



Keeping HOPE afloat



2025

01 January - 31 December 2025

Impact Report

Snapshot

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

Donations received

R630 k

Grant wins

R684 k

Sponsorship

R114 k

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

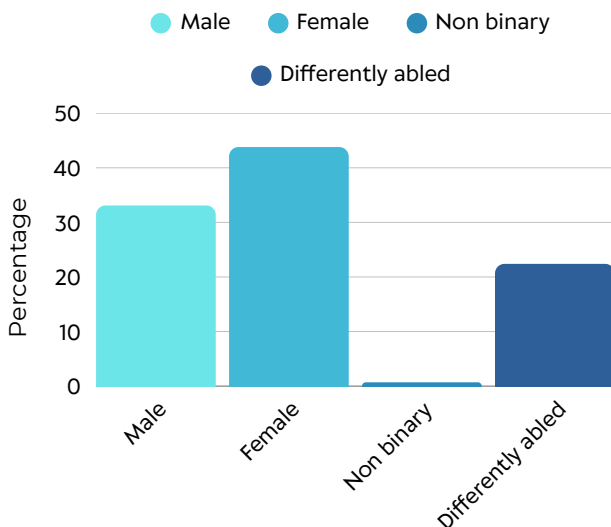
10

Youth leaders graduated our Train the Trainer course

10

Staff completed Disability training

Sailing Therapy demographics chart



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**

1496

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

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

Italtile Ceramics



Ullman Sails



Southern Wind Shipyard



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.

ITALTILE



ITALTILE AND CERAMIC
FOUNDATION TRUST

Grants, Awards & Abroad



- IOC (Olympism 365)
- Laureus Sports for Good
- WTW



• **South African Sailing:**
The Outstanding Sailing Development
Award

• **SABBEX/ Blue Cape:**
The Diversity of Achievement Special
Mention Award



**International workshops, talks, programs
hosted by The Little Optimist:**

- USA x3
- Ireland x1
- Germany x 6

