



Empowering people affected by disability, additional needs and life-changing conditions with the benefits of year round mountain activities

"Go confidently in the direction of your dreams!

Live the life you've imagined"

- Henry David Thoreau

ski2freedom.com

Registered charity (England & Wales) Number 1151307



Alpine, off-piste & Nordic skiing • Snowboarding • Ski bikes • Skidoos • Tobogganing • Husky dog rides • Snow shoe walks • Health & well being + lots more!

A message from the founder



"Although I would not presume to understand all the difficulties faced by many of our beneficiaries, I do empathise in many ways as having to be an independent wife and mother of a child with severe disabilities is never easy, either physically or mentally. I recognised that the holistic benefits the mountains could deliver and that, for many,

the barrier to rehabilitation was often due to a lack of knowledge and information.

Ski 2 Freedom evolved because there was no resource available that responded to the specific needs of children and adults who could benefit from participation in mountain activities once thought to have been out of reach.

In 2012 we were given a very generous donation of 1,000,000 Swedish Krona (£90,000) from the Tobell Family - this enabled us to develop the organisation, gain charitable status and face the challenges ahead. An enormous thank you is due to all our wonderful donors to date, without whom so many people would never have discovered their new horizons once considered by them and others to be beyond reach!"

Catherine Cosby

About Ski 2 Freedom

Ski 2 Freedom was founded in 2007 and gained charitable status in 2013. We are a unique link between mountain activities and those affected by a disability, life-challenging condition or additional needs, regardless of age, nationality, cultural or social background. Our beneficiaries come from all over the world.

For over 150 years the Alps and Mountains have been well known for their therapeutic qualities. Our knowledge and experience is gained from our intimate understanding of the mountains and what they offer, ensuring that our existing and potential beneficiaries can undertake year-round mountain based activities.

We are striving to bring this reality closer and are breaking down barriers to enable everyone to benefit on an equal basis and at all levels in mountain activities.

Our charitable objective

"Ski 2 Freedom Foundation promotes and provides for the benefit of people affected by any physical, cognitive, sensory, genetic, degenerative conditions, special needs and life challenging circumstances the provision to access facilities and information for rehabilitation, recreation or other leisure time occupation, in particular through the provision of winter sport and year round mountain-based activities, in the interests and objective of empowerment, improving the condition of life and in the interests of social welfare and benefit."



Alpine, off-piste & Nordic skiing • Snowboarding • Ski bikes • Skidoos • Tobogganing • Husky dog rides • Snow shoe walks • Health & well being + lots more!

The need

Participation in mountain-based activities not only develops self-confidence and self-esteem, it also improves quality of life by addressing feelings of social isolation as well as promoting health and well-being.

Ski 2 Freedom currently receives, on average, three enquiries a day about how an individual, family or group can benefit from mountain activities. That number is growing all the time and information is still lacking in so many areas. Our drive is to ensure that everyone who is able to benefit can do. The mountains are within reach of everyone – even more so with your help.

Ski 2 Freedom exists in order to make the United Nation's Article 30 a reality for its beneficiaries. Article 30 recognises the essential requirement: "enabling persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities", and specifically to "encourage and promote the participation, to the fullest extent possible, of persons with disabilities in mainstream sporting activities at all levels".

"It's so reassuring to be able to talk to someone who really understands and can make things happen. Thank you very much for your efforts. I think you underestimate your own contribution - we honestly couldn't have done it without you."

- Garner, amputee enquiry

"I wanted to drop you a note to say thank you. It was only by speaking with you that I thought I could ski again after my stroke and my husband and I took our two boys skiing for the very first time. I cannot thank you enough. I would be happy to speak with anyone who is contemplating going back to skiing after a life-changing event."

- Lucie, Hemiplegic

What we do

We provide a tailor-made service to each beneficiary – guiding him or her through every aspect of their journey in meeting their dreams, aspirations and hopes for a more fulfilled life. No other organisation caters for the needs of people affected by such a wide range of physical, social and emotional conditions or has the specialist knowledge required to meet the individual's specific needs and requirements.

- Where to go and which activity is best suited to a person's needs
- Where the best instructor/guide and equipment is to be found
- Where to stay and whether there is suitable adapted accommodation
- How to get to the Alps & Mountains
- Providing personal support and help if required
- Providing information and access for breakthrough technological developments
- Providing supporting evidence for legal purposes
- Providing information and support for educational projects in adaptive sport and social tourism

Our beneficiaries

- Individuals and families
- Support workers and their clients
- Schools and Universities
- Rehabilitation Units – both Military and Civilian
- Volunteers wishing to donate time and skills to help others realise their dream
- Organisations, mountain activity providers and mountain resorts



Alpine, off-piste & Nordic skiing • Snowboarding • Ski bikes • Skidoos • Tobogganing • Husky dog rides • Snow shoe walks • Health & well being + lots more!

Our key activities are:

The Communication and Advice

Service: provides bespoke advice and information through direct contact, website and social media. The 'Ski 2 Freedom Information Resource' enables us to provide our beneficiaries with detailed guidance on every aspect of their journey to meet their dreams and aspirations – from where to go and how to experience their chosen activity, how to get there, where to stay with suitable access, which equipment to use and who is qualified to instruct them.

We also use this Information Resource to work with and advise on breakthrough technological developments, graduate theses and Social Tourism.

The Tobell Winter Sports

Programme: Established with the legacy from the Tobell family to ensure people affected by disability, additional needs, or life-changing conditions have access to winter sports activities in order to develop their potential.

A Ski 2 Freedom experience



Investing in the lives of young people helped empower

two exceptionally courageous children to learn to snowboard, gain enormous self-confidence and new life skills. Knowing who to contact and what new technology was available, allowed us to undertake this amazing venture. It has now opened up enormous possibilities for many other amputee and limbless people.

Held in March 2015 in Wengen Switzerland the week long development was just a part of our Tobell Winter Sports Programme. John was born with no limbs (Amelia Condition) and Ellie aged 18 months had part of her arms and legs amputated due to Meningitis.

How you can help

To fulfil our mission we need to:

- **Raise awareness** of the services that we offer. This will be done through regular updating of our website and our social media platforms
- **Maintain** our unique Communication & Advice Service. This forms the core of our provision.
- **Promote and expand** The Tobell Winter Sports Programme. This will enable people with the desire to develop their potential through winter sports to have full access to those activities.
- **Raise funds** to meet the needs of our beneficiaries.
- **Commit to the development and training** of people and systems to facilitate our charitable objectives.

What you can do:

- **Partner with us** to help support your Corporate Social Responsibility programme.
- **Choose Ski 2 Freedom** as your Charity of the Year.
- **Use our knowledge and experience** to benefit your existing charity.
- **Make a donation** instead of sending Christmas Cards.
- **Encourage staff to make a difference** with Payroll Giving schemes. We know that we could help many recipients of your employees' existing supported charities to benefit from participating in winter and mountain sports either here in the UK or abroad.
- **Become a volunteer** to raise awareness and funds and also provide a presence at events, venues and resorts.
- **Provide valuable resources** outside of financial donations, e.g. facilities for an event, contacts and networks, equipment, access to print and media resources.



"During the broadcast of one of the 2014 Sochi Paralympic programmes, I heard somebody mention an organisation called Ski 2 Freedom which helps disabled people get going again with skiing. I was onto it like a terrier after the postman. And I'm just in the process of finding out whether this is possible for me. I thought to myself: "Go for it, give it a try, you could be the next gold medallist". - Gavin Hageman

Ski 2 Freedom's Partners and Associates

Kinetic Consulting Ltd., French National Ski Schools, Loisirs Assis Evasion, Swiss Ski Schools, Active Motion, Active Therapy, Tessier, Prashberger, a number of independent ski instructors and Mountain Guides, French, Swiss, Italian, Austrian and other National and Regional Tourist Offices, and a growing network of organisations and individuals.

"People should believe that their children can do anything. My mum wasn't sure if I would walk, but she believed in me, and so did my dad and now I can ski!" - Hugo (12), Ski 2 Freedom beneficiary

Contact Us



Ski 2 Freedom Foundation,
106 Cambridge Street,
London, SW1V 4QG, UK



contact@ski2freedom.com



ski2freedom.com



[@ski_2_freedom](https://twitter.com/ski_2_freedom)



+41 (0) 764 661 417



facebook.com/Ski2Freedom

You can make the difference...