



## ESF Les Gets supports Mountains 4 All and Ski 2 Freedom

### Beneficiaries Caleb and Calistus

An inclusive and accessible family ski holiday for two boys with Cerebral Palsy and Epilepsy becomes a reality with the amazing help of ESF Les Gets and Ski 2 Freedom in March 2019.

<https://www.youtube.com/watch?v=D0fl2znmR9c>

**Hughes Family skiing in March 2019 with their two sons who have Cerebral Palsy. Jayne told us:**

*"Boys very much enjoyed the thrill of being in the mountains, sound of the birds, the swoosh down the mountains and the quietness and freshness of nature whilst sitting on the ski lifts. A beautiful experience to be part of such moments together. A great eye opener for other mountain visitors to see one boy being transported with such glee down the mountain quickly followed by another boy! I enjoyed glimpses from spectators with spontaneous expressions of surprise, joy and goodwill. It is important that we continue to develop and provide ways and means to help those less able to get into and onto the mountains so that we can all glory in the mountains together. Thank you Catherine and Ski 2 Freedom so much!"*

**Mountains 4 All** is a new non-profit association which now provides the comprehensive information, support and advice to people with life-changing medical and health conditions to access the empowering benefits of mountain experiences. Life is about inclusivity and accessibility!

If you would like to help support our work and give more families the opportunity to enjoy an inclusive family ski holiday – the therapeutic benefits are priceless - then do please make a donation to the UK Charity **Ski 2 Freedom Foundation** (founded by Catherine Cosby in 2007) which helps towards the cost of assisted ski lessons and the donation of much needed adaptive ski equipment.

To Donate: [www.ski2freedom.com/en/friends-of-ski-2-freedom/make-a-donation](http://www.ski2freedom.com/en/friends-of-ski-2-freedom/make-a-donation)

<http://ski2freedom.com/en/locations-europe/france/les-gets#newsBlogs>

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