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Private and Confidential

Dear Kelda and Staff from Climbing Out.

I wanted to write a quick letter thanking you for the fantastic time we had with the Climbing Out Team in the beautiful Lake District. The work that Climbing Out do is in no doubt simply life changing for the young people who attend your programmes. The Climbing Out Team manage to foster learning environments where young people feel safe and comfortable to really challenge themselves and push themselves, enabling them to realise they are still capable of amazing things!

I thought it was brilliant how the Climbing Out Team explained some very complex psychology at the start of the programme, which was done in a very simple and engaging way. Thus, helping young people understand why they may react certain ways in different situations. What was even more impressive is the way the Climbing Out team then seamlessly built on this and incorporated these psychology models in to the activities throughout the programme. The results speak for themselves; empowered young people with improved confidence and increased self worth, new support networks and new coping mechanisms for the future. All in 5 days!!

It was also great to see ex participants and hear them speak so highly and regard their time with Climbing Out in such regard. When you see ex participants coming back to help out and spread the word of such a fantastic charity you know you're doing something right!

We cannot wait for our 5 day trip with the Climbing Out Team in North Wales this July. I am confident it will be genuinely life changing for our group of young Renal Patients, hopefully helping some of them have that eureka moment and realise they are not broken or incapable, but actually they are still very capable of doing anything they set their minds too!

Thanks, see you July!

Best regards,
Shaun Thomas.

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