



NEWS & PRAYER UPDATE

Verse of the quarter:

'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future.'

Jeremiah 29:11

CANOES

"I'm so glad I brought my camera on the water, absolute magic!" Joel - the forecasted rain didn't come.

We supported **Hebron Evangelical Church Carlisle's** Youth weekend away with indoor climbing and canoeing on Bassenthwaite.

Emmanuel College, Gateshead, kicked off this year's Outdoor Education programme with a Year 7 canoeing & bushcraft adventure day on Ullswater.

MOUNTAINS

We worked with **Global Adventure Missions** to deliver two cracking sessions for their Road to Recovery programme; using the outdoors to break cycles of addiction in men.



CAVES

Cardinal Hume School Gateshead used a day abseiling underground to develop teamwork in their new 6th formers.

QEHS Hexham Alternative Provision extended their programme to the whole Autumn Term following high student buy-in which included Nenthead as one of the many local wild spaces they visited.



COMMUNITY

COOP's Local Community Funding round finished this October. Thank you for choosing our partnership with **Hasting Hill Academy, Sunderland** as your local cause! We ran 6 sessions in February/March with Y5/6 and 2 indoor climbs with Y3 in October.

"I loved spending time with my mam" Maddison Year 3.

We've loved helping these young people and their adults learn to face challenges side by side.

This term's **Community Programme** is in full swing. We have had great support for our Indoor Climbing, Caving and Archery events. There's still time to get involved in numerous events before we release next term's programme in January. Get in touch if you're not on the mailing list!

"After a few minutes of meeting everyone and belaying them; it's like I've been climbing with them for years" Jonny - his first community event.



EDUCATION

With the new academic year commencing we have started our Outdoor Education programmes for three mainstream schools and five alternative provisions. It has been lovely to catchup with students and staff alike after the summer holidays.

After successful pilot events, **Grace College Gateshead** has begun their own enrichment programme for their students. We kicked this off with a brilliant day walking in the Northern Fells and for some, summited their first Wainwright!

"Can't believe I made it to the top!" - Amelia's first hill day. (summit not pictured)



FAITH

In July and August we supported **CPAS Ventures** and **LinkUp Holidays** by delivering outdoor activities for three Christian Youth Mission camps in Cumbria and one in North Wales.



SEASON OF CHANGE



When we formed **Canoes, Mountains & Caves CIC** in 2023, we wanted to make a platform to carry forward what Mal and Marion Tabb had pioneered: accessible outdoor activities, a heart for community, and a space to share the values of their Christian faith. Our goal was to protect that vision and pass it onto the next generation.

Following some structural changes in summer 2025, I stepped into the role of Managing Director. The past months have been a steep but rewarding learning curve, as I've realised anew how much Marion did for us all. I hope to steward this legacy and lead our social enterprise with care and integrity. I'm **especially grateful** to Mal & Marion, and Dave & Esther Bentley for their wisdom and patient support throughout this transition.

This newsletter is a glimpse into the exciting things happening within our social enterprise. Helena and I can't wait to see what this next season brings!

FAMILY NEWS

Finally this autumn, we have sold Helena's house in Carlisle. **Houses are never simple!** This house continued put up a good fight until the very end. We are still looking for a house in the NE after not one but two sales having fallen through.

BE SOCIAL!

For more regular updates on what we're doing follow our social media.



PRAYER POINTS

For those who pray, we invite you to support us in the work we are doing with the power of prayer:

- We give thanks for Mal & Marion's years of dedication, for making Canoes, Mountain's & Caves what it is today. Their heart for people, sharing the outdoors and for striving to place Jesus at the centre of all they do.
- We pray for blessings over the new season Mal & Marion and Dave & Esther are embarking upon.
- We give thanks for the opportunities to support and change people's lives through the outdoor work we have delivered this Summer & Autumn.
- Please pray for the continued transition of leadership for the organisation. For Ethan's learning process, for grace and patience when mistakes are made.
- Please pray for the Lord's timing and wisdom In exploring the idea of fundraising in order to expand our community work even further.

WE NEED YOU!

We are better together. Feel free to share this newsletter within your community. **If you or your organisation feel connected to what we're doing, we'd love to hear from you.** Whether you want to share the benefits of the outdoors with others or boost your own wellbeing with like-minded folk, get in touch via email or through our website.



Ethan Lisk Managing Director

Ethan has worked full time in the Outdoor Sector since 2021. He specialises in facilitating outdoor learning mainly with students at risk of falling out of mainstream education.



Canoes, Mountains & Caves CIC

www.canoesmountainscaves.com

64 Cumwhinton Road, Carlisle, CA1 3JB

E: cmccc2023@gmail.com

**We thrive in community:
engage, inspire, transform.**