



Restoring mental health, naturally...



Impact Highlights 2023

Our headline outcomes...

91%

OF PARTICIPANTS FELT
A LASTING BENEFIT
FROM ATTENDING

70%

OF PARTICIPANTS SAID OUR
EVENT "EXCEEDED" THEIR
EXPECTATIONS

89%

OF PARTICIPANTS FELT THEIR
WELLBEING HAD IMPROVED

+87

NET PROMOTER SCORE
(EXCELLENT = +70-100)

71% DOWN TO 21%

PARTICIPANTS REPORTING FEELINGS OF
LOW MOOD BEFORE / AFTER OUR EVENT



In 2023, we delivered...

21
EVENTS

FOR

272
PARTICIPANTS

9 residential retreats

4 OPEN, 5 COMMISSIONED

9 wellbeing walks

6 OPEN, 3 COMMISSIONED

44 bursaries

FOR PEOPLE IN FINANCIAL HARDSHIP

3 challenge events



What 3 words would you use to describe Mind Over Mountains...



What our participants said about us in 2023...

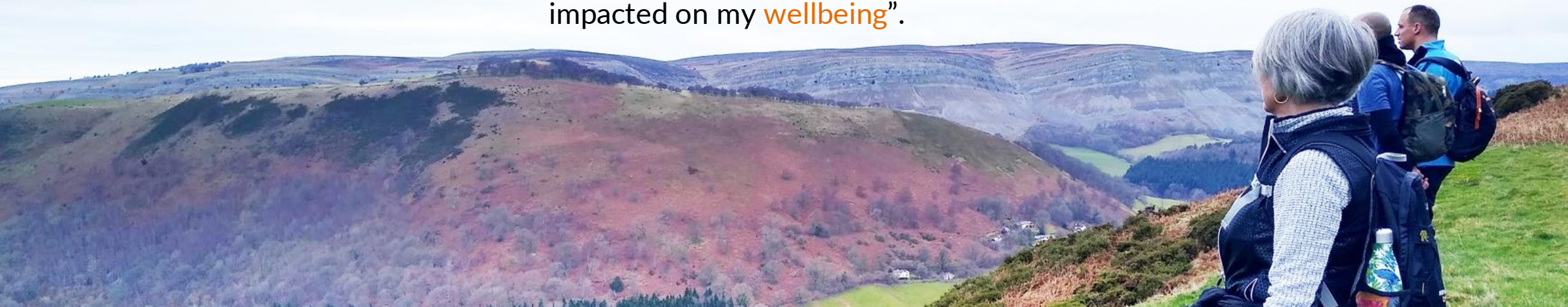
“Each walk or retreat continues to **empower** me and cement the belief that ‘I can do this’. It instils **positivity** in me that I struggle to find in any other activity”.

“Each time I attend I feel it's a **step in the right direction**. I can't thank you enough for what you do. The bursary provides a big help, enabling me to attend retreats”.

“It's good to know you're **not alone** in having to face issues of anxiety, lack of confidence and depression”.

“I was able to take time away from my routine and responsibilities. The opportunity was there to talk about my life and my work and how it has impacted on my **wellbeing**”.

“I now have **tools** to support me day to day”.



What our participants said about us in 2023...

“It helped me find some **balance** at a difficult time and made me realise how good the outdoors is for my mental health”.

“The walks and retreats continue to challenge me by pushing me out of my comfort zone but in a **safe and supportive environment**”.

“Great **combination** of fresh air, exercise, nature and good people”.

“I don't feel so alone. Standard talking treatment/anti-depressants has not suited me in the past. Walking with trained professionals and with others from all walks of life, **widened my view of life** and myself”.

“I have a renewed determination to look after myself. To be more **preventative** rather than reactive was my key takeaway”.

“The retreat **shifted my mindset**, which was bleak, into one with possibilities again”.



MIND
---OVER---
MOUNTAINS

Our 2023 partners included...



Creating a safer
Cambridgeshire

INGHAMS
WALKING



Ramblers
Walking
Holidays **R**

“Realising there are people with completely different lives to me, but who are also struggling, made me feel less alone”.
- MOM Participant



KE Adventure Travel





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