

Climbing Out!

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

NEWSLETTER

AUTUMN 2017

Welcome to the Climbing Out Autumn newsletter. It seems like a long time since the last update came out and soooo much has happened. It's been amazing! It's been incredible!! It's going to be impossible to sum it up in a few words on here, but I hope this newsletter will give you an idea about how much has been achieved and the young people we've supported this year!

Looking back at 2017 - What a year!

For the first time since Climbing Out was set up, we've run 5 programmes! We've worked with a wide range of young people including cancer and renal patients, young people who'd been through bereavement, bullying, and abuse, as well as young people with disabilities and mental health problems.

It's been one hell of a year, and the programmes seem to be having a greater impact than ever. I could try and put that impact into words, but it's far better if you hear it straight from the young people. Here are just some of the stories, outcomes and testimonials from this year:



"I am leaving a changed person. The programme has given me a toolbox for life that I will keep by my side forever and will revisit to remain the stronger and braver person Climbing Out has made me....thanks to Climbing Out my entire perspective of myself and my way of life has changed for the better." Hannah

"Having cancer has made me lose my identity, but being here has helped me find it and remember who I am" Georgia

"Climbing Out has opened doors that I thought were closed forever" Tom

"My kidney's no longer work, I'm waiting for a transplant. One of the most important things this week has done for me is to make me feel normal. For the 5 days I was here, I felt as though I had no health problems, no restrictions, and could join a group of people who I connected with immediately.....

I now have life goals, with all the skills I need to achieve them. If I had to sum up this programme in 2 words....they would be "Life Changing!" Kevin





"The friendship, encouragement, support and teamwork has been such a special thing for me.....the biggest learning for me has been that I'm more capable than I think, or that people let me be.....Climbing Out has been the catalyst I needed to start taking control of my life" Sara

"You should know that you've changed my life. My attitude towards myself and my outlook on the future has gone from the bottom to the top. I now have the tools and skills necessary to progress so much further than I thought I could" Verity

And this very special message came from the mother of one participant: *"Hello, I just wanted to send you a message to say **THANK YOU!** My son went on your group to north wales and has returned a new man! He hasn't worked since before his transplant about 3 years ago and would spend most of the day in bed and the night playing on games and watching films. He was lucky enough to be offered a place with one of your groups and came back so confident and renewed! He is now working and has been for the last four weeks! He hasn't once gone sick from work and is working really hard... I believe he also got a job in the same place for someone else he met on your group... I cannot thank you enough for what you have done he finally has a life again and hope!"*

From one of the renal support workers.... *"This trip has smashed all my expectations. I've been working with these young people for many months and to see the change in them is remarkable. The environment has allowed them to explore who they are, what life is about and has been a much needed reset button. The model run by Climbing Out genuinely seems like the gold standard!"*

The Climbing Out Charity Ball and Awards

The 15th June 2017 was a very special evening. The Climbing Out Charity ball and awards were held at Shrewsbury Town Football Club and was attended by over 200 people. It was an emotional, inspiring and fun filled evening with just under £2,000 being raised for the Climbing Out. 6 awards were also presented, recognising the outstanding achievements of the young people and our supporters.



It was a night not to be missed, and the next one will be happening in 2019, so watch this space for more details.

Fundraising



We have to send out the biggest thank you to each and every one of you who have been out raising funds for Climbing Out over the last 12 months. Special mentions must go to Davey Averill who raised over £5,000 doing a solo run of the Pennine way and to Zena Worrell who is raising money to fund a full programme in 2018. She's been up to all sorts of things including organising a sponsored walk up Snowdon, massage days, coffee mornings and raffles.

People have been running marathons, sky diving and holding charity evenings. Robert Cotterill seriously impressed us all when he completed a sponsored climb, despite losing his arm in an accident 2 years ago.

We can't thank you enough for all your outstanding efforts. A mention must also go out to the young people themselves who have now raised nearly £2,000 through the Climbing Out Club

We must also thank our major funders this year. St James's Place Foundation, The Malcolm Whales Foundation and The Big Lottery Fund have all funded full programmes and we can't thank them enough for their ongoing support.

It's just not possible to mention all the trusts, foundations, companies and individuals that have donated to Climbing Out, but a heartfelt thank you goes out to you all. Please know that it's thanks to you that outcomes like we've mentioned above are able to happen.



Snowdon: 63 people – One Mountain!

On Saturday 14th October, 63 people braved pretty wild conditions to tackle Snowdon, the highest mountain in Wales. It was wet, it was windy....and the views were non-existent! Despite all that, it was incredible to see the determination, teamwork and resilience from everyone to keep going, a large proportion of the group summiting. 22 of our young people also got involved, and to see so many of them on the summit shows just how far they've all come since taking part in their Climbing Out programme. They can all be very proud!



A big thank you must also go out to the instructors from Carnegie Great Outdoors who did a fantastic job of keeping us all safe, together....and smiling!

And the amazing news is that the event has raised well over £7,000!! This is an incredible amount of money and a heartfelt thank you from Climbing Out goes out to everyone for all your efforts. **AMAZING!** Thank you! The weekend was so successful we're already making plans for next year's event!



Looking forward to 2018

2018 is looking even more exciting! We've 8 programmes already in the diary and we'll be running 3 programmes for cancer patients, 2 renal programmes, one programme for Victims of trauma, a programme for amputees, and a programme for young people facing bereavement.

This is a huge step forward for Climbing Out and we'll be offering support to over 120 young people.

If you're interested in finding out further details about any of the programmes next year please contact Kelda on keldawood@climbingout.org.uk



The Climbing Out Club

Climbing Out continues to offer support after the programmes through the Climbing Out Club. The club offers continued friendship, support and development and is available to any young person who has taken part in one of our 5 day programmes. The club organises 2 weekends a year, plus a fundraising challenge and a social event.

The young people are also getting really active in organising social and fundraising events of their own, developing their own network of fun, friendship and support.

The Climbing Out club plays an important part in continuing the motivation and positivity created on the 5 day programmes.

Other News:

Executive Training and Consultancy:

A massive thank you needs to be said to Doug D'Albert from Executive Training and Consultancy Ltd. Doug has offered to work at no cost with Climbing Out for a three year period, identifying our goals and how we can achieve them.

To have this business support is of huge value to Climbing Out and will hopefully see us taking even bigger steps forward in the future. Exciting times ahead

Easy Fundraising:

Don't forget you can support Climbing Out really easily through Easy fundraising.

Just go to <https://www.easyfundraising.org.uk>

Search for Climbing Out and register your name. Then every time you shop on line, whether it be groceries or getaways, Just Giving will give us a donation from your purchase....and it doesn't cost you a penny! Register and start raising money today!





Row To Raise

As many of you now know, in December 2018, Kelda, the founder of Climbing Out will be attempting to solo row the Atlantic.

She's taking on the challenge to inspire others who have been through mental or physical trauma and to raise awareness about Climbing Out. Here's a little more about the Row to Raise story: **R2R-The Story:** <https://youtu.be/bl1hhklXH9U>

This is a huge challenge for Kelda and she'll be out at sea for anything up to 100 days. Each day she's on the ocean she'll be rowing for a different young person and sharing their stories with the aim of raising awareness about the various challenges young people are facing and the support networks available

Kelda is still looking for corporate sponsorship to get her to the start line, so if you have any useful contacts please do get in touch. You can see more at <http://rowtoraise.com/> and Kelda can be contacted info@keldawood.co.uk.



**Raising
Awareness**



**Raising
Funds**



**Raising
Hope!**

A message from me....

So that's it folks!! We have one exciting 2018 coming up for Climbing Out!

We thank you for being part of Climbing Out and we look forward to keeping you up to date about the impact of the work that we do. Please keep spreading the word and together we can reach even more young people. Onwards and upwards! ☺ Kelda



Contact details: Kelda Wood

Tel: 07977 574785

Email: keldawood@climbingout.org.uk

Facebook: www.facebook.com/helpclimbingout

Twitter: @ClimbingOut_

www.climbingout.org.uk

www.iustavina.com/climbingout