



Climbing Out Outdoor Activity Programme – Information Sheet

Welcome to Climbing Out!

Climbing Out runs 5 day outdoor activity programmes aimed at rebuilding confidence and self-esteem in people who've been through a life changing injury, illness or trauma. The programmes give participants the opportunity to take part in challenging yet fun activities whilst meeting others who've been through shared experiences. The activities are run hand in hand with personal development and life coaching sessions to enable participants to accept what they've been through and to start to see a new way forwards. The team of instructors will support individuals to work around any physical or mental limitations they may be facing, keeping everything achievable whilst stretching people's boundaries too.

All places are fully funded.

Below are all the details about the week.

Location and Accommodation:

The programmes are based either at Dukes Barn Outdoor Centre, School Ln, Beeley DE4 2NU, or at Yr Hafod Scout Centre in North Wales (<https://yr-hafod.org.uk/wp/>) The bedrooms are all dorms and we eat at the hostels too.



Activities:

The programmes running in the Peak District will consist of a wide range of outdoor activities including climbing, kayaking, gorge scrambling and hill walking, all of which are

adapted to meet the needs and capabilities of the group. The North Wales programmes will be based around walking and climbing and will be a more physically challenging week. Participants will also be involved in the cooking and cleaning throughout the week in various teams. Both programmes are designed to be challenging but achievable.

There's also a strong focus on personal development, so there'll be fun and light hearted sessions at the start and end of each day to give you tools in your tool box to apply to life outside of the 5 day programme.

Evening activities include a BBQ, quiz and inspirational talk.



Timings:

The programme begins at 1.30pm on Day One. You'll need to bring a packed lunch with you or get something to eat on the way there. If you're

coming by train we do a pick up from the local train station at 1.30pm.

Relevant details will be sent if you're allocated a place on a programme.

For the rest of the week breakfast will be at 8-8.30am and we'll be meeting to tell you about the days activities at 9am. These times may change through the week depending on activities, the weather and energy levels!

The evening meal will be back at the hostel at the end of the day and there'll be various evening activities running for a bit of fun and relaxation!

We'll be finished between 1-1.30pm on day 5. We can drop people back at the train station for 2pm.

Food:

Climbing Out will provide all the food for the week, but please bring any snacks of additional food to keep you going! If you're coming on the North Wales programmes you'll be in teams that are responsible for helping with the cooking and washing up each day.

We'll be making our own packed lunches, and then we'll come back at the end of the day to a hearty evening meal. You definitely won't go hungry! If you've any specific dietary requirements please just let us know in plenty of time 😊.

Clothing etc:

A kit list will be sent out nearer the time, but you'll need enough clothes to keep you warm and dry including:

- *Waterproof jacket and trousers
- *Suitable footwear for walking/climbing (with ankle support)
- *Long trousers (not jeans)
- *Long sleeved top
- *Clothes to relax in
- *Waterbottle
- *Money (Just in case)



We can provide some rucksacks/waterproofs for anyone who doesn't have them. Don't forget any medication you may need.

Therapy Dogs



Kelda, the founder of Climbing Out, has three trained therapy dogs, Kipper, Smurf and Hardy that are a big part of the Climbing Out programmes...they're often way more popular than the staff! 😊 They're super friendly, but if anyone has any issues about dogs please let us know and plans can be put in place.

The Next Step:

If you're keen to apply for a place on a programme, please complete a referral form and send it to Kelda on keldawood@climbingout.org.uk . Drop her a line if you need to be sent this form.

Kelda will then make contact with you to arrange a phone call, and if a place is then offered, there'll be a medical consent form that'll need to be completed. The whole process will be explained to you in more detail when Kelda chats over the phone.

If you've any other queries just drop Climbing Out a line, and we hope to see you on a programme soon!

All the best,
The Climbing Out Team 😊

Kelda's contact details are email: keldawood@climbingout.org.uk Mobile: 07977 574785

You can see more about Climbing Out at <http://climbingout.org.uk/> and you'll find us on facebook at <https://www.facebook.com/helpclimbingout/>



