



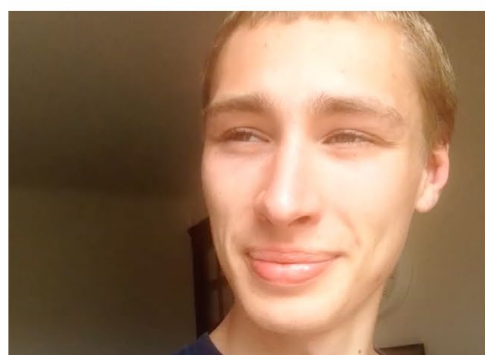
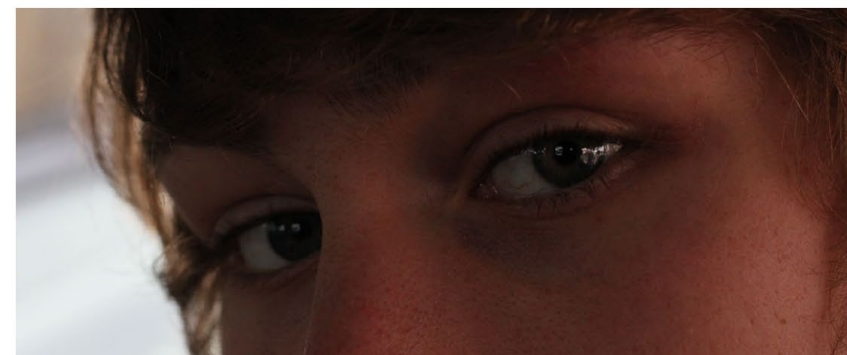
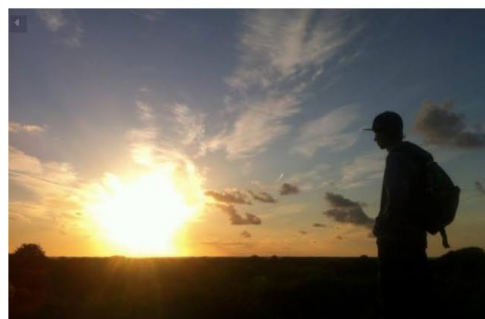
CLIMB YOUR MIND





In the year 2017, I lost my best friend due to
suicide.

-Alex Fitz - Founder





5,821

Suicide represents the largest cause of death for men under 50. Through 2017, 5,821 suicides were recorded in Great Britain, of these, 75% were males.



Joe's Giants Was Born

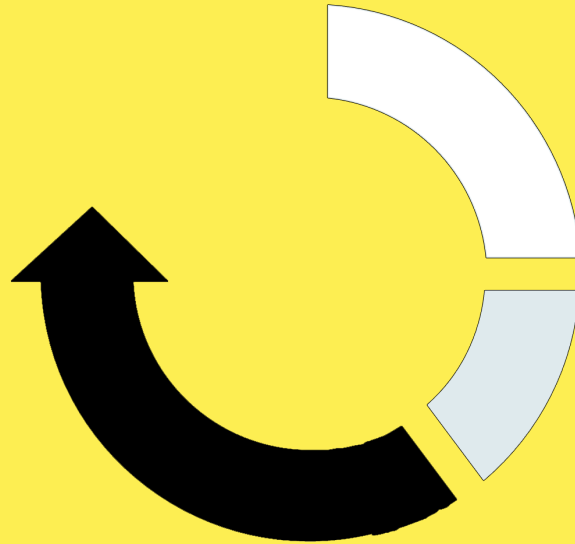




HOW WE WERE FORMED

Outdoors

Using the outdoors as a tool to combat mental health



Memorial

A way of us to remember our friend and keeping his name a live

Situation

Using my situation and experience to help others





OUR TEAM



Alex 'Fitzy' Fitzgerald

Outdoor enthusiast, instructor and a keen adventurer. Passionate about the outdoors and has completed a BA(Hons) in Outdoor Education at the University of Cumbria (2017)



Billy Mckeon

Outdoor enthusiast, instructor and a keen adventurer. Passionate about the outdoors and has completed a BA(Hons) in Outdoor Education at the University of Cumbria (2017)



Cumbria



OUR PHILOSOPHY



WE WANT YOU TO
CLIMB YOUR MIND



LET US PULL YOU AWAY
FROM THAT MOUNTAIN
WITHIN YOUR BRAIN

The aim of the group is to reconnect people with the outdoors and promote the benefits it plays on our lives and mental health





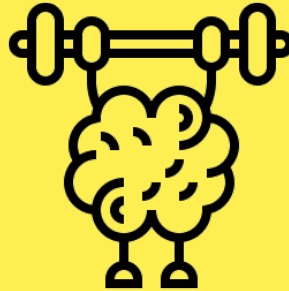


BENEFITS OF OUTDOORS



REMOVE

From your everyday
environment



PHYSICAL

Directly linked to mental
wellbeing



PERSPECTIVE

Vastness of Lake District
giving new perspective





LAST YEAR






FUNDRAISING

Sally Rosa
15 August at 18:17

So only a week to go until myself and my dad will be cycling 46 miles for Joe's Giants. I have not had the best preparation with my fall and no exercise for a month but I am still looking forward to it. Xxx It, also seems I ended this fundraiser but you can still donate direct to the charity.



Sally and Keith's 46 mile cycle in the Tour De Mon, Anglesey raising funds for Joe's Giants
Fundraiser for Joe's Giants by Sally Rosa

£140 left to reach £500 goal Ended

José Carlos Rosa, Carlos Rosa and 12 others donated.

Donate to Joe's Giants

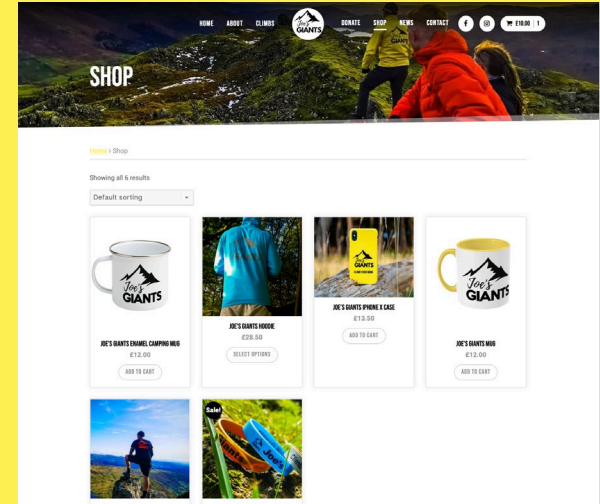
Help support any move we make with a small or large donation. Donations fund trips extra gear for clients and mountain leaders.

£5.00 GBP £10.00 GBP £20.00 GBP Other amount

Make this a monthly donation ?

[Donate](#)

[Donate with a Card](#)





THANK YOU

Do you have any questions?

Joesgiants.co.uk