the June 2007 edition of Select Barbados magazine.

As a result of your efforts in 2007, the Trust has been able to donate funds to six organizations devoted to helping children. We wanted you to know where your dollars have gone, and the aim of this newsletter is to do just that.

We are already planning the next Cidel Charity Cup. The date has been set and the venue chosen: Sunday, April 27 at Harbour Lights. Instead of a sailboat scavenger hunt, we're planning a ProAm sailboat race, with a course being set in Carlisle Bay. Again, there will be a buffet, a BBQ, and an open bar of unlimited soft drinks, juices, wine, beer, and rum. And there will be lots of fun things for adults and kids alike.

Please join us again and bring your friends. And please be generous. It's for the children.

With regards,  
Joy Aberback

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## THE BARBADOS SAILING ASSOCIATION

by Penny McIntyre, President

The Barbados Sailing Association's 2007 summer sail training programme was held over a period of 8 weeks from July to September. The camps were hugely successful this year, primarily because we brought in a Chief Instructor from the Royal Yachting Association in



England, thanks to generous support from the Barbados Olympic Association.

A total of 17 students were funded through the scholarships from The Children First Trust. These young sailors flourished in the sailing camps under the dynamic leadership of our Chief Instructor. They were incredibly grateful to be given this opportunity, and absolutely open to learning at all times. Two of these students returned to attend a second camp in order to attain a level 5 in practical

sailing and are now competing in our just-begun National Dinghy Championships and winning some of their races. The goal of several others is to attain the level required in order to qualify as junior instructors.



This gives them a target that is attainable as well as a sense of fulfilment, knowing that the

skills they learned at camp will in turn give them the opportunity to help support themselves.

I believe these scholarships are an enormous benefit to those with a true desire to learn not only a sport, but to also learn to help themselves in a positive way. The BSA Sail Camps bring out not only self confidence (something that is seriously lacking in many of the children), but also teaches team work. The ability to work well alongside others is a very important step in reaching maturity.

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## CANCER SUPPORT SERVICES

by Francina Garrett, President

The following is a letter written by one of the families who have received financial assistance from Cancer Support Services with the funds we've raised:

Dear Madam,

*My mother has breast cancer. She hasn't recovered as yet and she is really weak. Things are really hard because my mother isn't working and I am not working and she has three children going to school. It is really hard trying to cope with everything because she is in and out of the hospital and she is always in pain.*

*I try to take care of my younger brothers with the help of a few people including the Cancer Support Services. They helped with the children's school supplies and they also help with groceries and the utilities. They are a great help in times of need and I don't know how I would get a lot of things done without their help. I am very thankful for the help from the Cancer Support Services.*

Yours sincerely,  
Jewel Washington  
Lewis Gap, Green Hill

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**BECAUSE OF JENNA TRUST**

by Anna Clarke, Trustee, & Yvonne Ward, Physiotherapist, Children's Development Centre

For all children with disabilities we try to improve their level of independence and functionality. Despite all physical challenges, one ultimate goal is locomotion such as crawling and walking. A walking program encourages better trunk control, better gross motor skills, stronger bones, better breathing, bowel and bladder function, socialization skills and therefore even language development and higher IQ scores.

The equipment purchased with the funds donated by The Children First Trust will enhance our walking programs tremendously.

The **Light Gait Walker** is a pediatric dynamic stander, balance trainer and walker all in one. Children can stand and play at a table, throw, catch and kick a ball and practice walking without the fear of falling.

One of the biggest challenges in therapy has been to encourage specific walking patterns through manual limb placement at a continuing pace.



We are very fortunate to have a treadmill which is the ideal prerequisite for this type of gait training. Unfortunately we have been very limited to use it for most children, due to the lack of a reliable supportive device for an upright posture and safety. The Light Gait Walker can be used over a treadmill, providing us with the necessary



“extra pair of hands”. Its unique adjustable strapping and harness system provides excellent support and promotes supported standing and walking for even those children who are more severely involved and have very limited trunk control.

All children who had the opportunity to attend intensive rehab-programs in Miami received their gait training in the Light Gait Walker on the treadmill. Completing our set up for therapy with this device will enable us to continue their programs much more successfully to international standards.

The **Creepster Crawler** is revolutionary to develop one of the most important developmental milestones: **C R A W L I N G**, which improves strength, posture and coordination and allows the limbs and trunk to practice the same movement patterns and weight shift which are necessary for walking.



For some children the Creepster Crawler is their only means of early independent locomotion because it allows children without head control or the ability to roll over to develop mobility skills.



Thank you for all the love you show for the children.

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**NATIONAL COUNCIL ON SUBSTANCE ABUSE**

by Tessa Chaderton-Shaw, Manager, & Paulavette Atkinson, Project SOFT Coordinator

The fifty-two children of the Princess Margaret School who were involved in the non-residential “Pilot” Phase I of the Project SOFT Programme expressed that they thoroughly enjoyed the activities they were engaged in over that week.

The majority of children enjoyed the Barbados Concord Experience Tour the most, as well as the Can Painting activity, which they said were loads of fun. The children responded enthusiastically to the session on Peer Pressure, mainly because of the role play, the catchy songs they learned and the practical things they could use to avoid being led astray.



Most children wanted to know why the programme was only conducted for one week, since they were having so much fun and wanted to come back for at least one more week. These sentiments were equally expressed by their parents at the Developmental Sessions, where they asked if we would consider extending the programme to two weeks.

Further to the “Pilot” all of the children have settled well into their new school environment and their Guidance Counselor, Mrs. Haynes, has reported that they are more relaxed and progressing mores steadily in the Project SOFT Programme.

Follow-up activities are on-stream with these children and NCSA personnel to reinforce components taught during the “Pilot”. With the future assistance of The Children First Trust, we will be able to continue this programme and enhance its components.



*Project SOFT (Safeguarding Our Future Today) was conceptualized with the goal of educating primary school children who complete the Common Entrance Examination and are about to enter secondary school. The goal is to prepare them for life's challenges in the latter environment, whilst empowering them to make positive decisions that are critical to their future.*

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## BARBADOS OPTIMIST DINGHY ASSOCIATION

by Terry E. Power, President, & Hazel Oxenford, Treasurer

During the four 2-week BODA Summer Camps held from 9 July - 7 September 2007, your assistance helped provide fully-funded scholarship slots for 20 boys from the Pinelands Community. Some of these young men were repeats from last year's inaugural summer programme with the Pinelands Community, whilst others were first-time sailors. In all cases, these were young men who enthusiastically embraced the opportunity to learn to sail.

Within a few hours of the first day of each camp all boundaries vanished and the campers were fully integrated and grouped by experience level only. As the camps progressed, it became impossible to distinguish a



such things (they are all sailors, regardless of differences) and because no mention was made at the camps about the sponsorship. Further, we were also able (though additional fund raising efforts) to provide partial or full scholarship assistance to an additional 10 children from outside the Pinelands Community, to

scholarship camper from any others. This was partially due to the fact that the children themselves do not care about

attend the Summer Sailing Camps. As such, no one could use visual clues (e.g. race or gender) to determine whether any particular camper was a scholarship student or otherwise.

As for the Pinelands campers, the difference in a year has been remarkable. Last year, there were understandable "growing pains" as we sought to implement the new programme. A year of learning from our experience and the results of the attitude differences attributed to their experience created a dramatically different environment in this year's camps.

The liaison from the Bridgetown Optimist Club, Joyce Chase, and the director of the Pinelands Community Center have both repeatedly commented on the behavioural improvement in the children who have been participating in our programme of sail training. I have also been told many a story of the level of respect and increased self-discipline these young men now demonstrate in their lives, after their experiences with us.

One of our notable success stories relates to one particularly hard case from last year. In Camp 1 of 2006, this young man came to us with a seriously bad attitude and little respect for himself or others. By the end of that 2-week camp, he asked to come back and was allowed to do so. He went on to assist us with our 'Sailing Team' in the 2006 Olympic Day, and this year he returned to us. He served as a great example to other Pinelands boys and in Camp 4, he was elevated to the position of 'Junior Instructor'. He has indeed become a valuable member of our youth sailing team.



## CAMP AQUARIUS

by Michael Young, Director

Camp Aquarius campers are aged 4-18 years and come from a variety of backgrounds and abilities. The camp serves as an ideal opportunity to introduce children to marine life and coral reefs, and the importance of preserving and protecting the marine environment. We highlight the interdependence of the marine and terrestrial environments, and build campers' awareness of the ocean as a valuable resource.

The Camp's water activities emphasize swimming instruction (first in a pool, and then in the sea) for beginners and intermediates, snorkeling and scuba diving, kayaking, fishing, and personal safety in the water.



Campers participate in land-based activities that affect our coast and oceans—beach walks, hikes, and educational tours. It is vital that we all understand that what we do on land has repercussions on all of our water resources, which in turn affect our weather, and indeed, our overall quality of life. Other activities planned to enhance the campers' personal development includes first aid training, sign language lessons, and environmental tutorials. Discussions were also held

where focus was on teamwork, co-operation, confidence building, self-esteem and leadership.

Through the sponsorship of The Children First Trust, we have contributed to the future of our campers, by keeping them involved in positive activities, teaching them the values of our environment, and exposing them to leadership skills.

We are the environment and the children sponsored by The Children First Trust will help protect our Earth's future.



*"It was the best summer I ever had—and I learned not to fear the sea any more"*—Camper, 10 years old.

*"After the camp, he was more confident in himself, better behaved, and got better marks at school the next term"* —Mother of a Camper.



**The Children First Trust** was established in 2006 to benefit the children of Barbados. Its primary mandate is the promotion and encouragement of projects for personal development with the object for improving the conditions of life for children.

For more information, or to participate in 2008, contact us at 430-5350 or e-mail [charity@cidel.com](mailto:charity@cidel.com)