



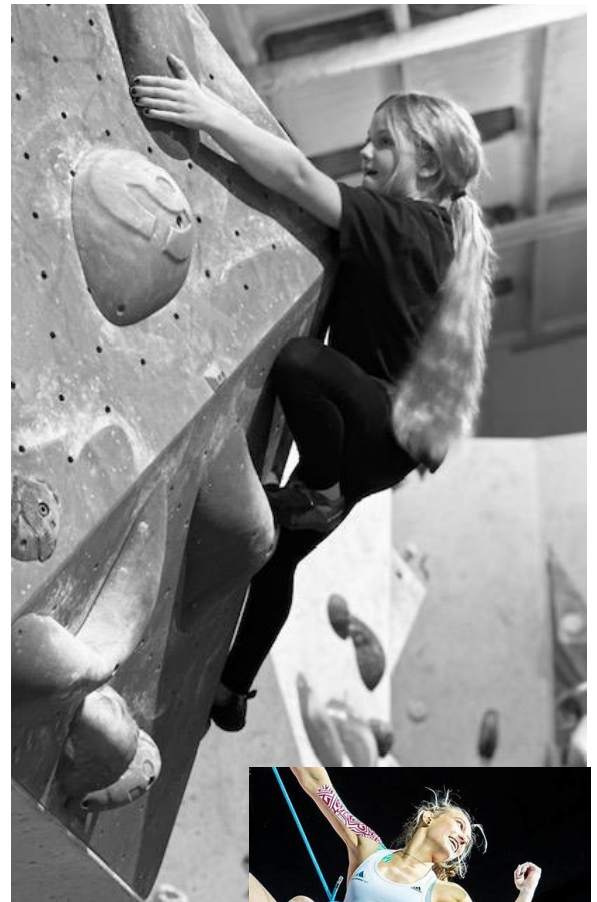
Climbing

When I was younger about seven I was playing and then my dad told me that there was a new climbing center opening near Padstow Cornwall. I was really excited because I have dyspraxia which is where it affects movement and coordination. So the next day my dad took me to my climbing center called The Tide Climbing Centre. When I had a couple of lessons I was asked to join the squad team which is where I climb for my climbing center. Now I am fifth in the county. I have climbed in competitions some of them I came first some of them I came second but it is about the fun not the competition it is about taking part and the fun of it.



Who I recommend it to?

I recommend it to people like me with dyspraxia or special needs as it is very helpful to get out your emotions and to think [you may not think so but it does!]. When I climb I feel like I am in a heaven because I am good at it and it is my thing so that is my feeling. Why I would recommend it for people with special needs is because I think that it would be health for people like that and I feel it has made a change to me and that it would make a change to other children and adults.



Janja Garnbret

Janja Garnbret is the greatest climber of her time (men and women). She has inspired me through my climbing journey she has won all of the world championships and it has never been done before and she will go down in history as the greatest climber of her time. She makes me feel like a better climber through and through.

