





ARE YOU 17-26 YEARS OLD?

DO YOU WANT TO START DOING THE THINGS YOU SEE ON INSTAGRAM?

We run free adventure therapy and outdoor activity sessions. If you live in or work or go to college or university in Leicestershire, you can now access our project for FREE.

VISIT www.thelegupproject.com/registerme or scan the QR code below to get involved







Abseiling
Rock Climbing / Climbing
Mountain Walking
Lowland Walking



Camping
Canoeing
Kayaking
Cold Water Therapy



