

OXFORDSHIRE MIND

TREK SIERRA NEVADA AND EXPLORE GRANADA - 19TH – 23RD APRIL 2007



SUMMARY OF WHAT THE TREK MEANT TO INDIVIDUALS

The months of fundraising and the anticipation of what was to come was just as exciting as the trek itself. I have met some great people from all walks of life and the sense of achievement when I finished it was magnificent. Faye

The trek was a roller coaster of emotions both mentally and physically. I have learnt that depression, however mild or for whatever reason, is nothing to feel guilty about. I have grown in both my self confidence and self esteem. I have realised that I am just as worthy as the next person, regardless of social standing, career or education. I've met new friends and laughter is the best medicine (have you heard the joke about the three legged chicken?). Mary

It was a brilliant experience. I took it on as a challenge to push myself to do something I'd not done before (raising lots of money for an obscure charity*), and the chance to do something I love (walking... though never before a mountain!). The hardest part for me was raising the money... I did almost give up, but a friend talked me out of it and made me try harder. I'm very glad she did as I had a wonderful time with a group of people I wouldn't otherwise have met. The most surprising thing was that I was one of three people under the age of 30, though that didn't stop us all having lots of fun. *I'd never heard of Mind until I saw the trek poster! Amber

Signing up for the trek was a great challenge, both in the fundraising and trekking. It was great to be involved in raising money for a local charity and getting to know a group of people. It was a good motivator to get fit before the trek and showed me that I am capable of coping with and adapting to the different challenges presented. All of this was made so much easier by all the help and encouragement given by Mind (thanks Nicky!). Anna

I feel a personal achievement of completing a reasonably tough physical challenge and it was nice to share this with my partner. I really enjoyed meeting other people and helping them achieve their goal. "Challenge yourself to discover yourself." Julian

The trek to Sierra Nevada was one of the best experiences of my life. It made me aware that I have a resilient spirit and can be a positive influence in difficult situations. I loved the mountains and felt close to God there. Knowing that I was helping others with mental health problems kept me going through the difficult parts of the trek. The spirit of the trekkers and the whole adventure was brilliant. The journey of a thousand miles begins with the first step and this trek was a massive step in the right direction. Paul

The trek was a personal challenge due to my fear of heights. It was a commitment to raise money for Oxfordshire Mind, valued by me now and also prior to my employment, due to the support it gave to a family member. I met some truly amazing people and realised how much courage and motivation was needed to achieve this trek. Unforgettable! Thank you! Lorraine

The trek was a massive challenge to raise the money and then do the training, but to share the experience with others was excellent and I would definitely recommend doing one. I felt I have achieved so much and so did my fellow trekkers. It was a great thing to do and I was so glad I went. Nicky does an excellent job of organising these events and is so committed to Oxfordshire Mind and supporting the trekkers. Thanks Nicky. Michelle

A brilliant way to show support for the excellent work carried out by Oxfordshire Mind. The main joy for me was to see the positive effect on Robin (my son) and others with mental health problems. It was a great way for service users and supporters to participate together to help this great Charity. Mary

Not knowing what to expect it came as an even bigger shock to my system when it became clear what this whole trek was about! Walking up and down hills was just the reason, but the big plus for me was everything and everybody that went with it. I can honestly say that I have never felt so small and intimidated by such a group and blend of such great people! There are many reasons why I say this but all I will say is that I was proud to be part and unbelievably happy to be included in such an amazing, and for me especially, a life changing experience. Just being there from start to finish, walking far or not, means that every one of us is a true champion. But I feel compelled to hand gold medals to Robin and Heidi who showed what real determination looks like! Let's get together again shortly to remember why we all feel this way....but let's make it at ground level this time! Make sure you really allow yourselves to be proud ! Thanks a million. "Just do it – Oxfordshire Mind deserve it – and you'll be a better person for it!" Jeremy

I think the trek was a challenging experience for most people, in particular the cold, wet, sleety conditions, which, coupled with the altitude, tested their fitness and resolve. The adverse conditions brought people together and the camaraderie and the resulting elation was something special never to be forgotten. It also, of course, made the participants feel that they had earned their sponsorship! "Never MIND the weather as long as we're TOGETHER" Jim

Well, my feet are a bit of a mess, but never mind! I call them my war wounds!!!! My son thought that I got them by jumping out of a plane!! I thank you all for your support through out the time you were all great and thanks Jeremy for the lift home - nice car!! Again thanks to you all, I have met lots of great people that will stay in my heart forever! Heidi

We all did fantastic and all deserve a big pat on the back! I had two goals to achieve this year, one was the trek and the other was to get married. Well done to all of us for our own individual achievements. I gained so much from my own experience as I'm sure we all did. I just want to mention Julian because it is you who made the difference to my experience, thank you, and also Jeremy for your wise words of support, thank you. I have met a great bunch of people. Leann

Without everyone's sense of humour it could have been a terrible time. There were times when I really wished I was at home, but you all made it worth it. I have certainly made some good friends and look forward to a reunion soon. Karen

Am sitting in the sun near Cadiz wondering if it really happened. Didn't know it was possible to feel so tired. Love to all and hopefully see you in Ireland in 2009! Bernie

