



Patron: Sir Chris Bonington CBE

www.climbingout.org.uk

Registered Charity 1145023

Climbing Out works with young people facing life changing injury or illness. We run 5 day residential outdoor activity programmes that aim to help the young people taking part regain their confidence and self esteem, and to provide them with the opportunity to realise what they can still achieve despite the challenges they face.

The week consists of a wide range of outdoor activities, from climbing to kayaking, gorge scrambling to hill walking, all of which are bespoke to the needs and capabilities of the young people involved.

Evening activities also take place aimed at developing the social integration of young people who have often become detached from their peer groups as a result of their personal circumstances. Climbing Out has been running for 3 years and has had a huge impact on the lives of young people:

"This week has changed my life, it has made me realise that I can do so much more than I thought I could....from now on I'm going to start saying yes to life and I'm going to pursuit my dreams and enjoy life" Will

We currently have places available on programmes this year, and we are keen to source young people who would really benefit from this fantastic opportunity. If you work with young people that are coping with disability as a result of a life changing injury or illness, and feel that they would benefit from taking part in a programme, then we would love to hear from you. We work with a guide age range of 16-30yrs, and all cost are covered by Climbing Out. You can learn more about Climbing Out at www.climbingout.org.uk or please feel free to contact Kelda Wood on 01743 892961 or email info@keldawood.co.uk to chat things through in more detail.

"Climbing Out has helped me so much and opened up a lot of opportunities for me. My self-esteem was rock bottom when I started the programme but by the end, I had so much more faith in myself and had achieved so much, both physical, and mentally. I'm a lot more positive and rather than telling myself I can't do something, I push myself and try my hardest. In fact, I've just landed myself an agent in London who'll help me build up a fashion portfolio and get me work experience. I wouldn't have the confidence or be in the right mind-frame to even sign up, if it wasn't for Climbing Out. Overall I'm feeling so much more like my old self and can only put that down to everyone who's part of Climbing Out. Climbing Out's not just a week away to the Lakes; it's a life changing programme which helps you rediscover yourself and your abilities." Bekki