

# My LegaSea

A multi-generational  
impact study of  
Sea Cadets



# WELCOME

**Mr Martin Coles – Chief Executive**



# FOREWORD

**The Rt Hon Theresa May MP**



# RESEARCH PARTICIPANT

**Mrs Rita Cobb**

*(Girls Nautical Training Corps)*





# LEAD AUTHOR

**Miss Anna Louise Spencer**

# LAUNCHING INTO LIFE

*My LegaSea* –  
a multi-generational  
impact study  
of Sea Cadets



# *MyLegaSea*

First of its kind

- Multi-generational
- Long-term
- UK wide





# Scope & Approach

Former Sea Cadets

- Aged 18-92
  - 3,000+ Surveys
  - 100+ Interviews
- Positive Impact



DOB Year (by decade)

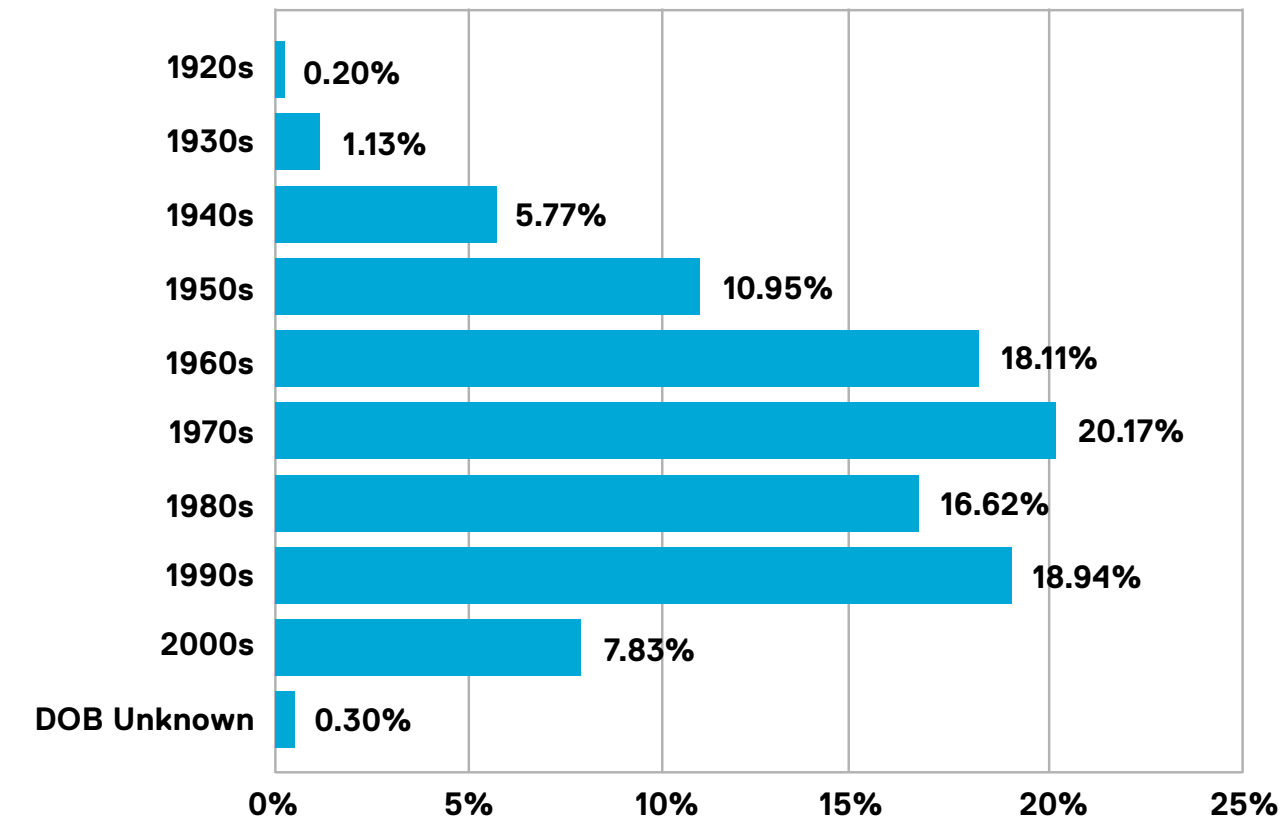
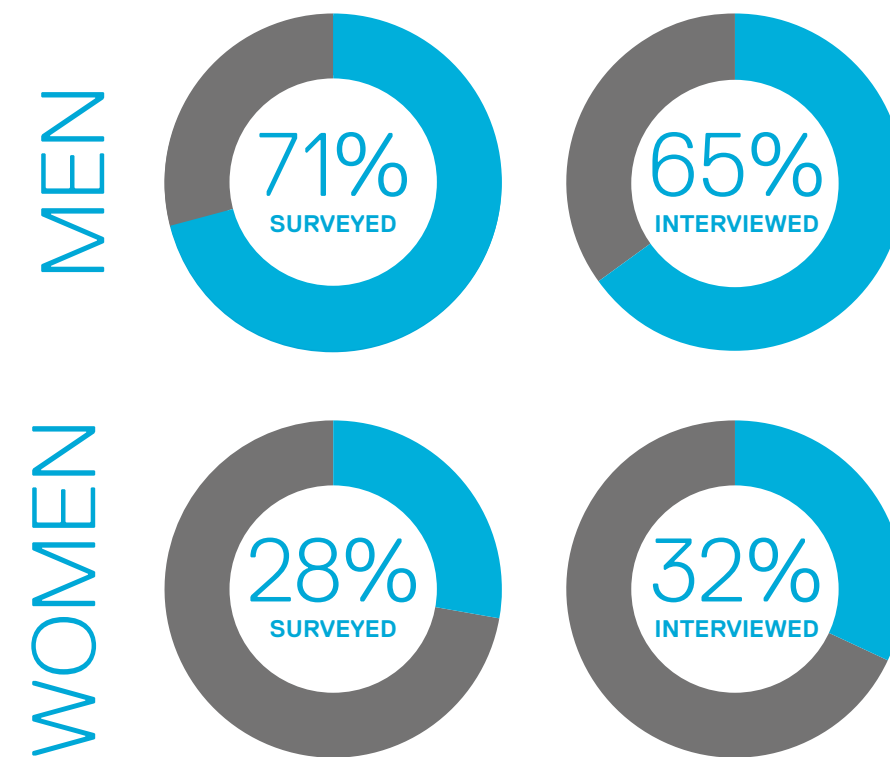


Figure 1: Spread of Ages in the Survey



OTHER OR NONE – 1% surveyed / 3% interviewed

Figure 2: Percentages – Gender

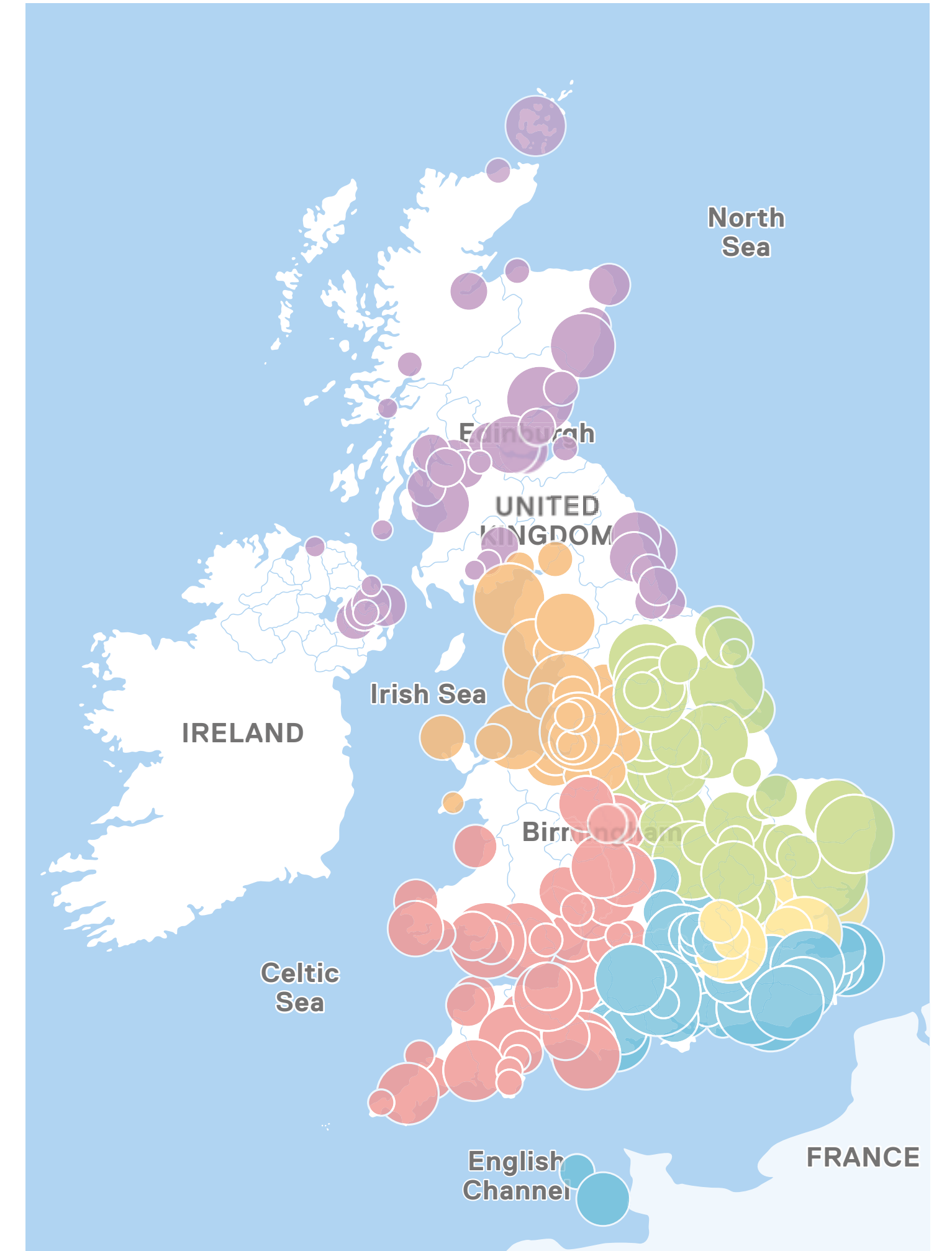


Figure 3: Geographic Spread of Survey Participants (local unit when in Sea Cadets)

# Fact & Figures

## Long-term impact of Sea Cadets

**80%** Developed skills & independence

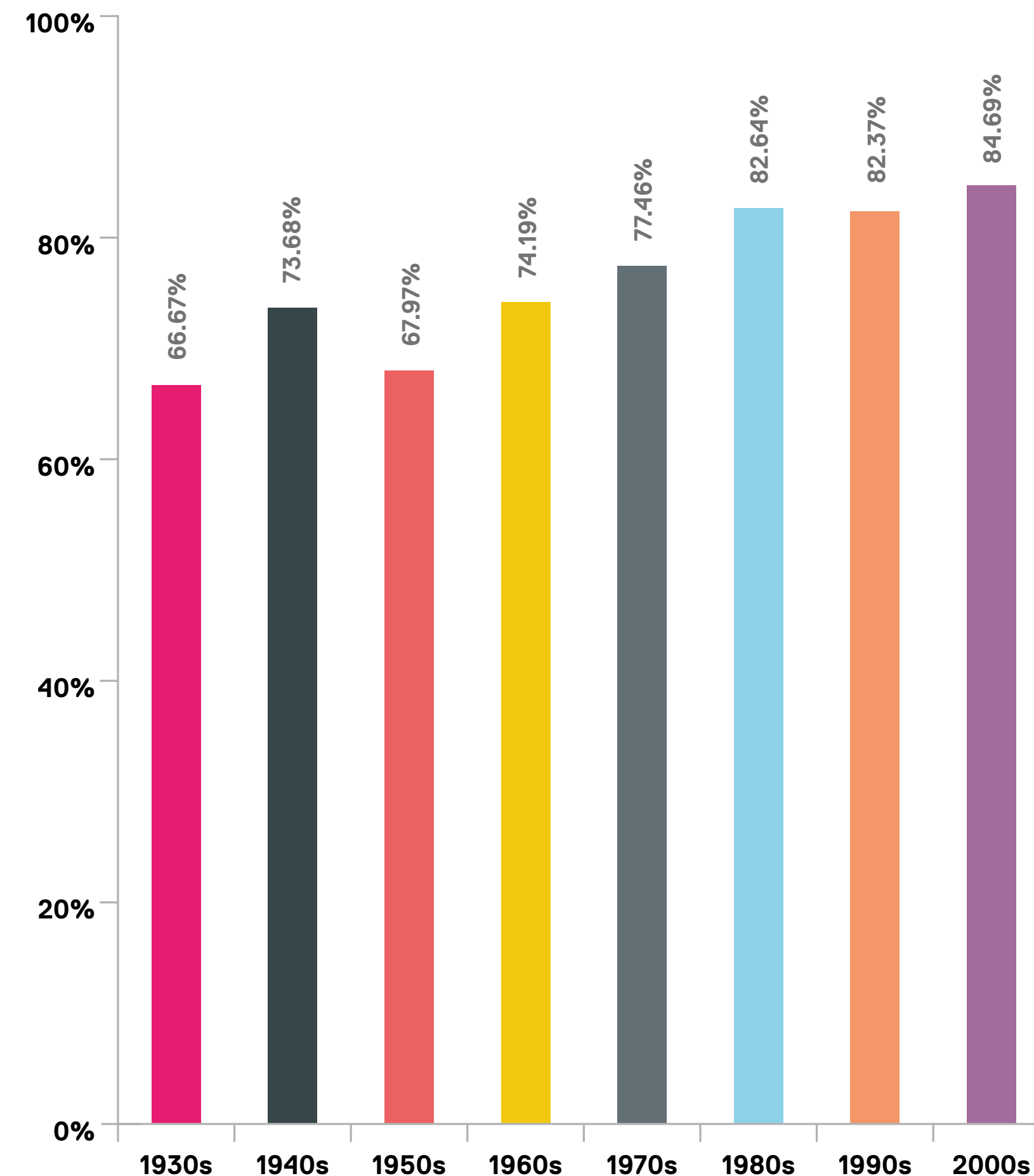
**70%** Improved ability to cope  
with challenges

**54%** Helped progress careers

**45%** Contributed to long-term wellbeing



**Q17 - Provided me with independence and equipped me with skills for life**



**Figure 4: Long-term Impact – Independence by Decade Cohorts**

# Key Findings

Context

Community & Connections

Confidence

Capabilities

Catalyst

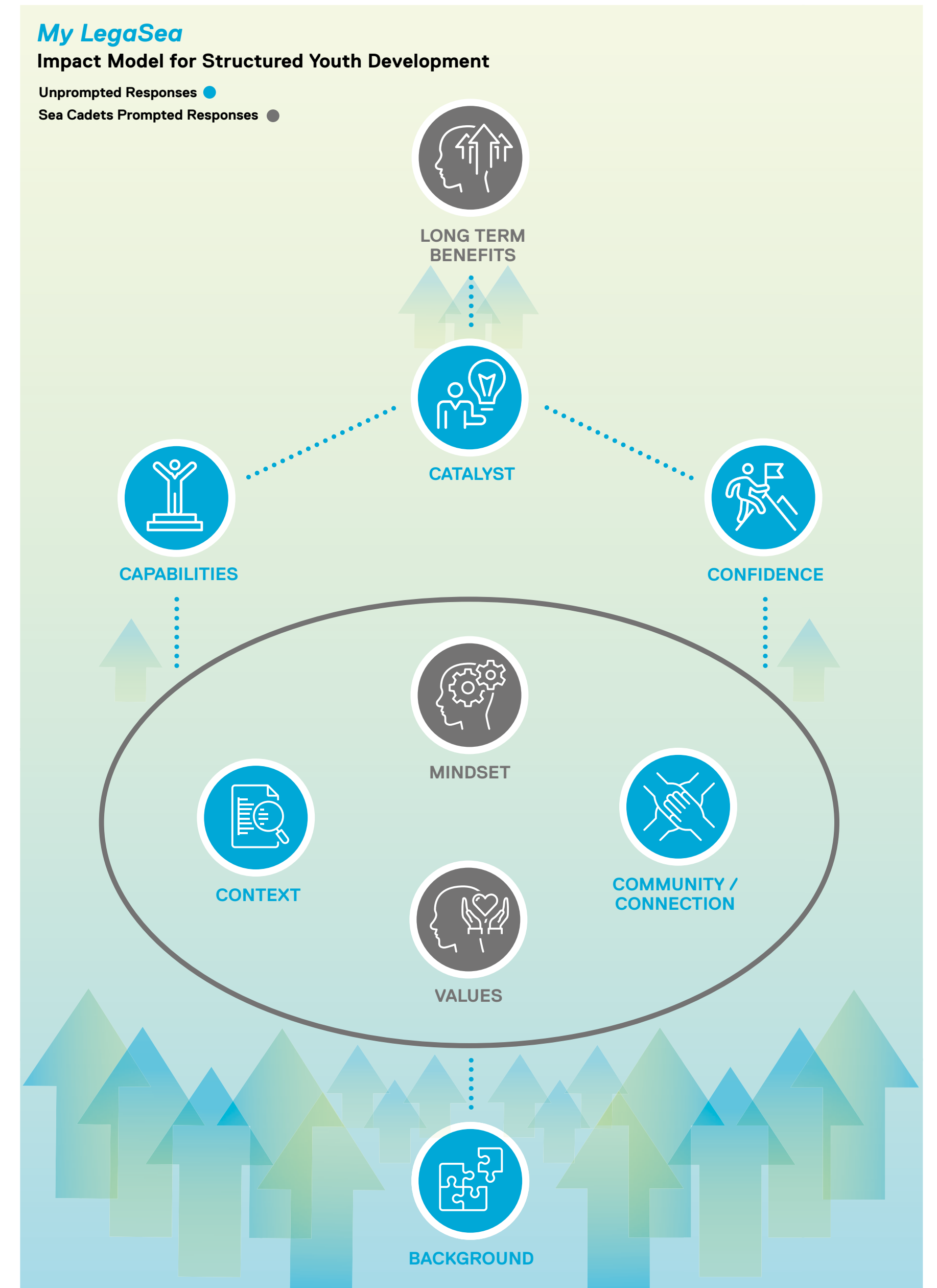


Figure 5:  
Qualitative  
Impact  
Journey

# Enabling Environment



*THE DEPARTURE OF T/S SHERBOURNE'S PRESENTS TO ST GERRARDS HOSPITAL  
CHRISTMAS 1958.*

# Empowering Education



# Reframing Risk



# Long-term Belonging



# Courage & Confidence





# Progressing through the ranks



# Skills for life



A different  
kind of  
impact



# RESEARCH PARTICIPANT

**Mr Oliver James**  
*(sea cadet)*





 SEA  
CADETS



# CHIEF EXECUTIVE

**Mr Martin Coles**



Skills for life



 **SEA  
CADETS**

Of the nine generations of former cadets who participated in the **My LegaSea** survey:-

95%

believed Sea Cadets had a positive long-term impact on their life





Of the nine generations of former cadets who participated in the **My LegaSea** survey:-

80%

reported that Sea Cadets had increased their independence and skills in the longer term



Of the nine generations of former cadets who participated in the **My LegaSea** survey:-

70%

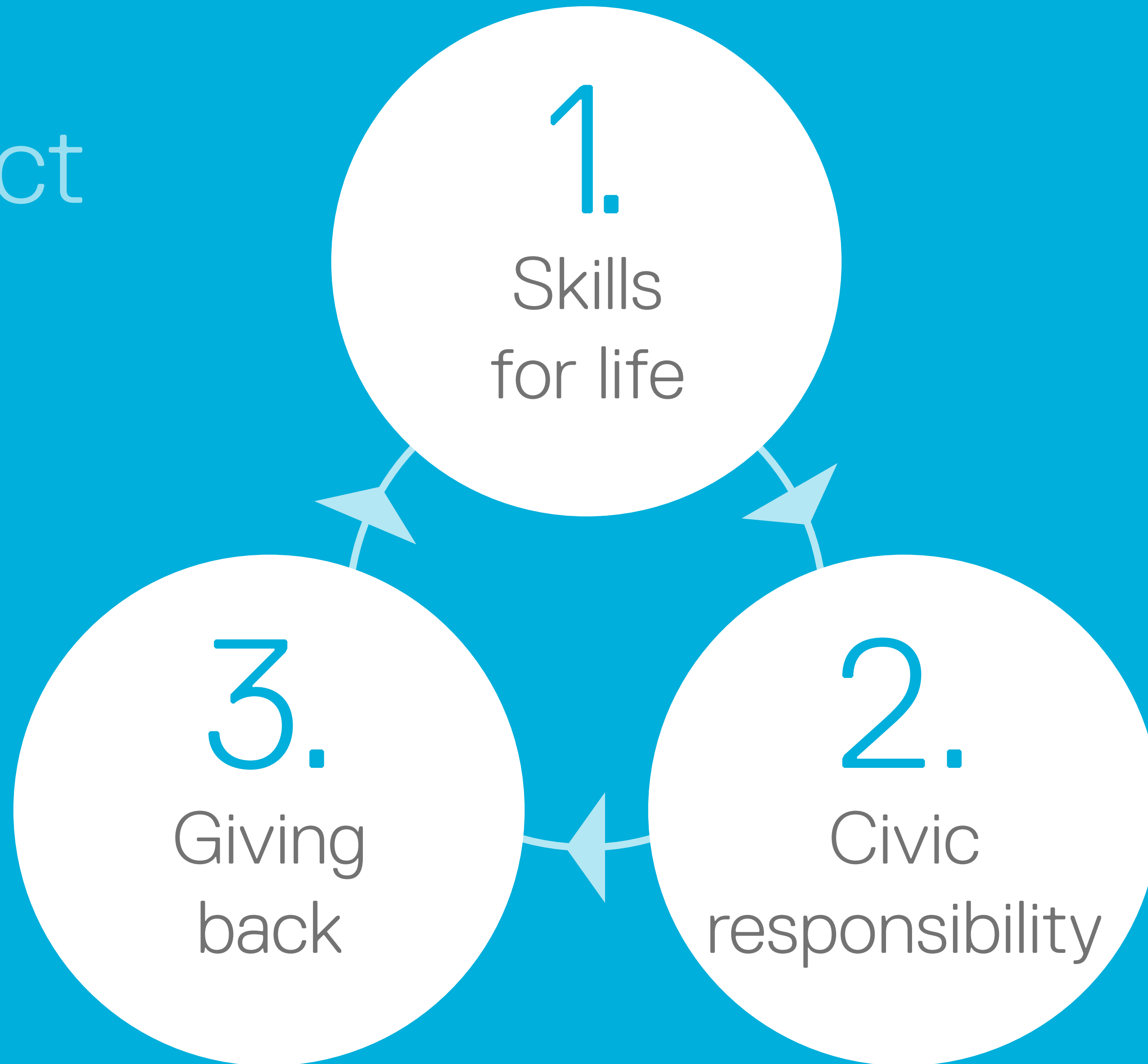
thought Sea Cadets helped them cope with challenges in the longer term



# Wider community benefits



# Cycle of positive impact



The power of  
volunteering



# Aspirational structure





Q&A



THANK YOU FOR  
PARTICIPATING!

