

## **Via Ferrata Cornwall CIC and The Cornish Barista donate £30k to charity**

**In 2021, the Community Interest Company Via Ferrata Cornwall CIC and The Cornish Barista made a combined £30k donation to charity BF Adventure, which provides vital services to Cornwall's vulnerable children and young people. Based on the same site as BF Adventure near Penryn, Via Ferrata Cornwall CIC runs award winning adventure activities and The Cornish Barista's Quarryside Café offers 5\* rated food and drink.**

Via Ferrata Cornwall CIC, home to South England's only full Via Ferrata course – an epic high wire adventure with a zip wire, was launched in 2020. The goal was two-fold: to meet the demand for outdoor adventures offering more than just an adrenaline rush for the public to enjoy, and to provide vital income for BF Adventure, its parent charity which supports Cornwall's vulnerable young people to build skills for life through trauma informed youth work in the outdoors.

### **The activities at Via Ferrata Cornwall CIC and BF Adventure**

The most popular activity, Via Ferrata, involves winding through historic granite quarries on a journey of scaling cliff faces, balancing across high wire bridges, tackling high challenges and zip-lining. Designed to be developmental and fun, it gives participants the chance to conquer fears, build confidence, boost wellbeing and feel an incredible sense of achievement when they reach the finish.

While Via Ferrata Cornwall CIC runs activities from Via Ferrata to coasteering, watersports, archery and rock climbing to families, groups of friends, corporate teams and school groups, BF Adventure uses these activities and other accessible adventures to enable young people facing some of life's toughest challenges to identify and overcome their own social, emotional and physical barriers.

### **One young person's story**

Over 150 of the young people supported by BF Adventure have enjoyed the Via Ferrata course and built confidence as a result.

An example is E, a 7-year-old on a Special Governing Order with his great aunt having been removed from his parents' home due to neglect and abuse. E is severely traumatised, struggles to feel safe and can present some very challenging behaviour, attempting to escape his instructor and climb high when distressed. He would previously climb on top of the wardrobe to escape abuse. E was given the opportunity to try the Via Ferrata and was very excited. He completed the Adventure Zone, earning the record of being the youngest person to complete the course and he proudly showed staff photos. Having the opportunity to achieve is extremely important for E and it's with the help of people visiting Via Ferrata Cornwall CIC that BF Adventure is able to facilitate this.

Adrian Richards, CEO of Via Ferrata Cornwall CIC, says: *"We are delighted that Via Ferrata Cornwall CIC is able to provide outdoor adventures that genuinely provide real value to participants. Their popularity not only means we're enabling others to enjoy the outdoors and have unique and memorable experiences, but also that we are able to provide invaluable support to Cornwall's children and young people in need. Sincere thank you to The Cornish Barista – their Café completes the experience for those enjoying a day out with us and their generous donation to BF Adventure will go a long way in enabling the charity to continue its critical services."*

For more details about the activities available at Via Ferrata Cornwall CIC, visit [www.viaferratacornwall.co.uk/activities](http://www.viaferratacornwall.co.uk/activities) and for information on The Cornish Barista's Quarryside Café, see [www.thecornishbarista.co.uk/our-home](http://www.thecornishbarista.co.uk/our-home)

### **About BF Adventure**

BF Adventure is committed to empowering children and young people to learn differently in the outdoors and works with ~ 4,000 individuals each year, of whom 500 live with multiple disadvantages including poverty and social isolation. Over 200 of this group receive specialist long term support with learning and/or physical disabilities, behavioural challenges, mental ill health and more. It supports individuals on a Journey of Positive Change.

[www.bfadventure.org](http://www.bfadventure.org)

### **About Via Ferrata Cornwall CIC**

Launched by BF Adventure in 2020, Via Ferrata Cornwall CIC runs award winning outdoor activities for the public, corporate groups and school and youth groups. Sharing the same ethos as BF Adventure, its activities are designed to offer more than just an adrenaline rush: the chance to conquer fears, build confidence, boost wellbeing by being in nature and make memories, with fun at the centre. As a social enterprise, all its profits are donated to BF Adventure's charitable programmes.

<https://viaferratacornwall.co.uk/>

### **About The Cornish Barista**

The Cornish Barista is an independent cafe specialising in mobile events as well as static locations: "We're passionate about great coffee, crazy about baking and love a breakfast too! While amazing coffee and cake is at the heart of everything we do, we firmly believe no amount of great coffee ever tastes as good if the service that delivers it is anything less than exceptional. We pride ourselves on providing the most friendly and professional service you will find! Find us on the socials to find our cafe, or catch us mobile! As a bonus of visiting our cafe we're proud to be able to donate a percentage of all taking to the work of BF Adventure changing the lives of young people in Cornwall."

<https://www.thecornishbarista.co.uk/>