

## Our Vision and Programme

Our Vision To give young people the hope, confidence and life skills to meet the challenges in their lives and together build trust and motivation through a journey of experience, adventure and fun. The Mitchemp Trust The Mitchemp Trust is a registered youth development charity working with vulnerable young people aged 11 to 14 years old from across Wiltshire who are suffering the effects of poverty and rural isolation. The Trust was established in 1992 by David Hempleman-Adams and Major Richard Mitchell, both well known for their record breaking Arctic, Antarctic and mountain climbing expeditions. They agreed that early experiences in challenging themselves through the outdoors had shown them that they could achieve more than they thought. The idea led to the realisation that many young people, for a variety of reasons, often do not have the opportunity to start the 'believe - achieve' process and make the most of their lives. The Young People The Mitchemp Trust aims to reach vulnerable young people. Those that may be experiencing difficulties at school because of their social skills or behaviour. Young people who are socially excluded, having difficulties at home, experiencing health problems, bullying or those that would benefit from the opportunity to develop their confidence and self esteem in order to unlock their potential. The New Start Adventure Programme The New Start Adventure Programme is a series of 4 residential adventure camps over two years, where young people have the chance to take part in a range of activities, work in a team, experience group living and challenge themselves in a new environment. The camps are provided completely free of charge to the young people who take part. Young people participate in our New Start Adventure Programme by attending an introduction and then the Access camp in the Brecon Beacons, Wales, when they are 11/12 years old during the summer holidays. This is followed by two weekend courses in the autumn and spring, then our Challenge camp in Scotland the following summer. All activities are run by fully qualified instructors. The Trust recruits and trains appropriate volunteers to support the children in all aspects of their welfare throughout the camps. View a map of the camps, and more details on each camp. The programme gives young people a chance to try new things and challenge themselves. They are able to experience success, learn to go beyond their own limited expectations and grow in confidence. The camps emphasise the importance of team work, communication, social skills and learning about taking responsibility. These are the essential building blocks to help young people grow into individuals who are able to make a positive contribution in the future. The Trust also encourages young people to continue their development once the camps are over by getting involved with appropriate organisations and clubs in their local area.