Vision of Adventure Impact Report December 2025

This cover page has several pictures.

Picture: Two swimmers in an indoor pool are wearing swim goggles and smiling up to the camera.

Picture: Three double canoes have come together near the bank and the pairs of canoeists are smiling at us.

Picture: Exuberant swimmers raise their arms in the air and celebrate the finish of their swim.

Picture: Two tandems are riding towards us on a woodland lane. The front pair are wearing similar bright green jackets and grinning broadly. The rear pair are working hard to climb the slope behind them.

Picture: A solo climber in a blue helmet is grasping with both hands a small hold on a sheer rock face while he searches for a new foothold.

Quote: "Vision of Adventure is the only group I have come across which is willing to push challenge to the level I need"

Our Vision

A world where everyone has equal access to adventure.

Our Mission

To enable visually impaired adults to have the same opportunities to take part in adventurous outdoor activities as sighted people.

Our Values

- ***Integrity***

  To act with honesty and integrity.

- ***Respect***

  To have mutual respect and tolerance of others.

- ***Openness***

  To be frank and straightforward with all we meet.

- ***Environment***

  To respect the environment we live and play in.

- ***Support***

  To create a positive and supportive environment where everyone's contribution is valued and everyone's opinion is considered.

- ***Friendliness***

  To remain a small charity with the personal touch.

- ***Celebrate***

  To recognise and applaud everyone's achievements. (……and celebrate by eating lots of cake!)

What problems are we addressing?

In 2024 the National Centre for Social Research produced a report for the RNIB "Health of People with Sight Loss".[1]

Some Key Findings from the report include:

- Sight loss can have an impact on many areas of people's lives, including overall quality of life, and mental and physical health, as well as health-related behaviours such as physical activity.
- Adults with sight loss were around five times more likely to have bad or very bad general health compared with adults with no sight loss.
- Adults with sight loss were around three times more likely to report low life satisfaction (24 per cent) than adults with no sight loss (8 per cent).
- Adults with sight loss were almost twice as likely to be 'inactive' compared with those with no sight loss (46 per cent compared with 26 per cent).

In 2021 the Royal National Institute of Blind People (RNIB) collaborated with British Blind Sport (BBS) to survey both blind and partially sighted people on their experiences of physical activity (RNIB) and sports clubs and governing bodies around their approach to inclusion of blind and partially sighted participants (BBS).[2]

The findings were stark:

- Although there is a desire to be more active, half of blind and partially sighted people feel that having sight loss stops them from exercising as much as they want to.
- Accessibility… awareness, cost, confidence and transportation are all key barriers.
- Half of the general public do not strongly believe that blind and partially sighted people can play sport.
- There is a lack of confidence among coaches to work with blind and partially sighted people.

"Sport and physical activity has the power to be transformational. It can create community and belonging, provide challenge and identity, and is the most wonderful way to stay healthy while having fun." [3]

And yet, research conducted on behalf of Fight for Sight found that 76% of blind and partially sighted respondents said they felt lonely some or all of the time, compared to 25% of the general population. [4]

Quote: ***"Attitude of other participants makes a huge difference….Not all trainers can interpret what they are showing visually into a verbal description. By the time they do, if they can, the class has moved on to the next move."***

What does this mean for our participants?

On surveying our participants in Autumn 2025, they told us that, without Vision of Adventure:

70% would lose their access to the countryside.

68% would not be able to do the activities offered by Vision of Adventure,

57% would feel more isolated.

Why?

Our participants tell us that there are many barriers to accessing the activities they want to:

83% Lack of sighted guides

63% Difficulties with getting to the location, including a lack of public transport .

60% Facilities and equipment not designed with poor or no vision in mind

41% Lack of confidence to attend mainstream sessions, clubs, groups

63% Lack of provision specifically aimed at visually impaired adults

Picture: A large group of VoA walkers is at the top of a hill. They are next to a small circular tower or 'folly' with a conical roof.

Quote: ***"What I appreciate most about VoA is that they truly highlight my strengths. ...They embody a vision where barriers exist outside of me, and they work to remove them. This allows me to be the adventurous, active, and sociable person I know myself to be"***

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How Vision of Adventure has Contributed to the Solution in 2025

This year, we provided 126 places across 21 residential courses, including tandem cycling (from relaxed to our most challenging cycle tour yet), canoeing, caving, walking, walk and dip, climbing, and open water swimming (including a 4-day swim tour).

Based on Participant requests, due to increased isolation in the winter, we also provided 4 winter residential courses for the first time, focussing on swim coaching, strength and conditioning and the opportunity to take part in the local Park Run.

Finally, we provide Zoom coached sessions for spin bike and strength and conditioning: Sessions are uploaded to our YouTube channel, where individuals and groups access them year-round.

Picture: A group of VoA participants are in a gym on a row of spin bikes. Guides and instructors are assisting with the initial set-up.

Why do our Participants take part in Vision of Adventure courses?

- 100% see Vision of Adventure as a valuable part of their lives.
- 83% of our participants value meeting and training with other visually impaired people, and sighted guides, who all share a love for their chosen activity.
- 82% have no access to these activities outside of Vision of Adventure.
- 70% say that getting fitter is a big driver that brings them back.
- 60% try out new activities as a result of their involvement.
- 53% say the training we provide helps them improve in their activity.

Quote ***”The three courses I have attended this year have really been the highlight of my year and I would be devastated if Vision of Adventure closed.”***

Impact

Figures from our big survey in 2025:-

Quick benefits: What changes when people come on a Vision of Adventure course?

- 81% make new VI friends.
- 76% feel more confident.
- 76% learn a new skill or technique.
- 74% feel proud of their achievements.
- 74% report improved mental health.
- 72% leave feeling encouraged to do more sport/ activity, or try new things.

Long term benefits: How participants' lives are enhanced by being involved with Vision of Adventure**.**

- 75% report an overall improvement in health and fitness.
- 74% say confidence in other areas of life has improved.
- 58% feel less isolated.
- 64% have a bigger support network including other VI people.
- 56% tell us they feel more confident to access mainstream activities.
- 42.3% have taken up a new sport as a result.

Wider changes in Participants' lives which they attribute to their involvement with Vision of Adventure.

- 81.4% of participants report added value with friends,
- 30.2% report added value with family.
- 25.6% report added value with their work.

Quote: ***"I feel that I have done something independently without relying on friends or family."***

Volunteers

In 2025 we have been actively supported by 72 volunteers.

The majority are sighted guides, many of whom travel long distances several times a year to help us. Also included are our trustees, dog sitters, swim coaches, drivers and an accountant.

78% of our VI participants said one of the main reasons they come to Vision of Adventure is the one-to-one sighted guiding.

Why do our guides keep on volunteering?

- 87% enjoy the chance to participate in their chosen activity / sport with like-minded people.
- 87% are keen to enable others to participate
- 57% value meeting new people.
- 48% like to feel valued and appreciated.

Picture: A group of VoA swimmers has paused before entering a gate to walk to the river. Behind them is a lake. They are in jackets of many different bright colours. One of the group has a large German Shepherd guide dog.

What do they get out of it?

- 97% feel they have made a difference to an individual or group.
- 68% report that they have learned more about the impact of vision impairment.
- 61% feel more confident to offer support to visually impaired people in wider society.
- 58% feel better able to educate the public and challenge misconceptions

Quote: ***"I've only taken part on two courses, but I can honestly say they have been the highlight of my year...I find it so inspiring seeing others push themselves outside their comfort zone….and as a result find myself stepping out of my own comfort zone, as it is such a supportive, friendly environment"***

What has been Achieved in 7 years?

As we finish our seventh season we feel proud of what Vision of Adventure has become.

We are a truly user-led charity with the majority of our trustees being themselves visually impaired. Everything we do is in response to what the visually impaired community tell us they need. This year we have run our first series of live consultations (via zoom) with our participants.

Picture: 4 tandem riders have dismounted after finishing their ride in the Dales. One rider celebrates by raising his cap in the air.

WhatsApp has become a really valuable resource for our participants and guides alike. We have an overall Vision of Adventure group, where people ask questions, share information and support one-another. Increasingly, they share photos and stay in contact after their specific course, and these groups continue long after the course has ended. Furthermore, a self-directed friendship group has been established, specifically to use the recordings of the Zoom sessions as a regular exercise opportunity, via our YouTube channel.

Following a temporary appointment last year we now have a visually impaired staff member on our permanent team.

All our staff are experts in their field and continually go above and beyond the call of duty. This year we have welcomed new instructors to our team providing more resilience for the charity.

Quote: ***"I love the sharing of information and support that I get from the WhatsApp group it really inspires me to hear what other blind people are achieving."***

Our participants have made some huge achievements and as the old hands are always ready to welcome newcomers, everyone feels like an old friend.

Picture: Two tandem pairs have stopped for a break beside the statue of Eric Morecambe. Behind them is a broad sandy bay.

Our volunteers give freely of their time over and over again – they are our most valuable asset. We are the only activity organisation providing one-to-one trained sighted guides on every activity. This year we have welcomed and trained more new guides, many returning to their own organisations with more confidence to include VI participants in their activities.

Picture: While on the "Walk and Dip" course, two smiling women are standing neck deep in a river while still wearing striped multi-coloured woolly hats.

Picture: Two walkers are working their way inside a very narrow fissure in limestone rock, in which there is just room for them to move sideways-on. The front man is searching for a high handhold to pull himself up.

We are succeeding in empowering visually impaired people to access mainstream provision. 56% of are participants now feel confident to access mainstream activities, with 42% reporting having taken up a new sport because of their involvement with us.

Quote: ***“I felt so supported and included and came home feeling so confident and inspired that I have now joined a local cycling club in London “***

The Future

Looking outwards

As a small charity we are only just scratching the surface of the need for adventurous outdoor activities which are accessible to visually impaired adults.

The demand for our adventures is so great that we have to operate a fair booking system to share out the available course places.

90% of our current participants would come on more courses if places were available.

As a small charity we need to be cautious. In 2026 we will maintain our provision at the roughly same level as 2025 with a slight increase if possible.

We will continue to strive to empower visually impaired people to increase their own opportunities.

We will continue to recruit and train new volunteer sighted guides as well as providing development opportunities for our current team of volunteers.

Looking Inwards

Our aim in 2025 was to see the founders Jill and Dave Corso stepping back a little and a new team take over the reins. However, after an easier year Jill and Dave return to the helm for now. Our main aim for 2026 is to build up the board of trustees and establish a stable staff team.

We will seek new trustees with specific skills to assist in the running of the charity.

The challenge this year is to do this while maintaining all the values and qualities which make VoA unique and are valued by our participants and volunteers.

We will continue to ensure that everything we do is led by the visually impaired community, our engagement officer will continue to consult our participants and seek their opinions and feedback on the charity's provision and direction.

Quote: ***"I would like to express my heartfelt gratitude to VoA for the incredible impact they have had on my life. I am especially grateful to the wonderful coaches and volunteers who, in the true spirit of VoA, never feel like assistants but always like best friends — sharing each moment together with warmth, respect, and genuine companionship."***

In their own words
What some of our participants say

Quote: ***The attitude of the organisers and guides at VOA is so empowering of VI people, expecting us to be able to do more. Crossing the stepping stones was epic. We are constantly being challenged to do more, and this is so stimulating when returning to everyday life, where expectations of others are appallingly low. I just love VoA, and hope it can thrive. Should be offered to all those who are losing their sight, to convince them that life can be exciting and enjoyable again. To help them see that far more is possible in everyday life.***

Picture: A group of cavers is working their way into "Valley Entrance". They are moving sideways along the cave wall using a fixed rope to assist as they find footholds above the stream which flows below them.

Quote: ***VoA activities have changed my life. Some of my closest friends are in my life as a direct result of VoA. I am a fitter, healthier and more confident person. I have exceeded my expectations in events and thrived in my work/career... all as a direct result of VoA and the confidence it has given me.***

Picture: A man is climbing a large sloping rock. As he has just reached the rock top he is smiling to camera from beneath his bright yellow helmet. A safety rope passes through a karabiner above him and is attached to his climbing harness.

Quote: ***I came back from my weekend away happy, uplifted and brimming with confidence. It left me feeling stronger and more able to face the challenges and difficulties of everyday life.***

Picture: One of a walking group has clambered into a very large hollow tree and is looking back at us from inside the old trunk.

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Quote: ***Vision of Adventure adds so much value to my life. Each time I return from a course, I carry with me unforgettable memories and a renewed sense of empowerment, accomplishment, and achievement. The opportunity to spend time in the countryside, to challenge myself, and to share these moments with others means more than words can express.***

Picture: Two walkers have stopped for a drink break. They are sitting on the bank of a stream with a long view to a Lakeland hill behind them. It is clearly very wet weather and they are wearing big waterproof tops and sitting close together under a polythene sheet.

Quote: ***I also really enjoyed the course in February where we had swimming coaching, spin class, strength and conditioning and park run. It's really great to be able to attend sessions and know I will be able to fully take part as a blind person.***

Picture: At the side of an indoor pool a coach is kneeling on the tiles and explaining some technique to a woman swimmer standing in the water.

Quote: ***This was the first time I had swum in open water and it is difficult to put into words the immense freedom that I felt when swimming across Derwentwater. It felt like there were no barriers, no limits and I could just stretch out and go for it! This felt like such a huge contrast to swimming in my local swimming pool where I am constantly worrying about bumping into other people and getting in the way.***

Picture: On a heavily overcast day clouds sit on top of the fells behind a lake. In the lake are 5 swimmers heading away from the bank. They are towing brightly-coloured floats which contrast vividly with the dark water.

What some of our Volunteers Say

Quote: ***"I really like VoA's approach to both VI participants and sighted guides. Everything feels collaborative."***

Picture: A large group of runners are standing on a promenade before a Park Run. They are wearing bright vests. Some of the pairs can be seen holding guide straps used to link the guide and runner.

Quote: ***"I have gained so much through my time with VoA. I've made new friends, grown my understanding of sight loss and my confidence in guiding. "***

Picture: A close up of a tandem as it crosses a stone bridge. Both riders have silver helmets and are wearing sunglasses.

Quote: ***"Volunteering goes well beyond just sharing my love for open water with others The sense of fulfilment from seeing others experience open water for the first time, is an opportunity most never get to see let alone be an active part of."***

Picture: Two swimmers are standing on a stony beach wearing black swim wet-suits. They are linked by a long rope. The guide has a bright blue swim hat and is holding an orange float. The swimmer behind is adjusting his orange swim hat.

Quote: ***"I am very pleased that I've been able to open the door to tri club coaches volunteering ….and grown the experience and understanding of at least five other people. "***

Picture: Two men are running along the promenade during the Park Run. One wears an orange top which says "guide runner" and the other a yellow one which says "visually impaired person". They are holding each end of a guide strap.

The Vision of Adventure Family

Quote: ***"It's a family. So seeing other people doing activities on the WhatsApp group whether that's with Vision of Adventure or outside,...it makes me inspired and more confident."***

Picture: The Park Runners are grouped around a sign which says "Morecambe Prom". Behind them the sandy bay stretches into the far distance.

Quote: ***"Through my role as a guide I have tried new things like rock climbing. Being 52 is no barrier to learning new things ! I have cheered on the achievements of the VI's on the courses, and equally they have cheered me on when I have clung to a rock face, not sure I can go any further. And through their shouts of support ….. I have taken those last few shaky steps ! "***

Picture: A group of walker are standing on a long narrow wooden bridge across a deep gorge. Behind them dense green trees line the gorge.

Picture: A tandem group are having a tea break outside a cafe. They are sitting at a picnic bench beneath a parasol as it is a very sunny day. The have drinks in blue mugs, and some are eating cake.

Quote: ***"I love hearing how all participants, VIs and guides benefit from these courses and the massive impact it has on their lives."***

Picture: Three tandem riders are snacking in a pub. The ceiling is supported by pale wooden pillars, and there is also some wooden furniture. Behind them the bar is decorated with white fairy lights. There is cake on their table.

References

1. National centre for Social Research report 2024. Health of People with Sight Loss | National Centre for Social Research

2. RNIB / British blind sport ‘See sport differently’ report. https://www.rnib.org.uk/professionals/research-and-data/reports-and-insight/see-sport-differently-report/

3. Ibid, page 3.

4. Fight for Sight ‘Outside insight’ report https://www.fightforsight.org.uk/news-and-insights/insight-reports/outside-insight-report/

Picture: A caving group is standing in Cathedral Quarry, at the junction of 3 tunnels. All are wearing helmets and carrying a backpack. They are standing on a stony bump which is raising them above the wet floor. The group is perfectly framed by the arch of the nearest rocky tunnel through which we see them.

Picture: Two people are swimming down a river which has a woodland bank. Both are swimming crawl and just their face and one arm can be seen. The rear swimmer is towing an orange float.

Picture: Two women are tandeming from left to right along a level road in the Dales. The rear rider is waving to the camera.

Picture: Two participants are walking towards us on a stony path. The guide is leading, hands in pockets, while the walker is following by ear and the use of 2 walking poles.

Quote: ***"If VoA was to stop running I would feel bereft and feel my access to activities I have learned to love would be lost to me and my sense of social isolation increased and reduced confidence in life generally."***

Picture: A large group of swimmers are waist deep in a lake. They have thrown their arms in the air in celebration and are cheering.

Picture: The Vision of Adventure logo showing figures canoeing, climbing, tandeming and running.

www.visionofadventure.org Charity no. 1180451

Email: office@visionofadventure.org