

OUR MISSION

WE EXIST TO
ENRICH
THE LIVES
OF PEOPLE
AFFECTED BY
MULTIPLE
SCLEROSIS
BY HELPING
THEM TO GET
OUTDOORS.

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For each person with multiple sclerosis, there are genuine and substantive steps they can take against this relentless disease. If you can take the strides, despite the unreliability of cognition and limbs, then others can do it, too.

Gingold, *Facing the Cognitive Challenges of Multiple Sclerosis* (2011)

MASTERING MOUNTAINS CHARITABLE TRUST

Please feel free to contact us. We are happy to provide additional information or offer support.

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YOU
CAN GET
OUTSIDE
WITH
MS



MASTERING MOUNTAINS
CHARITABLE TRUST

THE REASON WE HELP

We believe in the importance of hope. That's why we support lifelong change in the lives of people with multiple sclerosis, by enabling them to get outside.

We support change by educating, informing, connecting and supporting people with multiple sclerosis through a dynamic community, centred around active participation in the outdoors.

We do this because the research is clear: getting outdoors is better for people, and can improve quality of life for people with multiple sclerosis.

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Hope has an important protective effect for the health of people with multiple sclerosis.

Jelinek, Overcoming Multiple Sclerosis (2016)



HOW WE ACHIEVE IT



GRANTS for people who have been diagnosed with MS, to help them overcome their obstacles and get outdoors. These grants are designed to enrich the lives of people with MS by helping them pursue outdoor adventures that encourage a meaningful and healthy lifestyle, and brings hope to others.

The **Mastering Mountains Grant** is designed to assist in overcoming a specific obstacle so that people with MS can achieve a specific outdoor pursuit.

The **Mastering Mountains Expedition Grant** is offered to enable people with MS to participate in an extended overseas trip or expedition.



EDUCATION that helps people with MS, their supporters and the general public, understand the rehabilitation possibilities that overcome obstacles to getting outdoors and bring hope.

We also seek to inform people about the importance of nutrition and diet for improving quality of life and supporting any physical activity for those with MS.



CONNECTION within a dynamic community for people with MS, centred around active participation in the outdoors.



SUPPORT for people with MS to pursue active and meaningful lifestyles in the outdoors, post-diagnosis. Finding new ways of living in and relating to the outdoors, we believe that they and others will find hope.



OVERCOMING OBSTACLES

Research shows that people who have been diagnosed with multiple sclerosis can benefit from careful, regular exercise. Within the context of supportive community, combined with appropriate diet and medication, people can renew and maintain access to the outdoors.

Regular exercise and appropriate diet can bring significant benefits. Specifically, these benefits include:

- Improving and maintaining function & mobility
- Improved balance
- Improved cardiorespiratory health
- Increased muscle strength
- Reduced fatigue
- Improved mental health and quality of life

We recommend that this be managed under the guidance of a GP and other appropriate medical professionals.