

# ClimBing OuT!

Throwing a rope to people facing life changing injury, illness or trauma

It's not about saying I can't...  
... It's about saying 'How Can I?'



"Thank you for  
pressing my play  
button and taking  
my life off hold"  
Claire

"I arrived feeling like a  
list of diagnosis's, I left  
feeling like a person in their  
own right with so  
many opportunities"  
Jasmine



Climbing Out offers **fully funded places** on 5 day outdoor activity programmes aimed at **rebuilding confidence, self-esteem** and **motivation** in people who have been through a life changing injury, illness or trauma.

To find out more about our programmes and other ways that  
Climbing Out can support you visit

[climbingout.org.uk](http://climbingout.org.uk)

Or contact Kelda on [keldawood@climbingout.org.uk](mailto:keldawood@climbingout.org.uk)



@ClimbingOutCharity



@climbingoutcharity



Climbing Out



@ClimbingOut\_

Registered Charity 1145023



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*"I have complex PTSD. I felt lost and couldn't imagine how I could be happy again. Climbing Out gave me hope, confidence, and motivation"*  
G

Climbing Out works with anyone aged 18 or over who is struggling to move forward following a mental or physical trauma.

We combine outdoor activities with mental resilience coaching, enabling our participants to accept what has happened in the past and start to find a new way forward.



Combining physical activity with fresh air, teamwork, coaching and stretching comfort zones, enables our participants to move forwards in life with purpose, motivation, and direction.

Our participants develop the tools to manage their mental wellbeing, to tackle life's hurdles now and in the future. Their toolbox helps them to make better choices and take back control of their lives.

*"So, what has Climbing Out done for me? Everything! Given me life again. I no longer look at what I can't do, but get on with what I can"*  
Julie



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