

Update from Ski 2 Freedom

September brings recognition to Ski 2 Freedom and its

Founder and Director Catherine Cosby

Catherine Cosby, Director and Founder of Ski 2 Freedom, featured prominently in a TV programme about adaptive skiing which was broadcasted on 22 September and 24 hours later four families had requested information on both Morzine and locations for a ski holiday – all first time skiers!

Ski 2 Freedom and Two for the Road TV series – Morzine, France: Ski 2 Freedom worked with Yellow Asylum Films Production to help produce one of a six-part TV series for RTE (Ireland) on adaptive skiing. It illustrates how one disabled person, along with one able-bodied celebrity, can embark on an exciting and challenging new adventure which provides a unique opportunity for them to bring about an understanding of each other through participating in an out-door sport such as skiing. The participants being David Proud, a hugely talented actor who was born with spina bifida and uses a wheelchair and appeared in EastEnders and renowned journalist and broadcaster Aine Lawlor (who's own father is a wheelchair-user).

This could only have been achieved by the special relationship that Ski 2 Freedom has built up with ski schools in France and tourist offices.

Alan Gilsenan of Yellow Asylum Films said: *“We are delighted to be working with Ski 2 Freedom on this new series. Their professionalism, their relaxed but hugely dynamic organisational flair, and, above all, their real passion for giving those of us with a disability the “freedom” to savour the exhilarating delights of skiing, has been a joy to behold. Ski 2 Freedom – under the gentle and watchful eye of Director Catherine Cosby - facilitates trips for disabled and seriously ill people who wish to sample the joys of skiing.*

David Proud said afterwards *“going skiing for the first time in January 2011 was an amazing life-changing experience. “As a disabled person you face a constant battle with barriers that other people believe you can’t overcome. For me the minute it snows I am usually tucked up in a house with a kettle and a warm blanket watching people play in the snow outside. I have always known that disabled people can ski but it’s not the sort of thing that your local travel agent has any idea about.*

The beautiful thing about Ski 2 Freedom is the full meaning of the word freedom. The awesome feeling of skiing down a mountain and having all barriers removed – that is freedom ! No matter where your friends or family are going you can be with them.

In all my years I don’t think I have seen anything quite as breathtaking as the Alps from the highest part Morzine.

There really are no limits and the only limits are ones that we create. I am still very scared of heights but it is well worth me facing that fear to experience something I have always wanted to do. I love the food of the Alps far too much to be Paralympic standard but my aim is to become highly skilled to be able to tackle some of the steepest runs the Alps have to offer. Catering for novice skiers to skiers looking to enter the top flight of competition skiing, Ski 2 Freedom is a vital link to getting disabled people active and skiing across the Alps. “

Freedom of the City of London was given to Catherine in recognition of her work in encouraging and promoting the mountains in winter to people with a disability, special need or life-challenging illness. The ceremony took place at the Guildhall, City of London, on 16 September. *“It was a very special occasion and I feel honoured to have received this particular recognition for the work that Ski 2 Freedom is doing. Without the years spent with my severely disabled daughter I would never have gained such an insight into the needs of so many people. Being able to share my passion and “spiritual” awareness of what the mountains can do for people has been and continues to be a privilege. We all have something to share and the help and support that ABTOF members give helps enormously to achieve the aims and objectives of the Foundation – thank you” Catherine Cosby*

After so much work in Morzine over the past year or so it looks as if this resort has become one of the top resorts not just for Ski 2 Freedom but also for many of our clients! – although the choice across France is amazing and continues to provide exciting opportunities for collaborations and research.