

*SPEND THE DAY LIVING
THE ADVENTURE*

This Certificate entitles the bearer and one other person to:

*Have an awesome day
outdoor adventuring*

With Anyone Can

Choose from any adventure on the attached pages and drop us a line.

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CLAIM BY

Chris Binks

SIGNED



Accessible adventure days

Adapted adventures for individuals, friends and family groups.



Who we are

Anyone Can is a small family run adventure company, who believe everyone should be given the opportunity to go on adventures, and be able to play outdoors.

Our mission is to offer a wide range of accessible adventures for all those with an adventurous spirit without exception or limitation. We believe anyone can enjoy these experiences with their friends, families and peers. We offer introductory sessions into outdoor activities and opportunities to develop these interests further, on our longer and more challenging trips.

Anyone Can is run by Chris and Vicky, a husband and wife team. We have worked in the Outdoor Industry for over 30 years between us, and are highly qualified in the activities we offer. Vicky has worked at an outdoor adventure residential centre that specifically caters for people with disabilities for over 8 years. This has given her a wealth of experience adapting activities to individual needs. Chris previously worked as the Operations Manager for a local outdoor adventure company until together we decided to set up Anyone Can. We also have a dog called Oya, who loves working with people and is a registered Pet as Therapy dog.



What we can do together?



Where are we?

We are based in the South of the Lake District National Park. Our primary watersports base is hosted at a National Trust venue called Fell Foot.

Fell Foot is a fully accessible site on the shores of Lake Windermere, and boasts the first changing place within the National Park and has two off road wheelchairs that can be borrowed by visitors to the park free of charge. Fell Foot is within 30 minutes drive from junction 36, on the M6. This is where we keep our Canoes, Powerboat and Sailing boats. We are fully mobile with all of our boats stored on trailers so we can also meet groups at alternative venues and run expeditions across the country.

For climbing activities we utilise outdoor climbing venues, in West Yorkshire and the South Lakes as well as indoor climbing walls. We also have the use of a mobile climbing tower which can be made accessible for all, with the use of our specialist climbing kit.

Caving is also a popular activity, and the caves used can be selected to meet the needs of the group. All of the caves we use are based in the Yorkshire Dales National Park, close to Ingleton. Some of the caves are wheelchair accessible.



Canoe Sports

Canoeing

We have a variety of canoe options and adaptations. Windermere is a great venue with lots of space and opportunities to explore. Because we have our own powerboat we can go anywhere and always be sure of an easy way home.

We have supported seating, stabilisers, the ability to make canoe catamarans, rudder steering so those who struggle to paddle can steer, and slide mats that allow transfers on dry land.

Canoe sailing

We've developed canoe sailing as a super accessible way to sail small boats fast - they zip along and utilise all the great seating, stability and steering adaptations that we can also use canoeing. With the added benefit of being propelled by the wind which is great for energy limiting conditions.

We can even bring the canoe into the powerboat for direct transfers afloat for rests, lunch and general sorting out.



Bushcraft

Bushcraft is great; it's a chance to light fires, spend time outdoors and try cooking in an exciting environment. Time decides what we do but we always at least light fires, make dough, and cook pizzas. We can choose a range of ways to accessing the bushcraft venue; powerboat, sail, canoe, walk or drive there. With more time we can cook a starter and pudding, make our own cutlery and create shelters.



Bigger Boats

Freedom the powerboat

Freedom is our big black motor boat. She has a 900mm wide ramp and anyone who can transfer or be transferred to sit behind the steering wheel can drive her. She does three jobs: she lets anyone on the water, she makes the whole lake our playground (because we can always get home safely) and she is a great fun driving experience.



Day Yacht Sailing

We sail a Bay Raider 20 with up to 5 customers and an instructor. She's fast, responsive, great fun but she is also what we call "Sea kind" in that she is very stable and easy to balance on. She can be fitted with seating to support sailors requiring additional back and strap support.

Seapig is fantastic for people with sensory or cognitive impairments because the instructor is directly in the boat co-ordinating the action.



Climbing

We have a great range of climbing options including outdoor venues with level access to the bottom and a wheelchair climb and abseil point. We also have some great indoor options that have opportunities for people to get high up. We have adaptive harnesses, pulley systems to reduce strength needed to climb, radio guidance, instructor alongside systems and minimal dexterity abseiling devices.



Caving

Caving is a great experience of entering another world. It's about exploration not athleticism so while more mobility allows for more options (we have mobility adaptive options) exploring is brilliant on bums, in chairs or through touch alone.



Days out (2022) notes

Open Canoeing Day:

A day on the lake with a secluded picnic lunch

- The Canoeing can be supported by powerboat.
- Our powerboat is wheelchair accessible, and can be operated by wheelchair users who want to have a go at driving it.
- For individuals with complex needs who need complete stability in the canoes we can build Canoe rafts. This is 2 Canoes joined together and offers a very stable experience. We have a mobile hoist available.
- For individuals with moderate needs, who are happy with the risk of getting wet and do not need to be strapped into supported seating we have tandem canoes that can be used with or without outriggers to increase stability.
- We have grip aids, lateral supportive seating, lots of padding, reclined supportive seating and transfer aids to facilitate your day
- Based from Fell Foot National Park.

Canoeing with bushcraft lunch:

Paddle to a remote beach before setting up our day camp and cooking a three course meal over open fires. We typically return by powerboat.

Access same as Open Canoeing

Canoe sailing -

The Sailing will be supported by powerboat.

- Sailing canoes are accessible for anyone able to sit in one of our supported seats. They can be operated by one hand.
- A helper can be in the front of the canoe to assist.
- We can have 2 essential wheelchair users in the sail canoes and up to 2 ambulant sailors on a session (4 canoes total)

Powerboat journeys / bushcraft.

Journeying in Freedom our accessible powerboat with three great lunch options, picnic on the water side, stop off on a wild peninsula and cook a campfire feast or raid the Bowness waterfront for chips.

- Electric wheelchair users may have to use a manual chair to access the waterside campfire site (depending on water levels). We have access to 2 mountain trikes you can use.

Day yacht sailing

With its own engine and big sails it can travel further and see more of the lake.

Access is possible for anyone who can self transfer or assisted transfer into a car seat - very similar range of ability.

Once aboard the yacht can be sailed from a single position,

The yacht is fitted with anchor points for supportive straps or for a full lateral support seat

A slide board allows transfer to the opposite side.

The instructor is on board to facilitate you sailing the boat.

All courses include an amazing lunch, waterproofs and all technical gear

We also facilitate fund raising events

We are brilliantly set up to offer fund raising challenges with the unique feature of being super accessible. This means disability focused charities can include their own users in their challenge fund raising events.

Windermere epics (Length of Englands Longest Lake Journeys)

Windermere is a great venue for water based challenges and water based challenges are great for including everybody. Being Englands Longest Lake it sounds right as an event.

Windermere is 12 Miles long which is just right for a single day challenge.

Rowing Seapig down Windermere is a great option for a small teams and being relatively simple to operate does not require much experience. One or two people row at a time while another steers. Steering can be adapted to electronic steering to fully include a person that may not be able to row. There are hoists North end, Middle and South end of Windermere to facilitate access

Canoeing the length of Windermere is a harder challenge and can be achieved in a variety of styles ranging from Solo in a unstabilised canoe to 6 people paddling a rock solid canoe Catamaran. The canoe Catamaran can host a person that requires reclined seating and head support. We have a mobile gantry hoist to facilitate access on any beach.

Canoeing the Lakes of the Lake District this is a bit more epic requires some training and is significantly more logistics. Depending on how you approach the challenge it will take between 3 - 5 days to compete. On the other hand its a big attention grabbing feat

Canoeing Across Scotland - 60 miles we offer this as a leisure trip also the great thing in terms of accessibility in crossing Scotland via the Great Glen is that it can be supported both with bank support and by the rescue boat. Making the hugely epic hugely accessible.

To find out more contact us at info@anyonecan.uk

Or

Visit www.anyonecan.uk

