

Dear Kelda/Climbing Out

I just wanted to put it into words just how much Climbing Out has helped me.

When I first heard about the programme I didn't want to go, I didn't feel like I deserved it because I wasn't dying. My mom forced me to go but it was one of the best things I have ever done. I had gone back to school and was with all the 'normal children' this highlighted to me just how un-normal I now was and how much life had changed for me. It got me in a really dark place where I had convinced myself that from here the only way was down; in my head I was only going to get more ill and crimped and more unable in day to day life. Little did my mom know I was questioning if my life was even worth living anymore, most nights I would cry myself to sleep, the only thing keeping me going was knowing that my mom wouldn't be able to cope if I gave up and that it would be a selfish thing to do.

This was until Climbing Out came along. It showed me what I could still do and how capable I still was, I thought to myself okay Molly you trip over and walk into a few things now you are blind in one eye but you have just abseiled 60ft!! I wasn't actually as incapable or useless as I thought. It made me look at things differently, it gave me perspective. Furthermore, it also gave a support network of friends that I didn't have previously. Some people who weren't 'normal' (whatever normal is) just like me. It gave me my dysfunctional family that I still have today.

To put it short Climbing Out potentially saved my life.

AND... not just once, after going on my first programme and being picked back up again I got kicked back to the ground when I found out my brain tumour had once again returned (3 major brain surgeries, 2 nose ops and six weeks' radiotherapy everyday clearly wasn't enough to already have thrown at me). That's when luckily I got offered a follow up Climbing Out trip to pick me right back up again. It only proves to me just how important these programmes are as well as the Climbing Out club for past participants and continuous support provided by you and the charity. I cannot thank you or the programme enough for what you have done for me other than writing this letter to spread to all those who doubt it or you.