

# C.A.M.P.



◆ C.A.M.P. first took place in September 1989 in Lahinch and came about following a chance conversation over a pint between, then Lieutenant (later Captain) Seamus Gleeson of the Air Corps Training School, and myself. We were with a young disabled man, Colm Sherry, who lived in the Cara Cheshire Home. C.A.M.P. has taken place every year since then and has

happened because of the great commitment and kindness of a number of people: In the early years, Seamus Gleeson, (who on retiring from the Air Corps worked for a few years as Manager of the Cara Cheshire House), Fr. Douglas Malone, the then chaplain of the Air Corps, Commandant John Murphy, and more recently Sergeant John Brophy, together with a huge number of Air Corps personnel too many to name, who used their annual leave to go on C.A.M.P. and to raise funds for the event. I cannot thank these people enough for all they have done and continue to do, nor praise them enough for the friendship, dignity and respect they show to all the Cheshire participants, including me. They have been a huge credit to the Air Corps.

I would like to thank also the senior personnel in the Air Corps, who facilitated the participation of the Air Corps personnel, and the various commands, that have allowed us to use their facilities and who have also played a huge role in making C.A.M.P. such a success.

Numerous people who use Cheshire Ireland services and other people with physical disabilities and several Cheshire staff and volunteers have participated in the C.A.M.P. since its inception. They have tried abseiling, canoeing, para-sending, sailing, death slides, climbing wall and loads of other activities, have faced their fears and done things that at one time they would never have dreamed of doing; and have made friendships that continue to this day. Long may C.A.M.P. continue to challenge people, whether they have disabilities or not, to face their fears.

*Mark Blake-Knox*

Chief Executive, Cheshire Ireland



## Cheshire Adventure Motivation Project



Reg. Charity Number: CHY 14298

### C.A.M.P.

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## Cheshire Adventure Motivation Project

### HISTORY OF CAMP



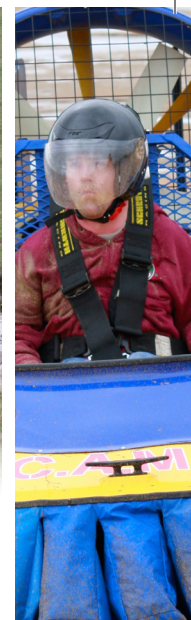
In April 1988 an informal meeting took place between the director of the Cheshire Foundation of Ireland and members of the Irish Air Corps. After some discussion, it was agreed to explore the ways in which members of the Irish Air Corps could use their experience and skills in outward-bound activities to provide the residents of the Cheshire foundation with a meaningful challenge. The goal of this cooperation was to enable those with serious physical disabilities to expand their lifestyle and promote their welfare and independence.



As a result of the 1988 meeting, the Cheshire Adventure Motivation Project (C.A.M.P.) was founded. Since then every year the Irish Air Corps has provided instructors in rock climbing, boating, swimming, confidence training and survival activities to name but a few. Approximately 2500 people have participated in the annual six day adventure camp. Of those, approximately 500 – 600 have been people with a wide variety of physical disabilities.

### THE AIMS OF C.A.M.P.

From C.A.M.P.'s foundation, one of its aims has been to give high quality confidence training through the medium of outbound activities to as many people as possible. Keeping in mind that we are a small voluntary organisation, and are therefore limited for time and resources, we are proud that the range of activities and the scale of C.A.M.P.'s programme have expanded, yet our founding principles are still as true today as they were in 1988.





## THE AIMS OF C.A.M.P.

- ◆ To provide an environment to enable those, irrespective of the level of their physical disability, the opportunity to achieve the maximum in their personal development.
- ◆ Through the use of outward bound and adventure activities, motivate those with physical disabilities to become more aware of their potential and to help them to explore that potential, either in groups or on a one to one basis.
- ◆ To enable those with physical disability become more independent and to take a more active role in their care and employment.
- ◆ To assist clubs and other groups, through close cooperation, to work with and teach those with physical disabilities.
- ◆ To provide ongoing training to new leaders and members of C.A.M.P., thereby ensuring the future of our organisation.
- ◆ To train those who manage, care for, or who interact with persons with physical disability to develop their own understanding and awareness and understanding of the special needs of such persons.
- ◆ To fundraise thus enabling C.A.M.P. to meet its financial requirements and commitments
- ◆ To promote C.A.M.P., its principles and attitude.
- ◆ To expand and develop the scope of services provided by C.A.M.P.

## WHAT IS C.A.M.P. ?

*Cheshire Adventure Motivation Project*



**M**ost of us have fears, irrespective of circumstance, that can severely restrict our lives in a number of ways. These fears lead to self-doubt, which tends to limit our ability to achieve our full potential.

The main aim of C.A.M.P. is to provide an environment in which those fears can be faced and overcome. The organizing staff are highly experienced in their particular field and are dedicated to working with all participants of C.A.M.P. These staff produce a variety of challenging activities which by their very nature, aim to motivate and improve the self-confidence of those who participate.

C.A.M.P. is designed to be a rewarding experience. Therefore all people attending C.A.M.P. are encouraged to participate fully in every aspect of the programme.

One of the drawbacks however, was

that not everyone had access to our services. This is because not everybody can complete an arduous six day camp, be it health, geographical or personal reasons.

Another area we wanted to address was that on the main C.A.M.P, every effort is made to provide an environment which lets a person challenge and stretch themselves. In doing so, perceptions of boundaries and capabilities are changed. However to make this a once a year six day experience, without any follow up, we felt was something we had to address.

To remedy this situation we have launched the Mini C.A.M.P project. This has taken time to put in place, due to the restrictions stated above but also the raising of funds for equipment, training of extra personnel and the implementing of a new flexible



programme. Despite these obstacles, this programme has proved to be hugely successful and is in demand.

It is designed to...

- ◆ **Provide a mentally challenging** yet physically undemanding one day programme.
- ◆ **Provide a wide range of activities**, e.g. rock climbing, hover crafting, agro, krypton challenge / team building events, canoeing/ kayaking, and boating to name a few.
- ◆ **Be flexible.** Any or all the activities can be attempted, depending on the individual's circumstances and the programme for the specific site can be changed according to the requirements encountered.
- ◆ **Be mobile.** We will travel to any area, so as to provide this service.
- ◆ **Provide a low key starting point** for an individual into the world of outbound activities which may have seemed daunting before.
- ◆ **Promote the main C.A.M.P** to people who may not have been aware of it.
- ◆ **Provide hands on training environment** to new C.A.M.P members.
- ◆ **Provide a social outlet.** You can never make enough new friends.