

## Extending Equal Chance



*"It will challenge your life. Before, I used to sit in front of the telly and watch videos. The whole world is opened up now. There is no end to the possibilities and it's all thanks to the Calvert Trust."*

Paul Head, wheelchair user with hemiplegia

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Registered Charity No. 270923

## Pioneering Access

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The Lake District Calvert Trust (LDCT) is a world-leading pioneer and innovator: we help people with disabilities to experience and benefit from adventurous outdoor activities.

Our visitors enjoy an immense sense of achievement, which, with the help of our trained staff, transforms their lives.

In the 1970's we pioneered access to the outdoors for people with disabilities. Since then we have continually pushed the boundaries of what is possible. We have enabled more than 60,000 visitors to enjoy a greater degree of independence when they take part in our activities.



### But...

- ❑ We run at full capacity and cannot meet demand;
- ❑ The standard of provision around the UK is patchy; and
- ❑ Some of our facilities are now in need of improvement.



### An investment of £3.7 million will enable us to...

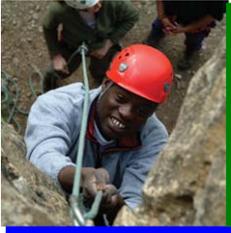
- ❑ Help many more people with disabilities;
- ❑ Improve standards by providing training to other outdoor activity centres so that they can better meet the needs of people with disabilities; and
- ❑ Create new and improved facilities, which will make our visitors' experiences even more powerful and meaningful and will allow those with more complex and profound disabilities to benefit – often for the first time.



*“All pupils felt that they had tried something new and were able to do things that they hadn't realised would be accessible to them. Nobody wanted to go home – so it must have been fun!”*

Midland Centre for Spinal Injuries, June 2007

# Increasing Opportunity and Independence



## The first 15 years...

John Fryer-Spedding and Elinor, Viscountess Rochdale founded the Calvert Trust in Keswick in The Lake District in 1974. They believed that people with disabilities deserved an equal chance to benefit from the outdoors. The first courses offered a wide range of outdoor opportunities that were almost impossible to find anywhere else.

There followed a significant investment in people, buildings and equipment with more visitors attending each year. Confidence grew as it became accepted that people with disabilities really do benefit from the experiences available.



## The second 15 years...

The Calvert Trust opened two more centres – one in Kielder Forest near Northumberland National Park and one near Exmoor National Park. We also completely redeveloped the accommodation, sports hall and riding centre at Keswick.

Investment continued, as did our commitment to improve facilities and equipment. For example:

- ❑ We launched the first sailing dinghy adapted for people with disabilities;
- ❑ We contributed to the design of the first off-road wheelchair; and
- ❑ We pioneered wheelchair abseiling.



## Recent years...

We have continued to push the boundaries of what is available to people with disabilities:

- ❑ We created the world's first wheelchair ropes challenge course;
- ❑ We have responded to requests from other centres and from the national governing bodies of several sports to develop their work; and
- ❑ We are working with researchers from the University of Edinburgh gathering evidence on the most effective ways people with disabilities can benefit from outdoor adventurous activity.



*“The multi-activity course that I did at Calvert Trust shortly after leaving the spinal injury unit made me realize that the outdoors was still very much open to me. Being out in the countryside has always been an important part of my life – since the course I have been sailing in the Lakes, hand cycling over the passes and ‘off-roading’ in my wheelchair on the Fells. I have also enjoyed swimming at my local pool with my 3 year old daughter.”*

Alan Grace, wheelchair user with spinal injury

## Transforming Lives



Our highly trained skilled staff are fully qualified instructors and skilled facilitators. We train them to help our visitors to build on their achievements and to develop personally and socially.

Our visitors tell us how they have:

- ❑ Found new self-worth by realising what they can achieve;
- ❑ Made new friends;
- ❑ Taken up new interests and activities;
- ❑ Felt physically and mentally stronger;
- ❑ Developed the confidence to apply for work; and
- ❑ Become more independent – personally, and ultimately economically.



*"I know that it is a big hill.  
I know it is going to be hard.  
I know that it is going to be scary.  
But..... going up this hill when I came on my first Calvert Trust  
Course changed my life. It inspired me to get going and live my life  
to the full. Now I am a leader with Back Up and coming with you on  
your first Calvert Trust course;  
And .... we are going to climb this hill together."*

Ali Pike - a wheelchair user (seen here in a blue fleece) and leader from Back Up. Back Up, a long-term partner of the Calvert Trust, is a charity that supports people who have spinal injuries. These photographs were taken whilst Ali led a group up Latrigg, a fell overlooking Derwentwater, near the Lake District Calvert Trust.

## The Future – continuing our pioneering role

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### Our plan to invest £3.7 million will enable us to:



#### Extend...

the opportunity for people with disabilities to enjoy and benefit from adventurous outdoor activity experiences by increasing capacity at our centre as well as being able to welcome those with more complex disabilities.



#### Engage...

with other outdoor providers and activity professionals through an Outreach Programme. We will offer both on and off-site courses for professionals, with their clients, so they can experience and learn about both the skill sets and the use of specialised equipment that are required to provide the most beneficial experience for people with disabilities.



#### Enhance...

facilities at our centre and pilot new ones. We will be able to help those with more complex needs whom other centres cannot help and develop our own best practice models even further. We plan to build a state-of-the-art water centre, upgrade our specially adapted sailing fleet and further develop our world-leading ropes challenge course.



*“There are very few jobs where you come to work and you see someone have a life-changing experience.”*

Nick Liley, Activities Manager at LDCT

*“Being with not only people who have disabilities but also able-bodied people, I know now that you are no different to anyone else. Calvert definitely gave me confidence, self-esteem and put the ‘go’ factor back into my life.”*

Janice Monaghan, teacher and wheelchair user with spinal injury

## How it will be done

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### **1. Launch an Outreach Programme** **£397,000**

Our Outreach Programme will allow us to extend the provision for people with disabilities by training and educating instructors, staff and volunteers, initially as a 4-year pilot project. The programme is currently in consultation with national governing bodies of sport, professional associations, partner charities and a range of outdoor activity providers. The pilot programme will be launched in 2010 and run until 2013 after which consideration will be given to extending the programme.

### **2. Increased visitor capacity** **£705,000**

We will provide a 49% increase in the number of beds by converting the barn that housed the old pool and reorganising other areas of the centre. This will provide 18 new beds for visitors – including specific adaptations for those with profound and complex needs – and 2 new beds for staff visiting to be trained through the Outreach Programme. It will also provide a much needed additional recreation room for all our visitors.



### **3. Build a new Water Centre** **£1,911,000**

Water-based activities are core to our courses. The new Water Centre will be pioneering and will include revolutionary features such as a variable depth grid, a 'river effect' water jet, and different entry methods which will help more people get in and out. It will have sensory and hydrotherapy facilities to extend our work with visitors with more complex needs. Many of our visitors will, for the first time in their lives, be enabled to enjoy a water-based experience. It will be more than just a swimming pool - it will allow visitors to try out water-based activities in a reassuring environment before they advance to outdoor water activity. The facilities will allow those with more complex disabilities to have access to water – often for the first time.

Of key importance is that the Water Centre will provide one of the key environments and facilities through which we will introduce and develop our water skills and, importantly, train our Outreach partners in e.g. boat and canoe skills, safe handling, accessibility, balance etc. Through our Outreach Programme, our water skills will be made available to many other existing swimming pools and sailing clubs.

## How it will be done [continued]

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### 4. Upgrade the sailing fleet **£170,000**

Recent improvements in boat design mean that sailing is now open to people with a broader range of disabilities than ever before. We will update and expand the sailing fleet so that many people with disabilities will be able to sail for the first time.

We also aim to make sailing a key element of the Outreach Programme:

- ❑ we plan to train visitors to a level of competence that enables them to join their local sailing club; and
- ❑ we also plan to train sailing instructors from other centres in how best to work with – and meaningfully include – people with disabilities.



### 5. Extend our ropes challenge course **£130,000**

Our pioneering wheelchair ropes challenge course has been hugely successful, and is one of our most popular facilities. We plan to build a parallel course to cater for people with limited mobility that are not wheelchair users. As far as we know - a world first.



### 6. New trap-driving routes **£22,000**

Our visitors greatly enjoy trap driving, which is a particularly valuable way for those with limited mobility to enjoy horses. Our routes are limited to a few short drives. For a relatively modest sum, we will be able to add new tracks to link the current routes with a network of quiet lanes and countryside currently beyond our reach.

### 7. Professional fees **£369,000**

Including: fundraising and admin, etc

### 8. Contingency **£40,000**

# Benefits

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## For people with disabilities...

Even more disabled people will benefit from life changing experiences at the Lake District Calvert Trust. Some **4,400 visitors** who will stay at our centre each year will gain direct benefits from new state of the art facilities and equipment. These unique and groundbreaking resources will enable even our most profoundly disabled visitors to experience activities and overcome challenges that they would have previously thought impossible, supporting their inclusion and integration into society.

Our more able participants will be directly supported and encouraged to develop their skills and confidence using our highly specialised facilities. This will both enable the achievement of qualifications and award, supporting their own personal sense of achievement and self worth, whilst supporting them in successfully accessing mainstream activity providers and clubs.

Through our Outreach Programme, we will also be able to indirectly support **many more disabled people every year** as a centre of excellence in the field of challenging outdoor activities for disabled people. The Lake District Calvert Trust will demonstrate what can be done and thereby provide a model for other activity providers to emulate. For the first time, newly trained outdoor activity centres will be able to meaningfully include people with disabilities in their activity programmes.



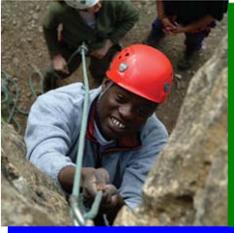
## For activity providers...

Our Outreach Programme will aim to significantly increase the opportunities for disabled people to access challenging outdoor activities away from the Calvert Trust. Focusing on activity providers as well as clubs and other organisations, we will provide accredited training, consultation, mentoring programmes and practical support to provide the confidence, skills and resources each organisation needs to run their own programmes for people with disabilities.

The initial four-year project will seek to prove the business model before launching an extended package of proven training and support through the Calvert Trust federation of specialist centres.

The opportunity is to reach all other outdoor training centres of which there are 1,000 in the UK and, for example, 145 in the North West alone.

## The current financial picture



### The Costs

Build new Water Centre	£1,911,000
Provide more accommodation	£705,000
Launch Outreach Programme	£397,000
Upgrade sailing fleet	£170,000
Extend ropes challenge course	£130,000
Open new trap driving routes	£22,000
Professional fees	£369,000
Contingency	£40,000
<b>Total Project Cost</b>	<b>£3,744,000</b>

### Funds secured to November 2009

LDCT Reserves committed	£633,000
Trustee and staff giving	£124,000
Charitable trusts and private individuals	£790,000
Statutory and Lottery	£1,350,000

### Total Shortfall

**£847,000**

**Progress** has been incredibly positive despite the tough economic climate - 75% of funds needed have been raised in the last 18 months. Charitable trusts such as Henry Smith Charity, and Garfield Weston Foundation have combined with Sport England to give just under £2 million.

This has recently been boosted by £1 million from the North West Development Agency. This grant is time limited and has to be spent in the current financial year. So, we are delighted to report that building contracts have been signed and work has started on the site.

**The Challenge** now is to raise the final £847,000 to complete the project. Local public fundraising plans are being developed with great enthusiasm – though expectations need to be realistic given Cumbria is a sparsely populated and relatively poor county.

In addition, several existing funders have indicated that they will give again, discussions are progressing well with the region's nuclear industry, and new charitable trusts are being researched and approached.



*“To see our service users laugh and smile, and to see their eyes sparkle, has been a boost for us support workers too... It is sometimes difficult to know if you're doing the right thing for them. But to hear them laugh and screech, we know this time we got it right.”*

Carer, Milbury Care Group, June 2007