

Climbing Out!

Throwing a rope to young people facing life changing injury and illness

NEWSLETTER

SUMMER 2014

Welcome to Climbing Out's summer newsletter. Our programmes have got underway, we've run our first weekend and there's been some great fundraising going on. So we have much to tell you...

Thanks must also go to Tracey Breese from Breese Adventures for organising such a great event, and to Carnegie Great Outdoors and Wide Horizons for providing the instructors who all volunteered their time on the day. A great effort from everyone involved.

The date is now set for our next challenge....Saturday 2nd May 2105 will be the Climbing Out Lake District 3 Peaks Challenge. Get it in your diary...names are now being taken!!

Snowdon

On May 10th nearly 50 people braved the atrocious conditions to tackle Snowdon, the highest mountain in Wales. The wind and rain were relentless and created some of the most challenging summer conditions you could expect to find in the mountains.

People had to dig incredibly deeply and every single person achieved a huge amount and faced their own challenges. Over £3,000 was raised for Climbing Out so a massive thank you to all who took part.





The May 5 day Programme

May was a busy month and our first 5 day programme of the year also took place for young people from Birmingham and Clatterbridge cancer units.

This was an incredible programme and to see the difference in the young people from the start to the end of the week was just mind blowing. The week can be summed up in the words of one participant:

"Climbing Out has shown me that anything can be achieved...thank you for pressing the play button and taking my life off hold" Claire

The weekend after the programme, I also received the following email from the mother of one of the participants. This shows just how much impact the Climbing Out programmes are having and that the charity is achieving exactly what it set out to achieve.....

My son (Joe Anderson) has just returned home on Friday after spending a fantastic week with you. The difference in Joe from before he went away, and coming back home is incredible. It is like I have got my 'old' Joe back. he genuinely has been given a huge confidence boost and has made new friends, he has been in contact with most of them since he returned home. Prior to going on the Climbing Out trip, Joe has been really isolated from his old friends, so much so, I was struggling to get him out of his bedroom, he definitely has been closed off from his 'friends' and was struggling a great deal. This week has been a fantastic opportunity for him to make new friends (which he has), and experience opportunities and adventures that he wouldn't have tried. I did initially have to push Joe a little to put his name down for this trip, purely because he had lost so much confidence. Now he tells me he didn't

want to come back home, because he doesn't really see any 'friends' at home....he had a fantastic time and I really can't thank you enough for allowing Joe to be part of this trip. Thank you so so much. Angela

Lloyds Bank Community Fund

Climbing Out has done incredibly well to be short-listed for the next stage of the Lloyds Bank Community Fund. With over 4,500 entries, this is a real achievement!

Climbing Out will be one of four short-listed in each of the Lloyds Bank 352 communities across England, Wales, Northern Ireland, the Isle of Man and the Channel Islands. The communities are broadly based on recognisable local government boundaries and towns.

Lloyds bank will be inviting our supporters, the public and colleagues at their branches to vote for the short-listed organisations from 2 September to 10 October 2014. Votes can be cast online, in participating Lloyds Bank branches and by SMS.

Every organisation on the short-list will get an award with the number of votes cast in each community deciding how the awards will be allocated. The organisation with the most votes in a community will receive £3,000, second highest votes £2,000, third highest votes £1,000 and fourth highest votes £500.

**Lets make this happen for Climbing Out!!!!:-)
Details of how to vote will be sent out as soon as they're received.**

Climbing Out Weekend

May also saw the running of our first Climbing out weekend. 12 previous participants got back together to go climbing and hill walking in the Peak District...plus joining in a few songs around the camp fire on the Saturday night.

The weekend was a huge success and really highlighted the need to offer these young people the opportunity to continue to build on their confidence, self worth, and maybe most importantly, the friendships created on the 5 day programmes.



Funding

The **co-operative** membership community fund

It's been a great couple of months for Climbing Out with us raising nearly £12,000 through May and June. We would like to say a huge thank you to everyone who has donated (listed below) but in particular to the Co-op Community Fund for their fantastic donation and to the Green Hall Foundation for their generosity. We must also thank the Youth Hostel Association for their continued support.

The Adamson Trust
Clare King Charitable Trust
Roger Whitfield Foundation
Dennis Alan Yardy Charitable Trust
Barbara A Shuttleworth Memorial Trust
Sylvia Aitken Charitable Trust
RS Brownless Charitable Trust
Baron Davenport's Charity
Co-op
Wilmcote Charitrust
Green Hall Foundation
Rest Harrow Trust
Sir John and Lady Amory's Charitable Trust
James Wise Charitable Trust

Easy Fundraising

Don't forget you can still keep raising money for Climbing Out every time you shop on line. Just go to Easyfundraising.org.uk and register your details and they will donate 1.5% every time you buy something off the internet. It will cost you no extra and if everyone does it, we can raise a lot of money!

Our Ambassadors

Our ambassadors have been having a busy time at the minute, and showing exactly why we're so proud to have them as part of the Climbing out team.

Nick Beighton has just completed the first ever Lands End to John O Groats in a straight line. He has kayaked, cycled, mountain biked and hiked his way across the UK, completing two record breaking sea crossings on route, including the longest open sea kayak crossing in UK waters; 34 hours of non-stop kayaking over 200km. Nick's incredible achievement is made all the more remarkable by the fact that he is a double amputee

Finn McCann has recently returned from a Caledonian Alps Expedition, climbing many unclimbed routes in remote Greenland, and Dave Bunting returned only 2 weeks ago from a 3 week expedition to Ecuador.

They really are ambassadors in every sense of the word!

Skydive

At the request of several Climbing Out participants who wanted to raise money for Climbing Out, we will be organising a skydive later in the year. What a great opportunity to do something utterly terrifying and raise money at the same time!!!! Email Kelda for more details

Teddy bear Campaign

The Teddy Bear Campaign is now in operation! If you think you can help, please get in touch and ask for a teddy. All you have to do is then sell the 40 possible names of your teddy at £1 a go. Once all your names are sold, you open the envelope that comes with your teddy, and whoever has chosen the name inside, will become the proud owner of a Climbing Out teddy bear. Drop Kelda an email to request your teddy.

And still to come...

We have 3 more 5 day programmes running this year, plus another weekend in September. By the end of the summer we will have helped so many young people take their life "off hold" and start living again. Please keep supporting and please keep spreading the word. We are always keen to hear from potential participants so if you know anyone who might benefit from attending a programme, please email for an application form.

Here's to a great summer and I look forward to sending you the next newsletter with news of all that the young people have achieved.

Enjoy the sunshine!

Kelda

Climbing out Wedding!



The most exciting news of all is that we have to announce our first Climbing Out wedding!! Adam Woods and Lucy Anderson-Edwards met on a Climbing out programme at the start of 2013 and have been together ever since. They are an amazing couple and Adam popped the question when they were on holiday in America at the start of June. We wish them all the best and send the biggest congratulations to you both.



ClimBing OuT!
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Patrons:
Sir Chris Bonington CBE
Marc Woods - 12 times paralympic medalist

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