



## Climbing Out Update 2018

*It's been a busy year.....*

### The Climbing Out Programmes

What a year it's been! We've run 7 programmes throughout 2018, working with over 100 young people. To be honest, this year has brought its challenges as we've stretched the boundaries with the young people we've supported, but without doubt we've supported and impacted on more lives than ever.

*"I now see that I have control over myself and my emotions. I'm so grateful. You've changed my life for the better"*  
Laura H



The programmes have been fun, emotional...and life changing! Two programmes were run supporting young people involved in the Manchester Arena Attack, we also ran 2 renal programmes, a cancer programme and supported young people facing a wide range of challenges including physical disability, mental health, abuse and epilepsy. The 5 day programmes have continued to change lives.

*"By the end of the week I felt like the person I wanted to be. I'm now ready to go home and face whatever life has to throw at me"* Katie O (Visually impaired)

This year Climbing Out has also gained some significant exposure from the media, with an article in the Sunday Times as well as coverage on BBC Breakfast, BBC 5 Live, The Crimewatch Roadshow and a powerful piece that went out on Canadian Broadcasting. You can watch this broadcast here: <https://youtu.be/bU7rskwIWU4>

This exposure has helped us reach more young people than ever and has really raised awareness on a national level about Climbing Out and the work that we do.

### **Additional support**

One thing we've recognised this year is that some young people need additional support outside of the 5 day programmes. We've reacted to this learning and have subsequently put a funded team of coaches in place that can work with the relevant young people on a one to one basis. This is a significant addition to the Climbing Out team and one that we hope will



play a big part in enabling young people who are struggling to accept whatever's happened to them to start to see a way forward.

## ***Looking forward to 2019.....***



### **Time for change – thank you CGO**

Every so often things need to change to make the most of new opportunities and to keep developing and moving forwards. We've had a fantastic relationship with our providers Carnegie Great Outdoors (CGO) over the last 7 years, however in 2019 we'll be moving to a new provider.

We owe a huge amount to CGO who've helped to get Climbing Out off the ground from the very first programme. Together we've grown and developed the charity and they've been a wonderful team to work with. We hope we'll still stay involved with CGO as we watch both organisations flourish.

So for 2019 we're delighted to announce we'll be moving to Dukes Barn Outdoor Activity Centre. The centre is based in the Peak District with fully inclusive facilities. We're excited about working together and with their experienced team of coaches there's going to be huge scope for developing new and exciting programmes, reaching an even broader spectrum of young people. Exciting times ahead!



### **Programmes dates 2019:**

In 2019 we're going to be running 9 programmes, all of which will be based out of Dukes Barn in Derbyshire. Below is a list of dates and details of who the programmes are for. If you'd like to find out more, or you're interested in applying for a place on a programme please contact Kelda at [keldawood@climbingout.org.uk](mailto:keldawood@climbingout.org.uk) We are introducing a new referral procedure for 2019, so anyone wishing to come on a programme independently must have a referral from a 3<sup>rd</sup> party professional. Please note our age range remains 16-30yrs with the exception of the programme running Sept 27-29<sup>th</sup> for young people involved in the Manchester Bombing

**Programmes 1:** For survivors of terrorist attacks

Date - May 27<sup>th</sup>-31<sup>st</sup>:

**Programmes 2:** Renal programme

Date: June 24<sup>th</sup>-28<sup>th</sup>

**Programmes 3:** Programme for Elite Athletes in conjunction with the EIS

Date: July 5<sup>th</sup>-8<sup>th</sup>

**Programmes 4:** Programme for young people with hearing impairments

Date: July 22<sup>nd</sup>-26<sup>th</sup>

**Programme 5:** Liver Transplant programme

Date: 7<sup>th</sup>-11<sup>th</sup> Aug (Wed-Sun)

**Programmes 6:** Cancer programme

Date: 19<sup>th</sup>-23<sup>rd</sup> Aug

**Programmes 7:** Disability programme

Date: Sept 2<sup>nd</sup>-6<sup>th</sup>

**Programme 8:** Programme for young people involved in the Manchester Arena Attack

Date: 27<sup>th</sup>-29<sup>th</sup> Sept

**Programmes 9:** Climbing Out Level 2





Date – Oct 28<sup>th</sup>-1<sup>st</sup> Nov

*“I've spent the last four and a half years telling myself 'I can't'. I've finally realized that 'I can't' makes you think negatively and that what we should all be saying is 'How can I?', I now plan to always think the latter rather than the former.” Kate W*

### **Thank you to Funders**

None of this would be possible without the ongoing support of our funders. There are so many foundations, trusts, organisations and individuals to thank that it's just not possible to mention everyone here. But please, to each and every one of you, we are so, so grateful for all your support and hard work.

We must say a special thank you to The St James's Place Foundation, The Malcolm Wales Foundation, The Manchester Tattoo Appeal and Zena Worrell, all of whom have funded full programmes this year. Thank you!



### **Climbing Out Development Bursaries**

In 2018 we introduced the Climbing Out development bursaries. The bursaries were put in place to contribute funding towards the ongoing development for young people who'd taken part in one of our 5 day programmes. Participants can apply for a bursary of up to £500.

We were delighted to award our first bursary early this year to Sara Ainsworth. Sara first came on a Climbing Out programme in Sept 2017, and has shown huge progress since becoming involved with Climbing Out. She put together a strong application for funding towards training her dog Storm as a therapy dog and setting up a mental health wellbeing group and was awarded the full £500 bursary.

Storm has now started his training and Sara is keeping us up to date with his progress. A full report will be produced once Sara and Storm have completed their training.



### **The Climbing Out Club**

The Climbing Out Club has gone from strength to strength and now has more members than ever. The club ran a hugely successful sailing weekend back in May, and over 30 young people from the COC will be taking part in a fundraising Hike on Sept 29<sup>th</sup>, raising funds for Climbing Out. So far they have raised over £2000 between them, and amazing effort.



The club is proving so popular with the young people that the sailing weekend will now be made an annual event, along with a climbing weekend, Christmas social and Level 2 programme

We're also looking at introducing further skills weekends, training opportunities and a possible expedition abroad as part of their continued growth and development. The future's looking exciting!

### **Row to Raise**

In just a few weeks' time, the founder of Climbing Out, Kelda Wood, will be starting off on her attempt to solo row the Atlantic. She's taking on the 3,000 mile challenge with the aim of reaching and inspiring young people going



through mental or physical trauma. Each day she's on the ocean she'll be rowing for a different young person, sharing their story as well as links to charities and organisations providing relevant support. You can see more at: <http://rowtoraise.com/>

Kelda will be unsupported at sea for 2-3 months, rowing for up to 16hrs a day, surviving on freeze dried food and desalinated water and burning up to 6,000 calories per day.



She also aims to raise awareness about Climbing Out through the challenge, and to raise over £50,000 for the charity. If you'd like to donate please go to: <https://www.justgiving.com/fundraising/rowtoraise>

### **Get Involved**

Are you keen to get involved with Climbing Out? We're always keen to hear from people looking to organise fundraising events, get involved with the committee, or maybe you can offer time or skills we haven't even thought of yet!

If you'd like to find out more about how you can help, please get in touch! You can see more at <http://climbingout.org.uk/>

M: 07977 574785 E: [keldawood@climbingout.org.uk](mailto:keldawood@climbingout.org.uk)

Tw: [@ClimbingOut\\_](https://twitter.com/ClimbingOut_) FB: [www.facebook.com/helpclimbingout](https://www.facebook.com/helpclimbingout)

Thank you again for your continued support and we'll look forward to keeping you up to date with all the news as we move forwards in 2019.

Best wishes,

*Kelda and the Climbing Out Team*



*"I'm on cloud nine after spending the last five days in Wales on the Climbing Out programme. It has been the hands down the best experience of my entire life! I have never felt more love, accepted, encouraged and appreciated for being me. I have never felt so happy, confident and completely fearless! I have been able to do things that I've always wanted to try and I've met some of the most incredible people who will become lifelong friends. I can't wait to get more involved with Climbing Out as I absolutely love what they stand for!"*

*#Liveyourlife #Ican*

*Nicole M*

**ClimBing OUT!**  
Throwing a rope to young people facing life changing, injury, illness or trauma