



Keeping HOPE afloat



2025

01 January - 31 December 2025

Impact Report

Snapshot

PBO NUMBER: 930060059
NPO NUMBER: 228- 978
NPO TRUST NUMBER:
IT002355/2016(C)G

The Little Optimist Trust offers positive mental health intervention, opportunity, inclusion and education, through Safe Space creation and Sailing Therapy. In 2025 we partnered with the IOC and Advancing Olympism 365. This grant allowed us to develop and offer multi day programs and to scale our impact by opening x 3 new Sailing Therapy pilot sites in South Africa.

R1.7 mil **R630 k** **R684 k** **R114 k**

Donations received

Grant wins

Sponsorship

Social enterprise

Sailing Therapy



633

At-risk youth completed our Sailing Therapy Programme

30

Therapy programmes

6

Multi-day programmes

3

Pilot sites opened

- Zeekoevlei - Grassy Park
- Hout Bay - IY & Hangberg
- 9 Miles - Strandfontein

Skills Training

3

Youth completed the YES intern programme

10

Youth leaders graduated our Train the Trainer course

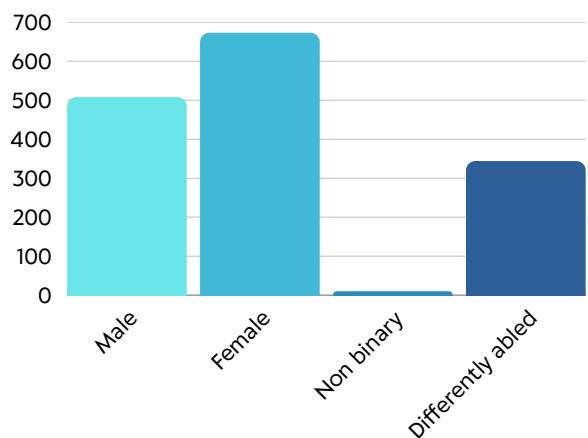
10

Staff completed Disability training

Sailing Therapy demographics chart

Male Female Non binary

Differently abled



1496

FREE books, medals, Easter treats and Teddy bears given to at-risk children in our programmes and in Children's hospitals.

From inspiration to innovation: 10 years of progression

- 2016 – Greg sails the Cape in 8ft dinghy and The Little optimist Children's Book is published
- **2017 – Trust established; hospital visits and ad-hoc sailing therapy begins**
- 2016 to present – 12 Safe space renovations across the Western Cape, Eastern Cape & KwaZulu Natal
- **2019 – Dame Charity Award Amsterdam – joint winner**
- 2021 – Sport Impact – Paris Olympics 2024 – Laureate & Grant
- **2022 – Launch of Sailing Therapy Academy at V&A Waterfront**
- 2023 – Full time employment for 90% of our graduated interns
- **2024 – Laureus Sports for Good Incubation Hub participant NPO**
- 2024 – IOC (Advancing Olympism 365) Laureate and Grant
- **2025 - IOC (Broadening Horizons) Grant winner**
- 2025 – Scaling programmes; launched 3 pilot sites in South Africa
- **2026 - Laureus Sports for Good Foundation – Grant winner**

Objectives & results:

Objective 1: Improve access to sailing and careers for marginalised and at-risk youth. SDG3, SDG5, SDG10

- Percentage of beneficiaries who are at risk youth and from marginalised areas: **99%**
- Number of youth upskilled and/employed within the maritime industry: **10**
- Percentage female participation in our sailing programs: **57%**
- Percentage Differently abled participants in our multi-day sailing programs: **80%**

Objective 2: Improve mental health and self-confidence through our Sailing Therapy, Inspiration and Blue Mind Programmes. SDG 3.

- Percentage indicated a change in mind-set and improved positive attitude. **84%**

Objective 3: Create an understanding of Ocean Health and drowning prevention.

SDG 3, SDG 14

- Percentage of beneficiaries indicated an increase in knowledge about ocean health and drowning prevention. **84%**

Objective 4: Partnerships: Enabling social enterprises to implement SDG's, access resources, fund-raising opportunities, internships and sailing therapy for their beneficiaries. SDG 17.

- Based on beneficiaries' impacted by our 12 Safe Space Upgrades - **+280 000 since 2017**
- Number of beneficiaries reached through Sailing Therapy pilot sites: **90**

Health & Wellness	
2107	Meals served - Heideveld youth feeding program
500 +	Packs of sanitary pads collected and donated to Girls with Wiings
131	Inspiration day participants

2025 Platinum & Gold Sponsors	
	Two Oceans Marine
	Italtile Ceramics
	Ullman Sails
	Southern Wind Shipyard
	Laurium Capital

2025 Safe Space upgrade	
30	Rural children impacted by renovation per annum
Khanyisa ECD located in Zithulele in the Eastern Cape suffered a devastating storm which destroyed their roof and toilet block. Together with the product donations from Italtile and monetary donation from Italtile Foundation we were able to rebuild the toilet block, install a new roof and tile the classroom.	

Grants, Awards & Abroad	
	<ul style="list-style-type: none">• IOC (Olympism 365)• Laureus Sports for Good• WTW
	<p>South African Sailing: The Outstanding Sailing Development Award</p> <ul style="list-style-type: none">• SABBEX/ Blue Cape: The Diversity of Achievement Special Mention Award
	<p>International workshops, talks, programs hosted by The Little Optimist:</p> <ul style="list-style-type: none">• USA x3• Ireland x1• Germany x 6