

# WILDERNESS FOUNDATION UK

England & Wales · Charity number 1118493

## Details

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**Other names** WF-UK, WFUK, WILDERNESS FOUNDATION

**Status** Registered

**Legal form** Charitable company

**Company number** [06003527](#)

**Registered** 2007-03-23

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Trinity House  
2 Whitbreads Business Centre  
Whitbreads Farm Lane  
Chatham Green  
Chelmsford  
CM3 3FE

**Phone** 03001233073

**Email** [info@wildernessfoundation.org.uk](mailto:info@wildernessfoundation.org.uk)

**Website** <http://www.wildernessfoundation.org.uk>

## Activities

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**Objects:** TO ADVANCE THE EDUCATION OF THE PUBLIC BY INCREASING KNOWLEDGE AND UNDERSTANDING OF WILDERNESS AND THE CONSERVATION THEREOF AND THE INTERRELATIONSHIP BETWEEN WILDERNESS AND THE ENVIRONMENT GENERALLY BY THE PROVISION OF INSTRUCTION AND OF OPPORTUNITIES FOR DIRECT EXPERIENCE OF WILDERNESS.TO INITIATE AND MANAGE SOCIAL BENEFIT PROGRAMMES WHICH USE WILDERNESS EXPERIENCE TO ENABLE VULNERABLE AND DISADVANTAGED YOUNG PEOPLE TO PLAY A FULLER ROLE IN SOCIETY (ESPECIALLY THE YOUNG)

**Activities:** The Wilderness Foundation UK mission is to harness the positive power of nature to change lives. Each year we work with over 8,000 young people across the UK, including some of the hardest-to-reach most disadvantaged youth, to offer programs that utilize the irreplaceable quality of wilderness and nature as a catalyst for transformational personal growth and change.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Prevention Or Relief Of Poverty, Environment/conservation/heritage
- **Who:** Children/young People, The General Public/mankind

## Geography

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- **Area of benefit:** NATIONAL AND OVERSEAS
- Scotland
- Essex

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-12-31	£1,614,888	£830,127	£1,070,278	13
2023-12-31	£690,455	£757,342	£285,517	13
2022-12-31	£558,400	£615,831	£352,404	11
2021-12-31	£621,938	£439,733	£409,835	9
2020-12-31	£359,334	£258,150	-	-

## Trustees

Name	Role	Appointed
<b>GERALD VINCENT BODENHAM THOMPSON</b>	Chair	2020-11-16
ANDREW SHEEPSHANKS		
Alan Somerville		2025-12-16
Alexandra Johnson		2026-03-26
Deborah Claire Fielding		2024-09-20
Glyn Parry		2024-03-21
Julie Ann Rogers		2021-07-02
MRS JO ROBERTS		
Murray Dunan Soutar		2019-08-05
Perdeep Grewal		2019-12-03
Ross Brockman		2025-12-16
Stephen John Carver		2023-06-08
Tomilewa Platts		2021-08-24

**WILDERNESS FOUNDATION UK**

England & Wales - Charity number 1118493

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# Accounts

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**WILDERNESS FOUNDATION UK**

(51.7659°N, 0.6674°E)

[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)



**ANNUAL REPORT  
AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDING  
31<sup>ST</sup> DECEMBER 2024**

Wilderness Foundation UK/Registered Company No. 06003527  
Registered Charity in England No.1118493/Registered Charity in Scotland No.SCo41697

## **Wilderness Foundation UK**

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**WILDERNESS FOUNDATION UK  
TRUSTEE’S REPORT (INCLUDING DIRECTORS REPORT)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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**WILDERNESS FOUNDATION UK  
INTRODUCTION FOR THE YEAR ENDED 31 DECEMBER 2024**

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The Directors, who are also the trustees of the charity for the purposes of Charity Law, present their annual report, which is also the Directors report as required by the Companies Act and the audited financial statement of the charity for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies as set out in the note 1 to the financial statements and comply with the Charities Act 2011 and the provisions of the Statement of Recommended Practice (SORP) “Accounting and Reporting by Charities applicable to entities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS102)” as amended for accounting period commencing from 1 January 2019.

This report represents the twelve months to 31 December 2024 and describes what the Wilderness Foundation UK achieved, explains our constitution and governance arrangements, and outlines our future.

We would like to thank the donors, sponsors, and friends of the Wilderness Foundation for their tremendous contributions in enabling us to make meaningful impacts for nature and people, and continue to reach thousands of beneficiaries, during the year.

**WILDERNESS FOUNDATION UK  
TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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**WILDERNESS FOUNDATION UK  
LEGAL AND ADMINISTRATIVE INFORMATION**

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**Trustees** T Aykroyd  
Dr SJ Carver GVB Thompson  
D Fielding  
JA Fosh  
AL J Gibbs  
P Grewal  
Dr P Hobson

P Martin G Parry  
T Platts  
E Posey  
JK Roberts  
A Sheepshanks  
MD Soutar  
M Thomasson  
MA Williams

**Secretary** JK Roberts

**Charity Number (England & Wales)** 1118493

**Charity number (Scotland)** SC041697

**Company Number** 06003527

**Registered office** England and Wales:  
Trinity House  
2 Whitbreads Farm Lane  
Chatham Green  
Chelmsford  
Essex  
CM3 3FE  
  
Scotland:  
Wilderness Foundation  
c/o Scottish Land and Estates  
Stuart House  
Eskmills Business Park  
Musselburgh  
EH21 7PB

**Auditor** Edmund Carr LLP  
146 New London Road  
Chelmsford  
Essex,  
CM2 0AW

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)

### FOR THE YEAR ENDED 31 DECEMBER 2024

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#### Chair of the Board of Trustee's Report



It is with great regret that I must open my report for 2024 with the sad news of the unexpected death of our trustee, Mark Thomasson, on 9 May 2025. Mark was the latest addition to our Board, elected in December 2024, but made an immediate contribution through his lively commitment to our cause and using to great effect his multiple financial and commercial skills. We will miss him greatly, but our thoughts and condolences go to his wife and family.

In early 2021, in the wake of the pandemic and a resultant significant increase in demand for our services, the Board of Trustees took the decision that we should develop the scale of WFUK's activities given their immediate relevance to two key concerns of society, namely the state of our planet and the mental health of our communities.

Later that year, having considered various options outside of Essex, the Board decided to focus this development within our home ground of Essex for an unspecified period but with a view to five years. A strategy to increase and develop our wilderness engagement in Scotland was a priority -taking into account the importance of Scotland to our work both currently and historically.

In 2024, the fourth year pursuing this strategy, I am pleased to report that WFUK has made further significant progress and with several exciting initiatives in hand, by end 2025, we expect to have achieved full coverage of areas of deprivation in Essex and to be looking to move further afield. There are multiple opportunities to take our mission to a wider public facing the negative impact of Covid which is becoming ever more apparent. The integrated nature of our three areas of activity, Education, Environment and Therapy, distinguishes us from our competitors and provides a highly successful format which is in ever increasing demand.

Notable achievements for 2024 were the acquisition of Mann Wood (as noted in my report in the 2023 Annual Report) and the award in March 2025 of the High Sheriffs' Shield, arguably the most prestigious award for charities in the County of Essex. The standing of WFUK within Essex is high and its reputation spreads far wider. We also developed our successful partnership arrangements with The National Trust and Spains Hall by working with Colchester City Council at High Woods and moving into Tendring.

The figures reported in our Statement of Financial Activities page 38 are significantly impacted by the purchase of Mann Wood and related funding. However, stripping out these factors, income for the core business was £803k up from £690k in 2023, an increase of 16.4% with costs of £830k up from £757k allowing a decrease in reserves of £27k.

The acquisition of Mann Wood on 22 April 2024 of course has a fundamental impact on our results for 2024 and notably our balance sheet with total reserves increased from £286k to £1,070k. This transformational acquisition, our first ownership of land since inception in 1976, provides the Board with the asset backing and confidence to continue our steady progress notwithstanding an increasingly difficult funding market.

The financial figures reflect a further steady increase in the scale of our activities as evidenced by the five-year track record on page 32 with the number of beneficiaries catered for in 2024 being 7500. Our various activities are comprehensively covered in the Trustees Report that follows so I will not repeat except to say that, in addition to reinforcing our balance sheet, the acquisition of Mann Wood, 92 acres of semi-natural ancient woodland, has greatly enhanced our ability to provide all three areas of our service ( which includes environmental education, nature based therapy, and working for wilderness and environment), with the number of groups using the facility significantly increased.

# **WILDERNESS FOUNDATION UK**

## **TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)**

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We are also well advanced on plans to use Mann Wood to further research into environmental aspects, notably biodiversity and climate change mitigation with a view to developing a model for owners of other woods to follow. In this regard, we are actively engaged with certain academic institutions with a view to partnering with them in this research.

Whilst the steady growth of the Foundation and its reputation is to be welcomed, it inevitably increases the funding pressures with a larger target each year to be raised in an increasingly competitive market. We follow a targeted strategy using both internal resources and external consultants and have been successful in covering our costs to date. However, as our scale builds, we are increasingly in need of significant funding on a committed basis to cover a multiple year.

We are also seeking to adjust our operating model to increase the proportion of commissioned income in areas such as education and social prescribing. Since both are dependent on government funding the constraints are considerable and compounded by proposed changes to local government which will particularly impact Essex and the provision of care services and education.

These pressures are compounded by our growing reputation for providing a fast response, and effective solutions to complex cases, children, adolescents and adults, faced by the statutory services for whom WFUK is often a 'first call'. There is no shortage of demand, so we are extremely grateful to all our faithful funders in both Scotland and Essex, who together enable us to deliver our mission. We have benefited for example, from a generous grant from The National Lottery for example over three years which has made a significant difference.

We have an excellent Board, with a wide range of skills of which we can be rightly proud. And we are especially proud that our colleague, Julie Fosh, has been appointed as the current High Sheriff of Essex. Sadly, several Trustees who have contributed so greatly over a number of years to the building of this highly successful platform will be stepping down over the next few months as their length of service comes to an end. Happily, our reputation is such that it allows us to re-enforce our Board bringing in new skills to our various committees as required. In this regard, we were delighted to welcome in 2024, Deborah Fielding, who comes with an exceptional CV in the NHS, as too of course Mark Thomasson with an exceptional CV in finance though his time with the Foundation was tragically short. We shall continue to look to supplement our Board with relevant skills and refresh the structure of our committees that have worked so effectively to involve our trustees with our operations.

We also continue to strengthen our Executive team with selective appointments that will lighten the burden on our CEO and her Senior Management Team.

2026 marks the 50<sup>th</sup> anniversary of the foundation of WFUK which will be celebrated in a suitable way. It also marks 28 years since Jo Roberts became involved in the Foundation firstly as a volunteer and then took over as CEO in 2003. She has transformed the charity into the beacon that it now is.

I look forward to writing my report for 2025 when I am confident that we will present a solid platform with coverage across all the areas of deprivation in Essex and a strong asset base to provide a springboard for development further afield.

Meantime, I would again like to record my thanks to our exceptional CEO and her dedicated team, who together do so much to address some of society's most pressing issues in a totally constructive way. It is a privilege to work with them and invariably stimulating and refreshing. I would also like to record our thanks to all our funders without whom none of this would be possible.

**Vincent Thompson**  
**Chair of Trustees**  
**June 2025**

# WILDERNESS FOUNDATION UK TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

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## Our Objects and Aims

Founded in 1976, WFUK has sought to pursue its objectives through the three disciplines outlined below, all of which are interrelated and support each other. Our approach to all three disciplines has been academic with regular and comprehensive monitoring and evaluation supported by a long-term relationship with The University of Essex, The Judge Business School, Cambridge and more recently Anglia Ruskin University. The five-year track record included under the Financial Review on page bears witness to the success of our approach and the increased demand for our services, including extensive waiting lists, and our growth over the past year. We aim to continue our development of all three disciplines with environment gaining a significant enhancement in 2024 due to the Foundation's purchase of 92 acres of semi natural ancient woodland.

Our charity's objects as set out in the company's memorandum of association are:

**To advance the education of the public by increasing knowledge and understanding of wilderness and the conservation thereof and the interrelationship between wilderness and the environment generally by the provision of instruction and of opportunities for direct experience of wilderness; to initiate and manage social benefit programmes which use wilderness experience to enable vulnerable and disadvantaged people to play a fuller role in society (especially the young).**

These philosophies are deeply embedded within the guiding principles of the organisation, and WFUK undertake to support and facilitate programmes and advocacy under the following banners:



Climate change mitigation, adaptation and biodiversity enrichment, rewilding, and sustainability has been a focus for the management of our own 92-acre woodland. Emphasis is also on incubating youth ambassadors for wild places and nature. Environmental and curriculum-based workshops for Primary, Secondary and SEND schools as well as our Leadership Academy involving team building and wilderness expeditions.

Supporting vulnerable young children, teens and adults in personal growth, improved mental health, and resilience. Working with wild nature as a therapeutic tool to gain perspective and understanding for groups and individuals

The nature of our work intertwines these objectives. Those who are referred to us for a therapeutic reason always leave with an understanding of the natural environment and vice versa. Therefore, whilst the following report looks to define the work undertaken within each discipline, there are often overlaps.

Most of the work is undertaken at our headquarters at Chatham Green, located in the rural outskirts of Chelmsford in Essex and our newly acquired Mann Wood only a short drive or hour walk away in Great Leighs. Other satellite sites include Essex based spaces – such as Spains Hall Estate (near Finchingfield), Highwoods Country Park (Colchester), Hatfield Forest (near Harlow) and a range of rural Scottish estates, primarily in South Lanarkshire, Perthshire, and Aberdeenshire.

We refer to the Charity Commissions of England and Wales, and OSCR in Scotland for guidance on public benefit when reviewing our objects and aims and on planning our future activities. In particular, the Trustees consider how planned activities will contribute to the objects and aims they have set.

# **WILDERNESS FOUNDATION UK**

## **TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)**

### **FOR THE YEAR ENDED 31 DECEMBER 2024**

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The charity was reconstituted in 2006 and changed its name from The Wilderness Trust to The Wilderness Foundation UK.

In 2021 our Governance Committee updated our Memorandum and Articles of Association and worked through the Charity Commission to have these amended and filed.

Additionally, in 2024 we conducted further training and development in Outdoor First Aid, mentor training, outdoor therapists CPD and training, GDPR, health and safety and safeguarding.

We provide part time alternative education for bespoke groups and individuals for Essex County Council..

In 2024 we became licensed with AALA (Adventurous Activities Licensing Authority) for our work in Scotland as well as Learning Outside the Classroom and the Institute for Outdoor Learning. We are registered with the Fundraising Regulator.

#### **Public Benefit Statement**

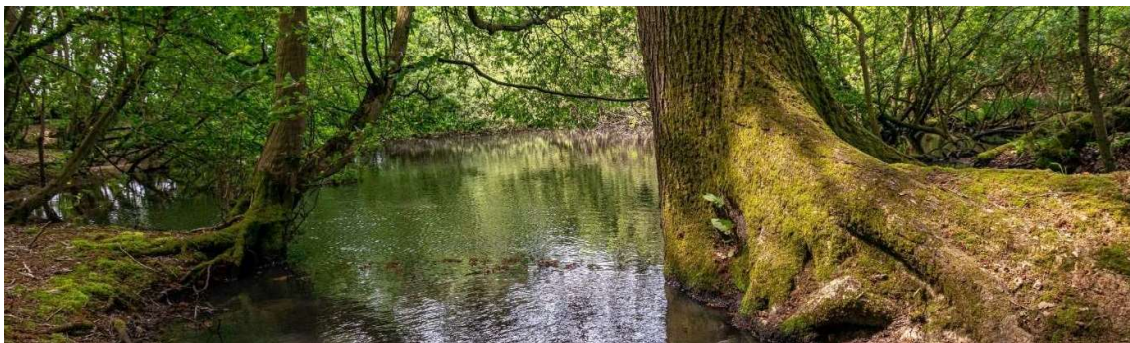
This statement complies with the duty set out in section 4 of the Charities Act 2006 to have due regard to public benefit as published by the Commission.

The charity was founded in 1976 by Dr Ian Player DMS and Sir Laurens van der Post with the aim of raising the profile and value of wilderness areas, through offering direct experience of wild places to a wide range of the public, with a focus on young people.

We continue this work today, with our activities focused on three key areas – the environment, education (including leadership) and outdoor therapy with its concomitant social benefits.

Regularly connecting with the public is achieved through community engagement events by our Development and Marketing team with a new project and development officer who joined us in November. We also use a range of communication tools, such as blogs, articles, podcasts, lectures, events, sharing research outcomes and social media to help continue to grow our engagement. and reach beyond our immediate community of participants and friends on the need for our work. As we communicate the urgency of creating global and local awareness of the balance between people and nature, we advocate for the wellbeing of both through conservation efforts, social programmes, nature therapy, outdoor activities, and leadership.

#### **1. The Wilderness Environment**



**We aim to protect wilderness and wild places by highlighting the economic, social, mental health and biodiversity benefits of wild nature. We encourage our participants to take action to build a sustainable planet.**

A ground-breaking development during 2024 was securing the purchase of Mann Wood, a 92 acres site of semi-natural ancient woodland close to our base at Chatham Green and the towns of Braintree and Chelmsford. The

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)

### FOR THE YEAR ENDED 31 DECEMBER 2024

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woodland is right in the heart of housing development expansion and therefore offers the space as a green lung for nature and people. Funding was successfully obtained from the Biffa Award with a contribution from the Bannister Trust.

Having our own land opens opportunities to focus on research into biodiversity and climate mitigation. Work in this year started in partnership with Anglia Ruskin University to explore the research dimensions that could be conducted in the wood.

The Environment Committee meets quarterly in support of the main board of Trustees. They continue to follow a long-term growth strategy for our environmental engagement and maintaining our wilderness ethos across our sites and programmes.

To add to our engagement footprint and strategy, we have established partnerships with landowners with similar objectives and continue to drive our network to expand our reach. We have used opportunities to educate and advocate on how biodiversity and rewilding can support the mitigation of climate change. We've engaged in volunteering in both England and Scotland and offered facilitation that supports groups or individuals come up with ways we can all help to reduce our carbon impact on the planet. Our work with Beaver Education at Spains Hall Estate has been key to this along with our Wild Schools programme which reaches, classrooms, schools and the parent network throughout Essex.

Through our social media, public talks and engagement programmes we draw attention to the loss of biodiversity, increasing population, pressure from housing development and infrastructure on fragile and disappearing space for nature across Essex and nationally, and the positive impact of wilderness and protected green space in mitigating climate change and biodiversity decline.

Both our CEO and Professor Peter Hobson, co-chair of the Environment Committee, continue to serve as commissioners on the **Essex Climate Action Commission**. This enables us to make a difference through the commission on climate change mitigation and reaching carbon net zero goals by 2050. We have greatly benefitted from being at the forefront of action across Essex and other parts of the UK.

Our CEO also serves on the **Local Nature Partnership** in Essex. This forms part of a national initiative for raising awareness of existing and potential areas for protection in each county.

The Environmental Education team join various think tank groups of other environmentalists and educators across the country such as Conservation Optimism, Heads of Education Sustainability Group, and have close links with Chelmsford City Councillors who are focused on sustainability and environment.

We believe that communities, government, and business leaders have an inherent responsibility to act as responsible custodians of the environment and to support a healthy society through best practice. We ran a range of outdoor activities for corporates, social service providers, and others on sustainability and human wellbeing, delivered during the year. Through the development of ESG and CSR, we continue to engage with corporate organisations such as QBE, Rotary and other community groups.

#### 1.1 Partnerships

In 2024, we have maintained and grown partnerships with third party landowners, such as Colchester City Council, Hatfield Forest in Takeley owned by The National Trust and Spains Hall Estate in Finchingfield, owned by Archie Ruggles Brise.

Colchester City Council enable us to deliver programmes in Highwoods Country Park on the edge of the city. This area provides access to communities of high levels of disadvantage such as Clacton and Jaywick, and other more remote parts of north Essex up to the Suffolk border.

Hatfield Forest offers an exciting opportunity to deliver education programmes. It is an internationally significant site, both for its ecology and cultural heritage and is the most complete example of a medieval royal hunting forest surviving today. With over 1,000 acres of ancient coppices and wood pasture and 1,000 years of continuous

# **WILDERNESS FOUNDATION UK**

## **TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)**

### **FOR THE YEAR ENDED 31 DECEMBER 2024**

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management, it provides a unique insight of how the countryside was shaped in the years following the Norman Conquest.

Spain's Hall Estate complements our education programmes and environmental goals through regenerative farming and the recent reintroduction of beavers, the first in Essex for over 400 years. The estate requested we deliver their education programmes on the beaver habitats, complementing the established education programmes at Chatham Green, by providing a new innovative experience. During the year we also delivered a specific outdoor Forest School programme for home schooled pupils.

The Foundation works with the Essex Wildlife Trust, John Muir Trust, Institute of Outdoor Learning, Learning Outside the Classroom, X-Adventures amongst others.

We also received an outstanding report from the latest cohort of Executive MBA students from Judge Business School on 'Developing a Sustainable Woodland Business Model: Integrating Conservation, Education, Therapy, and Sustainable Monetisation.' for our 92-acre Mann Wood. It was an incredible opportunity to have such high-level engagement through JBS and their students. We benefited from the dedication and time spent on our project from the team, and their professional and varied inputs and output around how to make the woodland financially sustainable for the future.

## **1.2 Environmental Programmes, Young Ambassadors and Climate Action**

### **1.2.1 Treun Scotland**

Conservation volunteering is embedded within Treun, our wilderness therapy, personal growth and resilience programme that operates across various estates in Scotland. Participants are encouraged to spend a day on the rural estates, working with rangers and ecologists to undertake conservation volunteering alongside wilderness therapy. For example, peatland restorations, wetland management, vegetation clearing and tree planting. This goes alongside therapy-based wilderness trails over five days.

The programme was primarily delivered at Glenlivet Estate in Aberdeenshire throughout 2024, with additional delivery available at other Scottish estates such as Douglas and Angus and Atholl Estate.

During their weeklong wilderness therapy programme, participants had the opportunity to earn a Leave No Trace (LNT) certificate. We also continued our partnership with the John Muir Trust, a Scottish charity, established in 1983 to conserve wild land and wild places 'for the benefit of all.' The LNT and JMT awards help the participants to gain a sense of accomplishment, improving self-confidence and self-awareness. At the same time, it advances their understanding of the natural environment and helps develop practical employability skills and care for the natural world.

### **1.2.2 The Learning Outside the Classroom (LOtC) Quality Badge**

In 2024, we proudly continue to hold the LOtC Quality Badge accreditation, confirming that we meet rigorous standards in both learning and risk management needs across all our programmes on offer. This accreditation will be renewed again in 2025.

During the year we hosted a training event which welcomed a wide range of LOtC members at our Chatham Green site, including Essex County Council, Essex Outdoors, Lee Valley Park and RHS Hyde Hall amongst others.

### **1.2.3 Wild Schools**

Throughout 2024 we continued to deliver 'Wild Schools', our Climate Action Outreach programme for Year 5 and 6 students. Understanding climate change is complex and our team endeavour to make the programme easily digestible, simple in message but also empowering young people to take action and influence in their school communities by becoming 'environmental heroes'. Learning covers the importance of nature and our relationship to it, the definition of climate change, sustainability and all the concepts around climate change that are out there. After presentations the young people create a youth led environmental project over 4 weeks. Under guidance and

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)

### FOR THE YEAR ENDED 31 DECEMBER 2024

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supervision, the group decide on a common goal they want to champion. For example, one school focused on the plight of hedgehogs and created a campaign which they spread through their village and community

#### 1.2.4 Down to Earth Allotments in Chelmsford



The Down to Earth Allotments Project continues to work out of 6 allotment plots in Melbourne Community Allotments, central Chelmsford. A variety of different fruits and vegetables are grown, alongside ornamental plants, and areas left wild for the benefit of native wildlife including a new nature pond and wetland area. This year, our horticultural facilitator Kate began her maternity leave and was seamlessly covered by Jane, who joined the team for the remainder of the year and into 2025.

To ensure minimal disruption for participants, Jane attended sessions alongside Kate in advance, allowing her to become a familiar and friendly presence for the group each week.

The Tuesday group continued to flourish with new members joining with various additional needs including mental health difficulties, learning delays and social exclusion. The group met weekly throughout the year in all weather conditions, taking on seasonal tasks including sowing seeds and planting out, harvesting produce, alongside routine jobs like weeding, watering, mowing the grass, and pruning. The group sit together for breaks and at lunchtime to help reduce the feeling of isolation whilst learning new social skills that they may not experience in their daily lives. We continue to facilitate a Tuesday lunchtime club from New Hall School, who come during term-time to help work on the allotments. This group provides the students with a chance to learn new horticultural skills whilst benefitting from being outdoors and connecting with nature.

2024 involved developing the site including the addition of trellis and new beds around the container which continued to provide storage, shelter from the rain/sun and a safe quiet space when needed.

#### **Impact:**

In 2024, over 1,260 hours were spent on the allotment by participant adults and children, with a large number of further hours given freely by our team of volunteers to help maintain the allotment space. Some of these hours were kindly donated by groups of corporate volunteers, such as QBE, Chelmsford College, Giant Group, Rotary and Birkett's who helped to paint trellis, clear overgrown areas, rebuild planters, clear compost areas, harvest fruit and veg, rebuild the shed and side awning to name a few examples.

The food grown at the allotment is shared amongst participants as well as donations to the homeless charity 'Sanctus' in Chelmsford, to support others in the community in need.

During 2024 we have hosted several public engagements including the opening of our refurbished 'Chandler Shed' attended by the Mayor of Chelmsford and other councillors from the area. We also held a stall at the Hyde Hall Flower Show in August helping to strengthen our relationship with the RHS and reaching a wider Essex community about the work of the Foundation.

**WILDERNESS FOUNDATION UK  
TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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**Braintree Community Garden**

2024 saw the creation of a new Braintree Community Garden project, funded by Braintree Council and UKSPF. This weekly group was set up to help provide a safe, supportive, and therapeutic space for Braintree residents facing complex challenges and a disconnection with their local environment. The garden is located within central Braintree and through a partnership with Braintree Council and the Braintree recreation ground trustees, we were able to set up a weekly gardening group to help vulnerable participants engage in gardening. Each week the group helped to build confidence, resilience, and practical skills, actively combatting social isolation by creating a welcoming and inclusive space where individuals can connect, build friendships, and feel a sense of belonging.

There were 95 attendees over the year with 170 hours of participation, with participants regularly attending each week. Referrals included those from ECL, Braintree First Stop Centre, Mind Essex, Mount Chambers Medical Practice and NACRO. Ultimately, the garden serves as a bridge to reconnect isolated individuals with their community, offering not just practical skills but also emotional and social enrichment. Corporate sponsors included Envar, Longacres and Tesco who donated tools, bulbs, woodchip and soil to help us keep costs to a minimum.

**WILDERNESS FOUNDATION UK  
TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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**1.2.5 Leave No Trace Training**

We continue to promote Leave No Trace values throughout all our programmes and through our outreach over the years, we have delivered LNT Awareness training for hundreds of children and adults. This teaches the values and ethics of respecting nature and the outdoors, managing your personal impact on the earth and learning not to leave litter or traces of ourselves wherever we travel outdoors.

*All human life and being is inextricably entangled with and suffused by everything else. This broad commonwealth includes every inhabitant of the biosphere, the animals, plants, fungi, bacteria and viruses. It includes the rivers, seas, winds, stones and clouds that support, shake and shadow us. These animate forces, these companions on the great adventure of time and becoming, have much to teach us and have already taught us a great deal.*

*We are who we are because of them, and we cannot live without them.*

*- James Bridle*

# WILDERNESS FOUNDATION UK TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

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## 2 Environmental Education and Leadership



**Through the year we educated over 6500 young people about biodiversity and nature, their relationship to the wild and how they can care for it. We develop leaders for the future who understand the crucial need for a balance between humans and nature, to ensure a sustainable future for all. We continue to develop our offering to include primary, secondary, graduate, and postgraduate education, alongside bespoke training for businesses and corporates.**

### 2.1 Education

We understand that learning from an early age embeds practice and forms mindsets. For this purpose, we take our role as environmental educators very seriously. Through the year, we delivered a range of curriculum-based education opportunities to children and teenagers about wilderness ethics, our relationship to nature, biodiversity, natural history, and geography linked to landscape and the sciences.

During the outdoor classes we teach Leave no Trace ethics, principles of sustainable living, and aim to build a long and lasting love and connection to the wild.

We continue to work with schools and young leaders to develop a social and ecological experience through wilderness journeys. Since Covid we had not replaced our South African Wilderness Leadership trails which have existed since 1976 but have been offering wilderness journeys in Scotland in its place. We continued to work with schools under the Haberdashers' Company and liaised with existing partner schools to develop a Scotland based trails programme for 2025 during the year. The work with young leaders of the future is core to the wilderness mission of the Foundation.

# WILDERNESS FOUNDATION UK TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

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## 2.1.1 Wilderness Environmental Education



The Wilderness Environmental Education programme engaged a total of 6,139 young people from January to December 2024.

In 2024, the team delivered environmental education across 4 sites in Essex including our headquarters at Chatham Green, Mann Wood, National Trust Hatfield Forest and Spain's Hall Farm Estate in Finchingfield.

### Youth Advocacy and Climate Action

2022 saw the launch of Wild Schools, a new Climate Action outreach programme for Year 5 and 6 students. The programme for 2024 was funded for 2 classes to each receive 4 interactive presentations focused on the importance of nature, understanding climate change, sustainability, and planning environmental projects. Wild Schools has been an influential programme delivered within schools, to encourage stewardship of the environment by giving young people the knowledge and empowerment to make a difference.

We have formed a Wilderness Youth Voice who volunteer on groups, camps and conservation tasks such as rebuilding the wildlife pond at our allotments.

*"Thank you for the sessions. The children have been very inspired by all the talk of ponds and bug hotels and hedgehog homes, and have also loved talking about the bigger picture threats to the planet. It's been great seeing your smiley faces every week. Really hope we can do this again next year!"*

*– Teacher at Writtle Juniors*

### School Visits

Across the year the team engaged over 2,000 young people, spanning from early years all the way into secondary school. This year we have trialled new KS3/4 workshops to ensure that these are both informative and have an element of challenge and problem solving for older students. We have continued to provide our climate change workshops which were new for 2023, adding in new games such as Climate Charades to ensure we are constantly evolving and improving our offer to schools.

*"The staff were extremely knowledgeable, and we all learnt loads. Their command of the children was excellent, and the activities were at the right level."*

*Quote from a School Visit 2024*

*"The service was exceptional, and all children were engaged throughout."*

*Quote from a School Visit 2024*

*I don't think many of our children go to outdoor settings like Hatfield Forest very often so it was good for them to recognise what is around us and how interesting it can be without needing toys and gadgets to entertain them*

*Quote from a School Visit 2024*

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#### **Forest Holiday Camps**

School holiday camps have continued to be successful across 2024 with a total of 611 young people joining us throughout the year. We have found an increase in SEND young people joining our camps, so we have continued to evaluate the opportunities and enabled support for all that join our groups.

#### **Special Education Needs and Disability Groups**

SEND groups have continued throughout the academic year. The sessions have continued to be of extreme value to the wellbeing of students and teaching staff. In 2024 we have reached new SEND schools and we plan to continue expanding our reach in 2025. We have had a total of 272 SEND students visit us across the year and we continue to work closely with each school, ensuring that every visit is specifically tailored to the young people's needs.

#### **Home School Forest School**



Our new programme for 2024 was our offering of Home Education Forest School. We have been running this programme at Mann Wood in autumn/winter 2024 and some sessions over the summer at Spains Hall Farm Estate. The forest school group allows young people to learn new skills, communicate with others that are home schooled and for the parents to find support in each other as they educate their young people.

We had a slow start to building our reputation and this grew to around 11 children per session in addition to some parents to stay for the sessions.

#### **Chelmsford College Initiative for SEND**

We have engaged nearly 600 young adults through our CCI programme. This group is now well established and provided fantastic skill building opportunities and social development to SEND young adults. Some young people on our CCI programme have progressed to our Down to Earth Allotment Programme once they leave CCI.

#### **Bird Ringing in Essex, on our various sites**

Towards the end of 2023 we began a partnership with the South Essex Ringing Group to undertake Bird Ringing surveys at our Chatham Green site, as well as to provide educational engagement opportunities.

During 2024, the team ringed 26 species at the Chatham Green Project, totaling 361 individual birds. These included winter migrants such as Lesser Redpoll and Redwing, as well as declining farmland birds such as Linnet and Bullfinch. The group held six public Bird Ringing demonstrations over the course of the year with 39 children and 12 adults engaged in this unique activity. Heading into 2025, we will offer this activity to visiting youth groups alongside other activities and our Education Manager, Terri Dawson and our Site Maintenance Lead, Liam Morgan, are training for their Bird Ringing license qualifications.

## **2.2 Leadership Programmes**

Whilst protecting the environment, we also understand that effective leadership and advocacy is enhanced through direct experience of the natural world. We facilitate this by using experts in their field to deliver the programme, which includes team building exercises alongside education regarding Corporate Social Responsibility (CSR) and Environmental Social and Governance (ESG).

We live in a world where the disconnection with nature grows daily and there is urgency to address this as resources and biodiversity diminish. Climate change is a vital area to address and support all groups to play their part in contributing to a more sustainable future. The Foundation is linked to a wide range of influential groups and think tanks in this realm and seeks to address public engagement and action through its varied programmes, both social and environmental.

The increase in corporations and organisations looking to evidence their environmental and social responsibility dovetails into this work and we continue to build relationships with business groups and corporates who volunteer or donate to support our work.

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All our programmes have included:

- building respect for the earth's rich but diminishing biodiversity;
- the value of simple and low impact experience of the outdoors;
- the benefits of leaving no trace and an undisturbed environment;
- understanding the challenges that nature endures at present and how we as individuals and collectively support nature and the environment;
- nature needs half and we must make space for nature to thrive for us as a species to survive and
- global awareness of wilderness at risk through our founder membership of Wilderness Foundation Global.

During the year:

- We hosted several environmentally based corporate events with one large event around the value of water at the Royal Geographical Society called Water Lines attended by over 300 guests. Speakers included Paul Rose, the TV presenter and Professor Jules Pretty amongst other explorers, writers and conservationists.
- We were invited to be part of a small group of Charity CEOs supported by Team Lewis to help us with our leadership and impact with excellent networking and publicity.
- We attended the World Wilderness Congress in South Dakota representing the Foundation and delivering papers on wilderness therapy and driving conservation ethics through personal engagement.
- Gave a range of talks to different community-based organisations on nature-based therapy, Mann Wood, forests, and Space for Nature.

#### **2.2.1 Wilderness Leadership Academy**

Continuing many years of working with Haberdashers' Company schools, we had a break in 2024 but continued to develop the programme ready for another expedition in 2025. After a review, we have decided to work with slightly younger students – just going into their A levels, so that they can take back their learning into the school on their return for a wider impact on others about their learning, whilst continuing to build on their leadership skills.

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## 3 Social Benefit Programmes and Outdoor Therapy



**We aim to support vulnerable children, young people and adults in personal growth, improved mental health and resilience. We work with nature as a therapeutic tool to gain perspective, a sense of belonging and understanding. More and more people are gaining understanding of how much better being in nature makes them feel and this has really helped us in our work. Feedback often contains words such as ‘relaxed’, ‘peaceful’, ‘finding myself’, ‘feel I am part of something’.**

**This narrative continues to be reinforced by robust monitoring and evaluation, and we are confident through this that the mix of nature and wild places, with excellent therapy and outdoor facilitation is effective and at times, life changing for the participants who trust in our work.**

Through the year, we worked on key social issues in our communities that benefit from therapeutic wilderness programmes – providing a range of experiential, outdoor based programmes that improve physical and mental wellbeing for the individual, many of whom are disadvantaged and vulnerable. We have continued to grow and develop our work with survivors of domestic abuse – with increasingly large waiting lists, particularly for children. We continue to support the police, and referrers such as Next Chapter amongst others for the referrals that we receive and their recognition of a safe next pathway for their clients.

In our Treun Scotland programme we also find an increasing number of referrals of young people who have experienced domestic abuse, much inflamed during the Covid pandemic when families were locked up together, and school was not there to help add structure and support.

As in 2024, the Foundation, delivered bespoke and tailored therapy interventions to a wide range of beneficiaries who harnessed the healing power of nature during this year. We resourced and supported a wide range of vulnerable children, teenagers, vulnerable adults, and those with SEND needs to see improvements in their behaviour and mental health and an improved connection to nature. During the year we adapted our services to become more inclusive wherever possible and started up neurodiversity camps to support children and younger teens in the holidays as often their struggle to connect well with others could isolate them and exacerbate low feelings and loneliness.

At the core of these interventions are carefully developed physical and psychological wellness programmes, which aim to provide specific support for our participants. These include talking and practical therapy, as well as tools

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to regulate their mental health, employability soft skills, resilience building, coping mechanisms, aspiration, self-esteem & confidence building, and skills development or vocational training aspects.

Furthermore, we have again seen how powerfully young people respond to spending time in wilderness areas. Based on a long history of using the healing power of nature for personal and social transformation, we continued to integrate various levels of long and short Wilderness Trail experiences into our holistic intervention projects.

Through research, and our monitoring of social and personal change, and improvements in mental health, we have been able to share our outcomes through social media, articles and speaker opportunities. This demonstrates the positive benefits and value that wilderness and wild places offer everyone in our communities, with a focus on those in need.

We consult all our participants through a structured, academically led, and informal feedback process. Since 2007, this has been supported by our longitudinal research and analysis by the University of Essex, and internal assessments of projects such as the 'Out There Academy', Treun and Turnaround.

We also conduct our own internal evaluation as we are using other measures such as the Warwick Scale.

The measured benefits of time in the wild, supports the urgent need to protect our remaining wild and green spaces, not just for their biodiversity and landscape value but also to improve the wellbeing and mental health of society. We share our outcomes widely through a range of papers, blogs, conferences, documentaries, and the media.

#### 3.1 Treun Scotland



**Treun supports young people in areas of high youth unemployment and disadvantage in Scotland. Young people who display an interest in the outdoors and are experiencing difficulties with their mental health are targeted to take part. The project provides nature-based experiences and conservation volunteering opportunities, focusing on personal development, wilderness therapy and skills-based learning opportunities within wild, rural areas. We remain a proud partner with Scottish Land and Estates.**

During the year the team continued to focus on areas of deprivation in and around cities, and some rural schools. We are still experiencing the devastating impacts of the Covid pandemic in terms of young people's mental health, school engagement and behavioural problems.

We have continued to develop the Scotland team with new members to support our Treun coordinator, shadowing or serving on the trails programme.

We delivered four programmes during 2024 and included a new element of running workshops both prior to the trails and after trails to maintain contact with the groups. During the year we approached new schools and refreshed some that we had not worked with since Covid.

During the year we worked predominantly with teens aged between 13-15 years old, with different emotional and behavioural needs. Mental health difficulties include trauma, depression, anxiety, gender dysphoria, suicidal

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thoughts, self-harm, surviving domestic violence, behavioural and emotional disorders, eating disorders, bullying and self-esteem issues. Participants are encouraged from all backgrounds, and the programme is inclusive, seeking to engage all genders, sexual orientation, and ethnic groups.

One to one time, as well as group therapy, offers a powerful opportunity to build self-confidence, social skills and to work through issues that may be troubling them. The participants carry out a volunteering programme and they earn the John Muir Award and Leave No Trace accreditation. Six weeks support counselling is made available for graduates to support them once home after the trail.

Group sizes range between 6-8 participants thus keeping the groups small to ensure personalised attention, and measured impacts included:

- Happiness
- Leave No Trace awareness
- Teamwork
- Understanding feelings
- Friendship
- Liking myself
- Camping skills
- Nature ID

#### Quotes from young people on Truen:

‘I found out that I am mentally stronger than I think’  
‘That I can do stuff even if I say I can't. That I don't need to listen to my friend all the time  
and can do my own thing’  
‘If I think that I don't want to or can't do something I can always try my best to succeed’  
‘I will try harder at achieve my best at the things I want to achieve in life’ (in reply to what  
would you do differently?)  
‘I have learnt that pushing myself is good sometimes’

### 3.2 Out There Wilderness Academy



The academy works with young people aged between 13 – 15 years old who are primarily referred by schools. During 2024 we decided to extend the offer to 11–13-year-olds due to a growing issue with young people becoming school avoidant – particularly in Years 7 & 8 in secondary school. In our groups we deal with complex needs, such as anger and emotional regulation problems, ADHD, anxiety and depression, self-harm, grief, gender issues, exposure to gangs, other spectrum challenges where most are not attending education or on a limited timetable. It is a six-week course, one full day a week with additional therapy offered to those who need more support.

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## Outcomes for 2024

- 6 Cohorts during 2024
- A total of 36 days from those 6 cohorts and 910 Hours excluding communications.
- A total of 52 spaces were offered. 40 accepted, 35 attended: 26 male, 9 female.
- 78% Improved behaviour at school
- 61% Improved care for own physical health
- 56% Improved mood
- 53% Feeling more confident
- 58% Improved life skills and knowledge

## Quotes from clients:

*'I have learned to be more independent and have a more positive attitude about myself'*

*'Learning how to make new friends'*

*'I have learned to go to the woods to calm down'*

*'To respect others and things'*

*'how to cook bacon and sausages on the fire'*

*'I have become more confident and controlled my anger towards others.'*

*Out There participants in their own words.*

We believe the Out There programme enables young people to realise their potential and feel confident in moving forward in education or employment. We don't preach to them; we encourage and mentor them in believing in themselves and the possibilities the future holds. Nature allows them to find the space to grow and find their emotional resilience and by working in a group and taking part in activities, they can consider the effects of their behaviour on other people.



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**3.3 TurnAround - Cohorts16 and 17**



Turnaround is a nine-month intervention for young people aged between 16-23 years old. They are referred with significant complex mental health, trauma, relationship, and behavioural needs. The programme includes one to one weekly mentoring, regular fortnightly workshops, and two wilderness therapy expeditions, family mediation, one to one therapy, group therapy, pathway referrals, and a formal graduation. It is run by outdoor leaders and a wilderness therapist, who are supported by volunteer mentors.

We completed cohort 16 of the TurnAround Project with a graduation in early 2024 and the start of cohort 17 in the second half of the year. For TA 17 we delivered over **3000 hours** of support in person time, excluding additional administration and communications, and overall, we saw an average improvement across the group:

- **71.43%** of the group showed improvements in their happiness, self-confidence and self-acceptance.
- **71.43** of the group showed improvements in their ability to trust and love others, and substance misuse.
- **73%** of the group showed improvements in their family and other relationships.
- **71%** showed improvements in their independent living skills.

We worked with participants presenting some of the following issues including, complex mental health issues, self-harm, depression and anxiety, suicidal ideation, NEET, SEND, anger and mood disorders, isolation, confidence and self-esteem issues, relationship breakdowns, grief and loss, recovery from substances, and domestic violence recovery.

Two fantastic trails ran through the year to North Wales and immersion in our remote Mann Wood.

In the final weeks of the programme and post-graduation the participants reported the following successes/progress in their lives:

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Successfully gained employment, enrolled in further education, continued in education where there were issues, confident to return to school to finish GCSE’s following school anxiety and bullying barriers, taking confident steps to become self-employed, increased knowledge and understanding of the risks to personal safety online, the confidence to declare a career path to family that is true to them rather than what was expected of them, integration with community through volunteering, learning to speak to a wider range of people and ask questions and be curious – thus building employability skills and managing social situations.

Examples of what young people achieved in their own words:

*‘The hardest point was the beginning of the programme and starting to socialise. The best point has been the end and reflecting on all my progress ‘*

*‘I’ve learnt to respect myself and others around me. I’ve learnt to take care of myself. I care more about others. My social skills have improved. I can control my anger a lot more’*

*‘I have achieved to stay focused in college, I have built new life goals and targets, I have built a lot of confidence, I have learned to speak my own voice, I have a routine I follow.’*

*‘I will follow my own dreams and goals; I will do my best to not lose my rhythm’*

*TA 17 participants.*

### 3.4 Blossom Domestic Abuse Project



**Blossom is a nature based ten-week therapy programme, set up to empower children, teens and women who have experienced / witnessed domestic abuse. Participants learn strategies for self-care and understanding of how to process the past and build new futures.**

We ran six cohorts, in 2024, two women’s groups, three for children and one for teenagers in separate groups. The group therapy programme offered ten weeks for each cohort, a total of 1,600 hours of mental health and communication and admin support to survivors and witnesses of domestic abuse.

After completing the programme, the adult women’s group reported 80% on average improvements in emotional health and mood, and between 60-70% improvements in feeling in control of life, money worries, trust and love, social networking and friends, decreased drugs and alcohol, and improved family relationships

Some of the feedback from women survivors in their own words:

*‘Having the time and space to self-reflect on my trauma and my feelings. Being outdoors.’*

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*'It has allowed me to make human connections and regain some of my confidence that I had lost. I now feel valued and an important part of humanity.'*

*'Time for myself, more open, and attuned to my feelings. I listen to my body more.'*

*'Huge impact. Literally changed my outlook of my feelings, how to manage these, self-worth, being outdoors is so important.'*

The children's cohorts on average had the strongest improvements, for example, 80% levels of happiness at school, physical health and feeling more confident. Scores at 60% were in independent skills, and relationships at home.

The teens showed outcomes of friendships being the highest score of 80%, followed by 60% improvements in levels of happiness, feeling more hopeful, and respect for others.

We are grateful to the Essex Police Fire and Crime Commission for their support, our referral agencies and partners, and The University of Essex for their research and academic support.

### 3.5 Brave Futures Therapy Programme



**Brave Futures offers mental health support in nature-based workshops for adults, children, and teens. The groups attend for eight weeks, one day a week. The programme is run by two outdoor therapists with the help of volunteers.**

In 2024 we ran 10 cohorts across Essex with a special focus on Braintree and Colchester/Tendring areas where we had specific funding. There were 79 participants through the year, covering 2,265 hours of therapeutic support, a steady increase from 2023.

Outcomes were consistently positive, for example, highest scores for teens were in social networking and friends which is significant as we are experiencing high levels of isolation and social anxiety, 100% in feeling confident, and 67% in respect for myself. Children's scores for example were highest in independent living skills, mood improvement at 68% and social network, physical health, happiness at 64%. Happiness at school had improved by 59%.

The six cohorts running at Highwoods Country Park, in collaboration with Colchester City Council have worked well in supporting the residents of Colchester / Tendring who would otherwise struggle to travel to our main site in Chatham Green, ensuring outreach to North East Essex residents. Highwoods is a lovely setting, and the remote camp area has appeared to work well for the group. The therapists have worked together to ensure the cohorts run successfully. Our only real teething troubles come from storing of kit, as this is not an option at Highwoods, and so requires additional transportation from the counsellors.

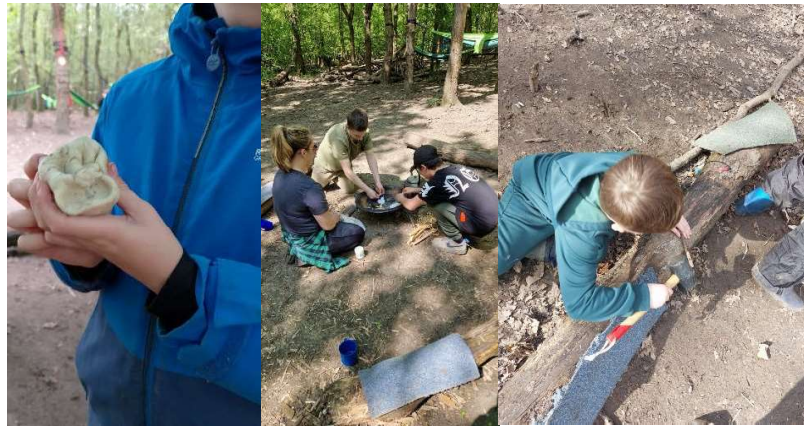
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## Quotes from the cohorts:

‘My child is loving the program, and I really think it’s helping – I’m so thankful!’

‘I’m just getting in touch after my experience with volunteering under the guidance of Harriet and Richard. It was pleasant and uplifting session! I loved being outdoors and seeing the group of boys working together and challenging themselves was wonderful to see.’



## 3.6 1-2-1 Nature-based and Online Counselling

**Our one-to-one counselling that is face-to-face or online has as very high demand as mental health issues increase and are more topical. Of note is the crisis in children with high levels of referrals – with complex needs – and we believe our early intervention may help prevent problems into the future.**

**We continue to increase our outdoor therapy professionals group and have delivered monthly peer supervision, six weekly clinical supervision for individual therapists and have delivered three outdoor training days. We believe in our staff and supporting their development and support, we continue to get very positive outcomes and feedback.**

The Foundation has offered a total of 3,658 hours of 1-2-1 counselling to individuals/Groups in 2024, vs 4,352.5 hours in year 2023.

Though the counselling hours in 2024 decreased compared to the year before due to funding not matching demand, 64% of the counselling hours in year 2023 were funded by the targeted investment of reserves by the Foundation, in addition to support from other funders such as The National Lottery.

Like the year 2023, on average 41 referrals were received each month in 2024.

While The National Lottery Fund is the main source of our counselling funding in 2024, our free counselling was also offered thanks to the donations from:

- Brampton College
- D'Oyly Carte Charitable Trust

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- Gleeds
- Leathersellers

Due to the continuous high demand for the counselling service and limited funding, waiting time unfortunately has increased from 3 months to 5 months.

Out of the questionnaires completed and returned by individuals, 100% reported improvement in challenging behaviors, relationships, emotional distress and social isolation after receiving counselling support: 55% reported improvement in aggressive behavior, and average 38% reported improvement in conflict with family and risky behavior.

According to our 1-2-1 counselling satisfaction survey in 2024:

- 100% of clients responded they will recommend Wilderness Foundation to others
- 87.5% of clients rated our counsellors 10 out of 10
- 81.3% of clients rated their overall experience 10 out of 10

Feedback from referral agencies, participants and parents:

*“Continue the brilliant work that you all are doing it works for so many of our young people,*

*I don't know where we would be without places like the wilderness.”*

Children's Social Care, Mid Quadrant

*“The Foundation has been a wonderful resource for my family, they have helped all of us from 1-2-1, family counselling and the TurnAround I honestly can't thank them enough. The counsellors have the right approach and put you at ease. There's no feeling judged, just understanding and help and guidance. Everyone I have met to do with the Foundation have been so kind and helpful. Wonderful place, ethic and people, who make a real difference, thank you”*

*“The outdoor and relaxed nature of the 1-2-1 counselling session my son received at the Foundation have been fantastic. The last few years have been very difficult, and almost all intervention has failed, leaving him isolated and lonely. He needed parental support initially, but he soon felt confident to go with his counsellor alone and he thoroughly enjoyed lighting fires whilst chatting with a safe adult. The support provided by the Foundation has been invaluable and we are incredibly grateful that he had the opportunity. Thank you.”*

*“I have found every member of staff that I have met, to be wonderful people. It lifts your soul to turn up feeling low, looking across the car park to see a kind face waiting for you, ready to go outdoors. It blew my mind every single visit. The way your therapy works is truly awesome.*

*Sitting in an office with a counsellor is daunting, even the counselling I had online for a long time vastly pales in comparison to your methods.*

*I felt such pressure with other counselling situations, although it did get some benefits, I never opened much and ultimately did not move forward much either.*

*I broke down some of my walls, shared some things, quietly hid when I could not, There was never any pressure. The system worked for me; I hope to be accepted in the future to try to get a bit farther.”*

### 3.7.2 Outdoor Therapy Immersions for referral agencies and other groups

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During the year we continued to deliver wellbeing days for referral agencies and other social care agencies who work with the Foundation or who have been interested in our work, for example, Anglia Ruskin University, Adopt East, NELFT, ECC Youth Services, SETDAB and CHESS. They are bespoke groups that we create specialist facilitation plans for, including their own team needs and any issues.

As the teams and group participants gain a more in depth understanding of our work and delivery through their experiences outdoors with us, our referral process has improved significantly. We feel we are also able to contribute to the wellbeing of teams who work at the coal face in very stressful roles.

In addition, we supported corporate days, enabling teams to access wild nature and a beautiful environment, whilst they explored and developed their work practice, leadership, and team support.

#### 3.7.4 Mentor Training

During the year, we continued to make use of a personalised training online medium, called Goal 17 Loop as well as topping up our face-to-face training in intensive mentor programmes like TurnAround. Online access to training has meant people could study in their own time and at their own pace. This has facilitated the training of mentors as soon as they complete our Safer Recruitment procedures and we don't lose time with people waiting on fixed dates.

We have also increased our training in bushcraft skills, and outdoor first aid – offered to all staff to improve and be upskilled.

Mentors serve young people on our Treun Programme in Scotland, TurnAround, Allotments, Out There, Blossom, Brave Futures and undertake climate change work. They are key to our delivery quality. Other volunteers support administration and finances within the office.

## 4 Marketing, Media & Fundraising Activity

**In 2024, we saw steady growth in engagement, driven by successful marketing campaigns and fundraising efforts. These continue to play a vital role in supporting the rising costs and expansion of our Wilderness programmes to meet increasing demand. We are deeply grateful to our funders, supporters, and private philanthropists, whose generosity has enabled us to extend and strengthen our educational and therapeutic support and employ an additional member of the team, supporting marketing and education administration.**

#### A selection of our 2024 Events:

- World Wilderness Congress: South Dakota- speaker programme
- Making Waves Event at Royal Geographical Society
- VVU Charity Conference
- Wild Talks
- Mann Wood Grand Opening
- Partnership with Chelmsford Museum on JA Baker, The Peregrine
- Open Farm Sunday
- Formal opening of the Wellbeing Garden in Braintree
- Schools Food and Farming Day
- Educational workshops for external partners at various reserves and on site

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## 4.1 Marketing



On 12<sup>th</sup> September the Foundation hosted an event at Mann Wood to celebrate the acquisition of Mann Wood, 92 acres of ancient semi-natural woodland in Essex, funded by Biffa Award and The Banister Charitable Trust. This event was attended by many dignitaries and influential people in Essex including the Lord Lieutenant of Essex, High Sheriff of Essex, the Mayor of Chelmsford, ECC Climate Czar, ECC Chair, CCC Leader and CEO of Essex Wildlife Trust who all saw the importance of this woodland and its legacy for generations to come.

Our annual Wilderness **Charity Golf Day** took place at Braintree Golf Club again this year in June, with 17 teams of four players along with hole sponsorship, raffle ticket sales and donations helping make it yet another successful event. Monies raised on the day went to helping support our TurnAround programme. Due to the successful partnership with the team at Braintree Golf Course and positive feedback from players, another golf day is booked for 2025.

We worked in partnership with the Police Fire and Crime Commissioner' team, and the Violence and Vulnerability Unit of Essex Police, , to exhibit at their **PFCC Safety Conference** at Hatfield House in February 2024, where we were honoured to be the chosen charity invited to exhibit alongside the VVU team.

Working in partnership with **Chelmsford Museum**, we were invited to contribute to their education outreach workshops and involvement in audio recordings for the JA Baker exhibition in April 2024. JA Baker was renowned as an environmental writer, particularly on his work *The Peregrine*. After this exciting collaboration and attending the Love Parks event, the Museum kindly offered the Foundation an opportunity for our own community exhibition display case within the museum where items from our work were displayed in one of the main rooms for the public to see for over 6 months.

**Making Waves Voices for Water** was an inspiring event at the Royal Geographical Society in September, packed full of inspirational speakers exploring their adventurous and therapeutic connection to water. The evening event took place in partnership with the Wilderness Art Collective who exhibited at the RGS over a 2-week period. The evening

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of speakers included Paul Rose, Helen Scales, Mark Agnew, Jules Pretty and Amy-Jane Beer and the event helped raise funds for the foundation whilst also opening our reach up to new audiences.

## 4.2 Media partnerships



We were invited to partner again with Argonon Productions but this time for the Masked Singer UK Series 5 digital campaign which took place from Dec 2023 to March 2024. This was a huge boost to our social media engagement which included an incredible 44,700 impressions made throughout the digital campaign and the opportunity to take part in their podcast The Masked Singer:Maskcast

We were also chosen as charity of the month for 'Win your Dream Hike', through their online social media campaign in March, where they helped raised additional funds and widened our social engagement reach through new audiences.

## 4.3 Fundraising

It was a busy year with diverse fundraising. This generated record income in the year, despite a challenging funding environment and we seek to raise more funds in 2025 to support the valuable activities of the Foundation as we seek to expand our services within Essex.

Throughout the year, most of our income was secured through grants awarded by a diverse range of charitable trusts and foundations. Additional funding was generated via our annual Big Give Christmas online match funding campaign, events and donations. We strengthened our corporate engagement, with several companies selecting us as their Charity of the Year—leading to employee-led fundraising initiatives and corporate team-building events. To meet our growing targets, we enhanced our fundraising capacity by bringing in two external fundraisers. We were pleased to continue building on previous success, securing another large donation from a private donor and additional multi-year funding commitments to help sustain and expand our programme delivery.

## 4.4 Community Fundraising & Events

We regularly attended **community outreach events** including those run by Writtle College, Braintree Council Livewell Strategy, Chelmsford CVS, NHS Social Prescribing Conference, NHS Neighbourhood Forum, ECVYS Cluster. We gave talks to community groups including Probus (Brentwood and Dunmow groups), WI (Tillingham/Chelmsford), ARU students, U3A, Trust Links, Police, Rotary, Schools and other community groups.

**Community fundraisers** in 2024 included fundraising by several Rotary groups who helped us purchase new equipment including radios. Swithick Methodist Church and their parishioners helped raise money in support of our TurnAround programme and were able to double their donation through our Xmas Big Give campaign. There were also some amazing global fundraising challenges taking place including Al Marriott who walked an incredible 3,000 miles across the USA in aid of the Foundation. Widford Lodge School raised money at their end of year charity ball as well as the WI and customers at the White Horse Pub who also raised money via quiz nights. Other fundraising events included our own successful Wilderness Quiz Night with the kind support of the Mildmay Rotary group as quiz master. We also received legacy donations via JustGiving and through various Funeral Directors with families supporting us in memory of those they have lost. We continued to use our **online fundraising platforms** in 2024

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)

### FOR THE YEAR ENDED 31 DECEMBER 2024

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including, JustGiving, and the Big Give match funding platform, raising funds through our Xmas and Green Match Fund campaigns and individual sponsorship pages. This online presence helps expand our donor outreach and increases the variety of ways people can donate, making the process as accessible and easy as possible. As technology constantly updates, we too must grow and allow a wide range of digital donation channels to capture all those who wish to support us.

Our **corporate partners** and donors also increased their support including Suregreen donating wood, Wickes donating screws and nails, Chandlers funding our rebuilding of the Allotment shed, Ernest Doe for help with the placement of the new Pod. We also received a container at Mann Wood with the help of Brehen Civils and sleepers from Plant Style. Medivet helped raise funds at one of their Charity Golf Days and through their on-going fundraising via Pennies in partnership with our South African sister Foundation.

**Corporate Volunteering** – we have had an influx of enquiries from corporates wanting to offer volunteering days to their staff which is an area we are looking to develop for future income generation. Corporates included QBE, Chelmsford Racecourse, Giant Group, UK Power Networks, ARU Student Union, Birketts, Rotary, AMS, QBE, NHS, NELFT which helps us extend our reach within the local community.

In 2024 we continued to open the gates at Chatham Green for **Community Events** such as our annual Open Farm Sunday and monthly spoon carving workshops with one of our talented outdoor facilitators, Max. We also introduced the first Wild Talks with two evenings of speakers including Hatfield Forest: Tales of Wildlife and History with David Simmonds from the NT. Community engagement was also encouraged through our Bird Ringing events at Chatham Green in collaboration with the South Essex Bird ringing group. Each event at our Chatham Green site allows the local community to discover the beautiful setting and the support services we provide and allowing us to increase our engagement.

## 5. Future Plans

**We will continue to demonstrate, advocate and apply the positive impact of wilderness and wild places for the wellbeing of the individual and society. Beneficiaries comprise a range of demographics and the spectrum spans from the most vulnerable to those with leadership potential.**

To meet the growing interest in WFUK, we continue to work to our growth objectives for the Foundation. These remain consistent and unchanged from 2023 although we have had to adapt to the increasing demand that we are experiencing on the therapeutic services we offer both in Essex and Scotland.

1. Sustainably grow and manage the impact and outputs of beneficiaries supported by our social benefit/therapy, educational and environmental programmes - approximately 7,600 in 2024. Growth must reflect maintaining the high quality of service we work hard to achieve. Slight decrease in numbers from 2023 in educational visits and Out There participants is related to funding and staffing levels, all other programme participation numbers were up from 2023.
2. Extend the areas where our programmes are provided within Essex and Scotland, focusing on areas of deprivation and environmental restoration programmes.
3. Develop and grow our operations, through carefully selected partnerships and new satellite spaces to serve new communities.
4. Increase our advocacy for nature, climate change mitigation and the crucial role of nature in improving mental health and wellbeing.
5. Manage our own semi-natural woodland to increase positive impacts on biodiversity enhancement, research and citizen science around woodland protection, and social benefits from wild land in an increasingly busy world.
6. Continue to sustainably grow our revenue to deliver increased impact whilst increasing our operational and financial strengths.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)

### FOR THE YEAR ENDED 31 DECEMBER 2024

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We will do this by undertaking activities that:

- Educate and inspire people to experience and connect with wild places.
- Provide an integrated service for improving the lives of the most vulnerable in our society, through the positive benefits of wilderness.
- Grow natural leaders of the future, through directly experiencing the positive benefits of wild nature.
- Protect and enhance biodiversity and green spaces.
- Continue to promote and support mental health and wellbeing across clients in Scotland and the rest of the UK.
- Promote and practice solutions to meet the Climate Change Crisis.
- To grow and strengthen our impact for environment and people we will:
  - Introduce people and children to nature.
  - Educate people how to love the natural world.
  - Change people's lives through nature.
  - Practise what we preach in caring for the earth and people.
  - Continue to grow our network in across Europe and our global relationships.

As WFUK increases its activities, we will also seek opportunities to build on and expand our understanding of wilderness and wild places for the benefit of both planet and its people.

## 6. Governance

**During 2024 we continued to manage our governance, with quarterly governance meetings reporting to the Board on policies, risk management, Trustee recruitment, staff handbook and articles of association. A full review of all our risk assessments were made in 2024 and carried into 2025. Applying for the AALA license in Scotland for our activities there also helps us focus on our governance and compliance.**

### 6.1 Status

The charity is a company limited by guarantee. Our governing document is a Memorandum and Articles of Association dated 20 November 2006, with an update to objects in 2010 and certain revisions in 2021.

### 6.2 Governing Body and Structure

The Trustees, who are also the directors for the purpose of company law, who served during the year and up to the date of signature of the financial statements were:

T Aykroyd	Chair of Environment Committee
SJ Carver	
D Fielding	
JA Fosh	Chair – Social Benefits Committee
AL J Gibbs	
P Grewal	
Dr P Hobson	
P Martin	
G Parry	Chair – Finance and General Purposes Committee
T Platts	
EJ Posey	Retired in 2024
JK Roberts	Chief Executive Officer
A Sheepshanks	
MD Soutar	Chair – Scotland Committee

# **WILDERNESS FOUNDATION UK**

## **TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)**

### **FOR THE YEAR ENDED 31 DECEMBER 2024**

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M Thomasson  
GVB Thompson  
MA Williams

Deceased May 2025  
Chairman  
Chair – Governance Committee

The Chief Executive Jo Roberts has dispensation from the Charity Commission to serve as Founding Director on the board, alongside working as Chief Executive Officer.

Our governing body is a Board of Directors of the charity and has an active Governance Committee made up of Trustees, including the Chair. As of 31 December 2024, there were 16 Trustees.

The Board of Directors is responsible for providing overall clarity for the vision, mission and strategic focus of the organisation. It also holds the Chief Executive to account against planned objectives. The Board meets four times over the course of the year and Directors are involved in other operational matters as needs dictate. Several committees offer more detailed support to the overall governance, programme oversight, strategy and finance – and report back quarterly to the main Board. In 2024 a special Mann Wood working group continues to support the management and oversight of the woods, alongside the Environment Committee leading on strategy and management.

The Wilderness Foundation UK forms part of the independent “Wilderness Foundation Global”, a consortium of forward-thinking, like-minded independent organisations with different skill sets. The organisations all share a common past, each founded and/or inspired by Dr. Ian Player, South Africa game ranger and international conservationist and his Zulu mentor and “brother”, the late Magqubu Ntombela.

The other members of the Wilderness Foundation Global are The Wilderness Foundation Africa, The WILD Foundation (USA) and the Wilderness Leadership School in South Africa.. Senior staff meet annually to set shared objectives, agree ethics and working partnerships and projects. All members of the network are completely independent of each other but share a common past. They have no financial ties or obligations beyond goods or services provided (predominantly by the Wilderness Leadership School which facilitates wilderness trails in South Africa for UK beneficiaries and client groups) and these are charged at the time the liability is incurred.

#### **6.3 Decision Making**

Responsibility for the day-to-day management of the organisation is delegated to the Chief Executive and the Senior Management Team. The Board of Directors focuses its attention on matters of policy and general strategy, the approval of plans, the monitoring of progress with projects and financial control.

New Directors are appointed by the Board and are assessed as to their suitability and the benefits that their appointment would bring to the Foundation, in terms of additional skills, experience and opportunities for promotion of the Foundation's aims and objectives.

A full induction programme is carried out covering all aspects of the work of the charity, the governance, the memorandum and articles of association and a review of the latest accounts.

On occasion, the Board may extend invitations to individuals to attend meetings in an advisory or observational capacity, where it is felt that the individual concerned can bring insight to an issue, or matter under review.

An ambassador programme invites people who can bring a benefit to the Foundation through their networks and are equally passionate about its objectives. They have no official role but abide by a set of principles and a formal agreement.

#### **6.4 Risk Management**

The Foundation is exposed to financial as well as operational risks and through the valuable experience and knowledge of its Board of Trustees, it proactively manages these through robust corporate governance and encouraging expert field-based awareness in all its endeavours.

# **WILDERNESS FOUNDATION UK**

## **TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)**

### **FOR THE YEAR ENDED 31 DECEMBER 2024**

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To manage and mitigate risk, a risk register is annually scrutinised by the Board of Trustees. The board allocate each risk to the committee/s it is most relevant to, who are then responsible for reviewing them on a quarterly basis. The senior management team review the risks internally and report any new or escalated risks to the main board. The committees collectively oversee a range of tasks, ensuring the organisation remains compliant. These include but are not limited to: data protection, policies, health and safety, legal requirements & updates, whistleblowing and complaints.

We have a robust child protection policy, safer recruitment practice, and safeguarding policy and procedures, to ensure the safety and wellbeing of all the young people, staff, and volunteers we work with. We maintain a register to ensure that all essential training is up to date.

#### **7. Scotland**

For reporting purposes to the Offices of the Scottish Charity Regulator (OSCR), we are required to make a separate statement of our work in Scotland. In this document we outline our achievements in the delivery of the Treun Programme. This work provides public benefit for the people of Scotland, particularly young people. The programme includes our project management team, headed by our CEO, Operations Manager and an administrator, guides, volunteers, and facilitators.

A Scotland committee oversees our work and delivery in Scotland, and we report annually to OSCR. We work in partnership with Scottish Land & Estates and have benefitted from the kindness of several landowners who have given access to their land, including Atholl Estates, Angus and Douglas Estates and the Glenlivet Estate. Our participants have been involved in conservation volunteering and we continue to work closely with the estates to offer benefits through this activity.

The programme includes 6 optional follow-on therapy sessions for the participants as well as workshops/or meetings in advance of trails with the schools.

#### **8. Financial Review**

##### **8.1 Financial Review**

2024 was a very significant year for the development of WFUK with continued strong growth of our service delivery and the completion of the purchase of Mann Wood, 92 acres of semi-natural ancient woodland close to our base at Chatham Green and the urban centres of Braintree and Chelmsford. Funding for the purchase of Mann Wood was provided by a grant from Biffa Awards of £734,391 and a contribution of £77,500 from the Banister Charitable Trust. This is the first land purchase completed by WFUK and as well as being significant operationally it also has a significant impact on the reported financial trends and so we also comment below on the results excluding Mann Wood to allow a better comparative to the past performance.

Total income for the year was £1,614,888 or £797,747 excluding Mann Wood, an increase of 15% and continuing the strong growth achieved in 2023. This was a very strong performance against the backdrop of a challenging fundraising environment. Our expenses increased by 10% to £830,127 and we generated a modest surplus excluding Mann Wood of £66,214. The deficits in 2022 and 2023 reflected the board decision to invest an exceptional one-off donation of £109,000 received in 2021.

Our total reserves at 31 December 2024 are £1,070,278 or £351,731 excluding Mann Wood, up from £285,517 at 31 December 2023. We believe it is prudent to retain these reserves and grow them modestly given the current high levels of uncertainty in the macroeconomic and geopolitical environments and also to enable us to respond to future development opportunities.

**WILDERNESS FOUNDATION UK  
TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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	<b>2020 (COVID)</b>	<b>2021</b>	<b>2022</b>	<b>2023</b>	<b>2024</b>
<b>Number of beneficiaries</b>	<b>1,200</b>	<b>6,500</b>	<b>8,000</b>	<b>8,200</b>	<b>7,500</b>
Total income	359,334	621,938	558,400	690,455	1,614,888
<b>Total income excluding Mann Wood</b>	<b>359,334</b>	<b>621,938</b>	<b>558,400</b>	<b>690,455</b>	<b>802,997</b>
Total expenses	258,150	439,733	615,831	757,342	830,127
Surplus / (Deficit)	101,184	182,205	(57,431)	(66,887)	784,761
<b>Surplus / (Deficit) excluding Mann Wood</b>	<b>101,184</b>	<b>182,205</b>	<b>(57,431)</b>	<b>(66,887)</b>	<b>66,214</b>
Total reserves	227,630	409,835	352,404	285,517	1,070,278
<b>Total reserves excluding Mann Wood</b>	<b>227,630</b>	<b>409,835</b>	<b>352,404</b>	<b>285,517</b>	<b>351,731</b>
Restricted reserves	137,149	207,942	173,672	126,274	914,807
<b>Restricted reserves excluding Mann Wood</b>	<b>137,149</b>	<b>207,942</b>	<b>173,672</b>	<b>126,274</b>	<b>196,260</b>
<b>Unrestricted reserves</b>	<b>90,481</b>	<b>201,893</b>	<b>178,732</b>	<b>159,243</b>	<b>155,471</b>

#### **8.4 Investment Policy**

As WFUK have not historically been required to make any financial investment, it was not previously deemed necessary to hold an Investment Policy. However, the Trustees recognise that this could become a requirement in the future as the charity continues to grow. With our purchase of Mann Wood successfully completed in 2024, the Trustees will have a land asset for the first time and new policy will need to be drafted in accordance with this.

#### **8.5 Affiliate Funds**

As in previous years, WFUK continue to be custodian trustees, managing funds and donors, on behalf of affiliate charities overseas, with whom we share the same values and mission. There are individual contractual agreements with each charity, which derive a small amount of income to cover overheads.

### **9. Responsibilities**

#### **9.1 Guarantors**

Every member promises, if the Charity is dissolved while he or she is a member or within twelve months after he or she ceases to be a member, to contribute such sum (not exceeding £10) as may be demanded of him or her towards the payment of the debts and liabilities of the Charity incurred before he or she ceases to be a member and of the costs and charges and expenses of winding up and the adjustment of the rights of the contributories among themselves.

**WILDERNESS FOUNDATION UK  
TRUSTEE'S REPORT (INCLUDING DIRECTORS REPORT)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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**9.2 Trustees' Responsibilities**

The Trustees, who are also directors of Wilderness Foundation UK for the purposes of company law, are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. These must give a true and fair view of the situation of the charitable company and of the incoming resources and application of resources. This includes the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company. These enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved on behalf of the Directors:

Mrs Joanne Roberts   
Chief Executive Officer (Signature)

Date: 5 August 2025

Vincent Thompson   
Chair (Signature)

Date: 5 August 2025

## Wilderness Foundation UK

### Independent Auditor's Report to the Members of Wilderness Foundation UK

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#### Opinion

We have audited the financial statements of Wilderness Foundation UK (the 'charitable company') for the year ended 31 December 2024, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and Notes to the Financial Statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

#### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the original financial statements were authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

#### Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

## Wilderness Foundation UK

### Independent Auditor's Report to the Members of Wilderness Foundation UK

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In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

#### **Opinion on other matter prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report (incorporating the Directors' Report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

#### **Matters on which we are required to report by exception**

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Directors' Report and from the requirement to prepare a Strategic Report.

#### **Responsibilities of trustees**

As explained more fully in the Statement of trustees' responsibilities (set out on page 3), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

## Wilderness Foundation UK

### Independent Auditor's Report to the Members of Wilderness Foundation UK

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#### **Auditor responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Acts and relevant regulations made or having effect thereunder. Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows;

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- We identified the laws and regulations applicable to the charitable company through discussions with trustees and other management, and from our commercial knowledge and experience of the charity sector
- We assessed the extent of compliance with the laws and regulations identified above through making enquiries of management.

We assessed the susceptibility of the group and parent charitable company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur by;

- Making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud.
- Considering the internal controls in place to mitigate the risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we;

- Performed analytical procedures to identify any unusual or unexpected relationships
- Tested journal entries to identify unusual transactions
- Investigated the rationale behind significant or unusual transactions

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

## Wilderness Foundation UK

### Independent Auditor's Report to the Members of Wilderness Foundation UK

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#### Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and in accordance with Regulation 10 of the Charities Accounts (Scotland) regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.

*S Drain*

.....  
S Drain (Senior Statutory Auditor)

For and on behalf of Edmund Carr LLP, Statutory Auditor

146 New London Road  
Chelmsford  
Essex  
CM2 0AW

Date: **5 August 2025**

## Wilderness Foundation UK

### Statement of Financial Activities for the Year Ended 31 December 2024 (Including Income and Expenditure Account and Other Comprehensive Income)

	Note	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
<b>Income and Endowments from:</b>					
Donations and legacies	3	186,006	1,274,548	1,460,554	558,793
Charitable activities	4	15,642	56,355	71,997	65,887
Investment income	6	2,770	-	2,770	2,629
Other income	5	20,370	59,197	79,567	63,146
Total income		<u>224,788</u>	<u>1,390,100</u>	<u>1,614,888</u>	<u>690,455</u>
<b>Expenditure on:</b>					
Raising funds	7	28,605	15,721	44,326	30,017
Charitable activities	8	165,304	620,497	785,801	727,325
Total expenditure		<u>193,909</u>	<u>636,218</u>	<u>830,127</u>	<u>757,342</u>
Net income/(expenditure)		30,879	753,882	784,761	(66,887)
Transfers between funds		<u>(34,651)</u>	<u>34,651</u>	-	-
Net movement in funds		(3,772)	788,533	784,761	(66,887)
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>159,243</u>	<u>126,274</u>	<u>285,517</u>	<u>352,404</u>
Total funds carried forward	20	<u>155,471</u>	<u>914,807</u>	<u>1,070,278</u>	<u>285,517</u>

All of the charitable company's activities derive from continuing operations during the above two periods.

**Wilderness Foundation UK**  
**(Registration number: 06003527)**  
**Balance Sheet as at 31 December 2024**

	Note	2024 £	2023 £
<b>Fixed assets</b>			
Tangible assets	14	746,753	2,600
<b>Current assets</b>			
Stocks	15	-	1,640
Debtors	16	37,907	18,293
Cash at bank and in hand		<u>346,199</u>	<u>296,810</u>
		384,106	316,743
<b>Creditors: Amounts falling due within one year</b>	17	<u>(60,581)</u>	<u>(33,826)</u>
<b>Net current assets</b>		<u>323,525</u>	<u>282,917</u>
<b>Net assets</b>		<u>1,070,278</u>	<u>285,517</u>
<b>Funds of the charitable company:</b>			
<b>Restricted income funds</b>			
Restricted funds	20	914,807	126,274
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>155,471</u>	<u>159,243</u>
<b>Total funds</b>	20	<u>1,070,278</u>	<u>285,517</u>


For the financial year ending 31 December 2024 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

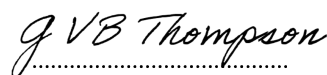
Directors' responsibilities:

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 38 to 55 were approved by the trustees, and authorised for issue on 5 August 2025, and signed on their behalf by:

  
 .....  
 G Parry  
 Trustee

  
 .....  
 G VB Thompson  
 Chairman and Trustee

## Wilderness Foundation UK

### Statement of Cash Flows for the Year Ended 31 December 2024

	Note	2024 £	2023 £
<b>Cash flows from operating activities</b>			
Net movement in funds per SOFA		784,761	(66,887)
<b>Adjustments</b>			
Depreciation	7	975	-
Cash on deposit, included with investments	7	-	50,000
Investment income	6	<u>(2,770)</u>	<u>(2,629)</u>
		782,966	(19,516)
<b>Working capital adjustments</b>			
Decrease in stocks	15	1,640	-
(Increase)/decrease in debtors	16	(19,614)	991
Increase/(decrease) in creditors	17	<u>26,755</u>	<u>(8,168)</u>
Net cash flows from operating activities		<u>791,747</u>	<u>(26,693)</u>
<b>Cash flows from investing activities</b>			
Interest receivable and similar income	6	2,770	2,629
Purchase of tangible fixed assets	14	<u>(745,128)</u>	<u>(2,600)</u>
Net cash flows from investing activities		<u>(742,358)</u>	<u>29</u>
Net increase/(decrease) in cash and cash equivalents		49,389	(26,664)
Cash and cash equivalents at 1 January		<u>296,810</u>	<u>323,474</u>
Cash and cash equivalents at 31 December		<u><u>346,199</u></u>	<u><u>296,810</u></u>

All of the cash flows are derived from continuing operations during the above two periods.

# Wilderness Foundation UK

## Notes to the Financial Statements for the Year Ended 31 December 2024

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### **1 Charitable company status**

The charitable company is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charitable company in the event of liquidation.

### **2 Accounting policies**

#### **Summary of significant accounting policies and key accounting estimates**

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### **Statement of compliance**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

#### **Basis of preparation**

Wilderness Foundation UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

#### **Going concern**

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charitable company.

#### **Income and endowments**

All income is recognised once the charitable company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

#### ***Donations and legacies***

Donations are recognised when the charitable company has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charitable company before the charitable company is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charitable company and it is probable that these conditions will be fulfilled in the reporting period.

#### ***Grants receivable***

Grants are recognised when the charitable company has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

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#### *Donated services and facilities*

Goods donated for resale are included at fair value, being the expected proceeds from sale less the expected costs of sale. If it is practical to assess the fair value at receipt, it is recognised in stock and 'Income from other trading activities'. Upon sale, the value of the stock is charged against 'Income from other trading activities' and the proceeds are recognised as 'Income from other trading activities'. Where it is impractical to fair value the items due to the volume of low value items, they are not recognised in the financial statements until they are sold. This income is recognised within 'Income from other trading activities'.

#### *Gift aid*

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

#### **Expenditure**

All expenditure is accounted for on an accruals basis and has been included under expenses categories that aggregate all costs for allocation to activities. Support costs, which cannot be directly attributed to particular activities, have been proportioned to the direct staff costs allocated to activities. Governance costs include the costs of servicing Trustees' meetings, audit and strategic planning.

#### **Tangible fixed assets**

Individual fixed assets costing £1,500 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Tangible fixed assets are initially measured at and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment 20% per annum straight line basis

Fixtures and fittings 20% per annum straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### **Stock**

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

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#### **Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charitable company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

#### **Financial instruments**

##### *Classification*

Financial assets and financial liabilities are recognised when the charitable company becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charitable company after deducting all of its liabilities.

##### *Recognition and measurement*

The charity has elected to apply the provisions of section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### *Basic financial assets*

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### *Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

#### 3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2024 £
Donations	78,737	92,610	171,347
Grants receivable	107,269	1,181,910	1,289,179
Commissioned Work	-	28	28
	186,006	1,274,548	1,460,554

In 2024 there was a restricted one off donation of £77,500 and a restricted one off grant received of £734,391 towards the purchase of Mann Wood.

	Unrestricted funds £	Restricted funds £	Total 2023 £
Donations	69,804	58,085	127,889
Grants receivable	106,489	318,001	424,490
Commissioned work	-	6,414	6,414
	176,293	382,500	558,793

#### 4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2024 £
Therapy camps and training	300	-	300
Bespoke education & therapy	-	54,545	54,545
Other income	15,342	100	15,442
Out there income	-	1,710	1,710
	15,642	56,355	71,997

	Unrestricted funds £	Restricted funds £	Total 2023 £
Therapy camps & training	300	2,350	2,650
Bespoke education & therapy	-	42,886	42,886
Other income	9,133	-	9,133
Out there income	-	11,218	11,218
	9,433	56,454	65,887

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

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#### 5 Other income

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2024 £</b>
Other generated income	3,510	59,197	62,707
Management fees	863	-	863
Event income	15,997	-	15,997
	<u>20,370</u>	<u>59,197</u>	<u>79,567</u>

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2023 £</b>
Other generated income	1,793	50,639	52,432
Management fees	3,125	-	3,125
Event income	7,589	-	7,589
	<u>12,507</u>	<u>50,639</u>	<u>63,146</u>

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

#### 6 Investment income

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2024 £</b>
Interest receivable on bank deposits	2,770	-	2,770
	2,770	-	2,770
	2,770	-	2,770
	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2023 £</b>
Interest receivable on bank deposits	2,629	-	2,629
	2,629	-	2,629
	2,629	-	2,629

#### 7 Expenditure on raising funds

##### Costs of generating donations and legacies

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2024 £</b>
Note			
Raising and publicly seeking donations, grants and legacies	28,605	15,721	44,326
	28,605	15,721	44,326
	28,605	15,721	44,326
	<b>Unrestricted funds £</b>	<b>Unrestricted funds £</b>	<b>Total 2023 £</b>
Note			
Raising and publicly seeking donations, grants and legacies		30,017	30,017
		30,017	30,017
		30,017	30,017

#### 8 Expenditure on charitable activities

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2024 £</b>
Note			
Direct costs	5,380	117,396	122,776
Staff costs	96,235	458,452	554,687
Support costs	41,276	38,656	79,932
Governance costs	22,413	5,993	28,406
	165,304	620,497	785,801
	165,304	620,497	785,801

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

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		<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2023 £</b>
Direct Costs		-	51,754	51,754
Staff costs		45,498	537,281	582,779
Support costs	9	-	63,001	63,001
Governance costs	9	-	29,791	29,791
		<u>45,498</u>	<u>681,827</u>	<u>727,325</u>

In addition to the expenditure analysed above, there are also governance costs of £28,406 (2023 - £29,791) which relate directly to charitable activities. See note 9 for further details.

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

#### 9 Analysis of governance and support costs

##### Support costs allocated to charitable activities

	Governance costs £	Other support costs £	Total 2024 funds £
Rates	-	26,752	26,752
Office expenses	-	11,045	11,045
Professional fees	26,968	-	26,968
Insurance	-	3,814	3,814
Marketing	-	2,935	2,935
Travel	-	11,611	11,611
Sundry expenses	-	23,774	23,774
Bank charges	463	-	463
Depreciation	975	-	975
<b>Total for 2024</b>	<b>28,406</b>	<b>79,931</b>	<b>108,337</b>
<b>Total for 2023</b>	<b>29,791</b>	<b>63,001</b>	<b>92,792</b>
	Governance costs £	Other support costs £	Total 2023 £
Rates	-	28,836	28,836
Office expenses	-	9,014	9,014
Professional fees	29,262	-	29,262
Insurance	-	640	640
Marketing	-	4,009	4,009
Travel	-	5,960	5,960
Sundry expenses	-	14,542	14,542
Bank charges	529	-	529
	<b>29,791</b>	<b>63,001</b>	<b>92,792</b>

##### Governance costs

	Total 2024 £	Total 2023 £
Professional fees	26,968	29,262
Depreciation, amortisation and other similar costs	975	-
Other governance costs	463	529
	<b>28,406</b>	<b>29,791</b>

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

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#### 10 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2024 £	2023 £
Operating leases - plant and machinery	1,138	1,138
Operating leases - other assets	24,776	24,817
Audit fees	14,400	14,400
Depreciation of fixed assets	<u>975</u>	<u>-</u>

#### 11 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charitable company during the year. No trustees were reimbursed expenses during the year (2023: £Nil).

JK Roberts, the Chief Executive Officer, who is also trustee, received remuneration for her role as an employee as agreed with the Charity Commission, this amounted to £50,063 (2023: £48,195) employers pension contribution £1,253 (2023: 1,245)

#### 12 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
<b>Staff costs during the year were:</b>		
Wages and salaries	349,659	350,750
Social security costs	26,858	28,821
Employer pension costs	7,728	8,287
Sessional staff	167,970	191,931
Staff training and supervision	<u>2,472</u>	<u>2,990</u>
	<u>554,687</u>	<u>582,779</u>

The monthly average number of persons (including senior management / leadership team) employed by the charitable company during the year expressed by head count was as follows:

	2024 No	2023 No
Average monthly number of employees	<u>13</u>	<u>13</u>

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charitable company were £50,063 (2023 - £48,195) employers' pension contribution £1,253 (2023:£1,245) and employers' NI £5,653 (2023: £5,396)

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

#### 13 Taxation

The charitable company is a registered charity and is therefore exempt from taxation.

#### 14 Tangible fixed assets

	Land and buildings £	Plant and equipment £	Fixtures and fittings £	Total £
<b>Cost</b>				
At 1 January 2024	-	28,103	10,218	38,321
Additions	741,789	3,339	-	745,128
At 31 December 2024	741,789	31,442	10,218	783,449
<b>Depreciation</b>				
At 1 January 2024	-	25,503	10,218	35,721
Charge for the year	-	975	-	975
At 31 December 2024	-	26,478	10,218	36,696
<b>Net book value</b>				
At 31 December 2024	741,789	4,964	-	746,753
At 31 December 2023	-	2,600	-	2,600

#### 15 Stock

	2024 £	2023 £
Trademarks	-	1,640

#### 16 Debtors

	2024 £	2023 £
Trade debtors	23,511	6,564
Prepayments and accrued income	14,396	11,329
Other debtors	-	400
	37,907	18,293

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

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#### 17 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	4,989	4,523
Social security and other taxes	8,343	10,637
Other creditors	32,399	2,003
Accruals and deferred income	14,850	16,663
	<u>60,581</u>	<u>33,826</u>

#### 18 Obligations under leases and hire purchase contracts

##### Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2024 £	2023 £
<b>Land &amp; Buildings</b>		
Within one year	<u>25,313</u>	<u>24,450</u>
<b>Other</b>		
Within one year	1,138	1,138
Between one and five years	<u>2,560</u>	<u>3,697</u>
	<u>3,698</u>	<u>4,835</u>

#### 19 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

#### 20 Funds

##### *Current year:*

	<b>Balance at 1 January 2024 £</b>	<b>Incoming resources £</b>	<b>Resources expended £</b>	<b>Transfers £</b>	<b>Balance at 31 December 2024 £</b>
<i>Unrestricted funds</i>					
Other unrestricted funds	159,243	224,788	(193,909)	(34,651)	155,471
<b>Restricted</b>					
CGP	4,451	121,723	(136,478)	10,304	-
TREUN	9,893	11,550	(54,802)	23,359	(10,000)
TurnAround Essex	71,815	57,500	(87,207)	-	42,108
Out There Academy	3,266	25,000	(29,254)	988	-
Wilderness and Nature Therapy	36,849	357,186	(229,883)	-	164,152
Mann Wood	-	817,141	(98,594)	-	718,547
<b>Total restricted</b>	<u>126,274</u>	<u>1,390,100</u>	<u>(636,218)</u>	<u>34,651</u>	<u>914,807</u>
<b>Total funds</b>	<u>285,517</u>	<u>1,614,888</u>	<u>(830,127)</u>	<u>-</u>	<u>1,070,278</u>

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

*Prior year:*

	<b>Balance at 1 January 2023 £</b>	<b>Incoming resources £</b>	<b>Resources expended £</b>	<b>Transfers £</b>	<b>Balance at 31 December 2023 £</b>
<b>Unrestricted funds</b>					
<i>Unrestricted funds</i>					
Designated funds	50,000	-	-	(50,000)	-
Other unrestricted funds	<u>128,732</u>	<u>200,862</u>	<u>(220,351)</u>	<u>50,000</u>	<u>159,243</u>
	<u>178,732</u>	<u>200,862</u>	<u>(220,351)</u>	<u>-</u>	<u>159,243</u>
<b>Restricted</b>					
CGP	35,077	101,883	(132,509)	-	4,451
TREUN	8,937	48,500	(47,544)	-	9,893
TurnAround Essex	21,580	145,500	(95,265)	-	71,815
Out There Academy	19,606	7,058	(23,398)	-	3,266
Wilderness and Nature Therapy	<u>88,472</u>	<u>186,652</u>	<u>(238,275)</u>	<u>-</u>	<u>36,849</u>
<b>Total restricted funds</b>	<u>173,672</u>	<u>489,593</u>	<u>(536,991)</u>	<u>-</u>	<u>126,274</u>
<b>Total funds</b>	<u>352,404</u>	<u>690,455</u>	<u>(757,342)</u>	<u>-</u>	<u>285,517</u>

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

The specific purposes for which the funds are to be applied are as follows:

Restricted funds have been disclosed within the requirements of the SORP. Included within each fund are individual grants for specific purposes that fit the nature and spirit of each fund disclosed.

Chatham Green Project (CGP)- an education initiative being delivered in partnership with Strutt and Parker (farms) at Chatham Green in Essex.

TREUN- this fund is for the delivery of a youth training programme in Scotland.

TurnAround- launched by the Wilderness Foundation UK in October 2007. It is a multi-faceted, nature based programme enabling vulnerable young people to make positive changes to their lives. This is achieved by linking community mentors, wilderness therapy, skills workshops and support for employment and further education in 6-9 month cycles.

Out There- a programme for young people facing difficulties in school and home lives. Runs during term time offering a personal development curriculum for children aged 13-15 years,

Wilderness and Nature Therapy- this is a range of different programmes offering online or face to face therapy services. We work with individuals, families, couples and groups. The programme addresses the needs of children, adolescents and adults.

Mann Wood- A 97 acre woodland which has been purchased to expand the charities services within the Essex area. In 2024, £811,891 was received as a capital contribution towards the purchase of Mann Wood.

A transfer of £34,651 from unrestricted to restricted was completed to cover the costs of the CGP, TREUN and Out there Academy projects in the year.

#### 21 Analysis of net assets between funds

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total funds at 31 December 2024 £</b>
Tangible fixed assets	4,964	741,789	746,753
Current assets	150,507	173,018	323,525
Total net assets	155,471	914,807	1,070,278
			<b>Total funds at 31 December 2023 £</b>
Tangible fixed assets	2,600	-	2,600
Current assets	156,643	126,274	282,917
Total net assets	159,243	126,274	285,517

## Wilderness Foundation UK

### Notes to the Financial Statements for the Year Ended 31 December 2024

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#### 22 Affiliate funds

At the year end, the client held affiliate funds of £43,085 (2023: £55,298) relating to Bush Heritage Australia and WF Africa. There is a creditor on the balance sheet of £30,877 that is due to be paid to WF Africa after year end. The total sum received in 2024 £37,175 and total spent £49,389 as acting agents.

#### 23 Analysis of net cash

	<b>At 1 January 2024</b>	<b>Financing cash flows</b>	<b>At 31 December 2024</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Cash at bank and in hand	<u>296,810</u>	<u>52,389</u>	<u>349,199</u>
Net debt	<u>296,810</u>	<u>52,389</u>	<u>349,199</u>
	<b>At 1 January 2023</b>	<b>Financing cash flows</b>	<b>At 31 December 2023</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Cash at bank and in hand	<u>323,474</u>	<u>(26,664)</u>	<u>296,810</u>
Net debt	<u>323,474</u>	<u>(26,664)</u>	<u>296,810</u>

#### 24 Related party transactions

There were no related party transactions in the year.

**Wilderness Foundation UK**

The following pages do not form part of the statutory financial statements.

## Wilderness Foundation UK

### Detailed Statement of Financial Activities for the Year Ended 31 December 2024

	<b>Total 2024 £</b>	<b>Total 2023 £</b>
<b>Income and Endowments from:</b>		
Donations and legacies	1,460,554	558,793
Charitable activities	71,997	65,887
Investment income	2,770	2,629
Other income	79,567	63,146
Total income	<u>1,614,888</u>	<u>690,455</u>
<b>Expenditure on:</b>		
Raising funds (analysed below)	(44,326)	(30,017)
Charitable activities (analysed below)	<u>(785,801)</u>	<u>(727,325)</u>
Total expenditure	<u>(830,127)</u>	<u>(757,342)</u>
Net income/(expenditure)	<u>784,761</u>	<u>(66,887)</u>
Net movement in funds	784,761	(66,887)
<b>Reconciliation of funds</b>		
Total funds brought forward	<u>285,517</u>	<u>352,404</u>
Total funds carried forward	<u><u>1,070,278</u></u>	<u><u>285,517</u></u>

**WILDERNESS FOUNDATION UK**

England & Wales - Charity number 1118493

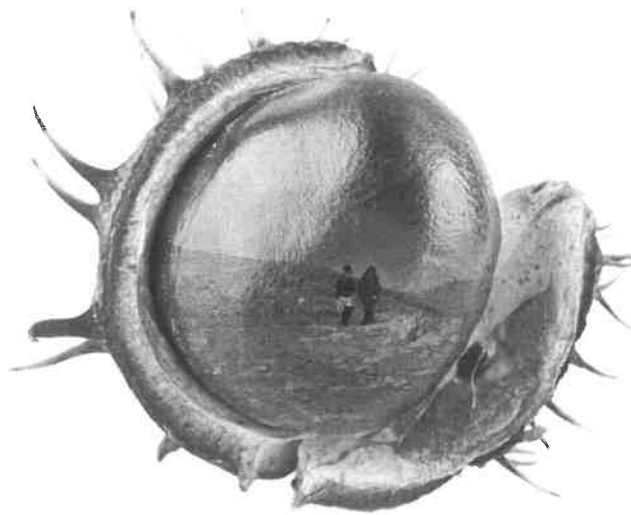
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# Accounts

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**WILDERNESS FOUNDATION UK**  
(51.7659°N, 0.6674°E)  
[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)



**ANNUAL REPORT  
AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDING  
31st DECEMBER 2023**

Wilderness Foundation UK/ Registered Company No. 06003527  
Registered Charity in England No. 1118493/ Registered Charity in Scotland No. SC041697

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# WILDERNESS FOUNDATION UK

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# WILDERNESS FOUNDATION UK

## REFERENCE AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 DECEMBER 2023

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Trustees	G VB Thompson	(Chair)
	T Aykroyd	(Chair of Environment Committee)
	E Posey OBE	
	JK Roberts	(Founder Director and Chief Executive Officer)
	V Martin	Resigned 18/05/2023
	MA Williams	(Chair of Governance Committee)
	Dr P Hobson	
	P Martin	(Chair of Finance/ General Purposes Committee)
	A Sheepshanks	
	JA Fosh	(Chair of the Social Benefit Committee)
	AL J Gibbs	
	MD Soutar	(Chair of the Scotland Committee)
	P Grewal	
T Platts		
S J Carver		
Secretary	JK Roberts	
Registered numbers:	Charity England:	1118493
	Charity Scotland:	SC041697
	Company:	06003527
Registered office:	Trinity House 2 Whitbreads Business Centre Whitbreads Farm Lane Chatham Green Essex CM3 3FE	
Banks	Barclays Bank 40-41 High Street Chelmsford CM1 1BE	
Auditor	Edmund Carr LLP 146 New London Road Chelmsford Essex CM2 0AW	

## **WILDERNESS FOUNDATION UK**

### **INTRODUCTION FOR THE YEAR ENDED 31 DECEMBER 2023**

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The Directors, who are also the trustees of the charity for the purposes of Charity Law, present their annual report, which is also the Directors report as required by the Companies Act and the audited financial statement of the charity for the year ended 31 December 2023.

The financial statements have been prepared in accordance with the accounting policies as set out in the note 1 to the financial statements and comply with the Charities Act 2011 and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities applicable to entities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS102)" as amended for accounting period commencing from 1 January 2019.

This report represents the twelve months to 31 December 2023 and describes what the Wilderness Foundation UK achieved, explains our constitution and governance arrangements, and outlines our future plans.

We would like to thank the donors, sponsors, and friends of the Wilderness Foundation for their tremendous contributions in enabling us to make meaningful impacts for nature and people, and to reach our largest number of beneficiaries in our history, during this year.

## Chair of the Board of Trustees Report



Once again, I am delighted to report another busy and productive year for the Wilderness Foundation UK (WFUK). Building on the hard work of the post pandemic years we proudly report our greatest impact in terms of the people we have engaged with during the year reaching 8000.

Following my appointment as Chair of The Wilderness Foundation UK (WFUK) three years ago, the Board decided on a strategy to grow the charity given the dramatic increase in demand post pandemic for our services and capitalising on the strong base established by our exceptional Chief Executive and her team and the excellent governance structures put in place by my predecessor. Our committee structure has served us well providing focus for our three key areas of work, Education, Environment and Therapy and enabling Trustees to engage more closely with our work and share their expertise to support our busy core team.

Against this background, I am also pleased to report further increase in our total income from £558,400 to £690,455, an increase of 24%. Our costs have also risen with total expenditure of £757,342 as compared to £615,831, an increase of 23%. The resultant deficit of £66,887 as compared to £57,431 reflects the decision to invest an exceptional one-off donation of £109,000 received in 2021 in the further expansion of our operations in 2022 and 2023. This has reduced our reserves of £409,835 at the end of 2021 to a more appropriate level of £285,517 at the end of 2023.

Whilst the social therapy activities of the charity have continued to grow rapidly, with a 12% increase in participation hours year on year, the Environment Committee felt more could be done to fulfil our mandate for wilderness protection and nature engagement. As announced on 22 April 2024, we have been extremely fortunate to be able to address this through the purchase of 92 acres of semi-natural ancient woodland (Mann Wood) funded by BIFFA Award and Banister Charity. Since this acquisition was completed after the year end, it does not feature in our financial statements other than as a post balance sheet event. (see note 27 in the financial statements.)

Mann Wood is only ten minutes' drive from our head office and close to Chelmsford and Braintree. Over the past 30 years, David Boyle has brought the wood into single ownership and is now trusting us with the care of this treasured asset. Over the past six years, WFUK has been using Mann Wood for a range of therapy and outdoor engagements. These activities will continue and be expanded but we can now also focus on the environmental aspects including enhancing biodiversity, climate change mitigation and carbon capture. Our objective is to manage the woods in such a way as to provide a model for other owners seeking to protect their woodlands with the gradual implementation of minimising management. We aim to partner with academic institutions and citizen science to map how the process of minimising management may enhance biodiversity and mitigate climate impacts.

This acquisition is also a major milestone for us since it is the first land to be owned by the Foundation since we started in 1976. Preserving this exceptional place is also imperative given the exponential housing development in the areas of Chelmsford and Braintree (alongside other parts of Essex). Our objective is to maintain the wood as a vital green space for the community to enjoy.

The woodland will also serve as an alternative location for services currently provided at Chatham Green, our headquarters, where over many years we have established a beautiful and inspiring place to work with communities and people from across Essex. Our strategy to continue development across Essex where there

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023**

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is deprivation and demand for our services is supported by key partnerships such as the National Trust in Hatfield Forest, Colchester City Council in Highwoods and the Spains Hall Estate.

This ties in with the exponential increase in demand for our outdoor therapy services. Over the past year, hours of therapy offered to individuals (with high numbers of younger children) has grown significantly by 68%, as too the number of groups that we serve who come for various reasons including Domestic Violence. With demand so high, we battle to raise the funds needed to meet the requirements of offering a rapid response rather than leaving people on waiting lists for months when they are in need of urgent help. Statutory services are referring their complex cases to us as they are strapped to deliver a response in a short space of time. As our reputation has increased, so have our referral numbers – in some ways a happy result – but not when families, children and other vulnerable people are struggling with mental health issues. We are particularly grateful to the National Lottery for their support over three years and other funders who recognise the growing problems of mental health decline.

We have also seen a sharp rise in referrals from Social Prescribers working to pathway patients from GP services, but again this does not come with funding, further exacerbating a growing funding problem for charities such as ourselves.

During the year we made changes to the team running our Treun Scotland programme and invested time in a fresh start bringing on a dynamic new Project Coordinator based in Perthshire who arrived with youth work experience, mountain leader training and who worked with Mountain Search and Rescue and so has all the ingredients to motivate, inspire and lead young Scots to love nature and wild places, and thereby grow belief in themselves. Further staff appointments are being made in early 2024.

We continue to learn and grow from the monitoring and evaluation of our groups and individual clients and are grateful for the feedback we receive that puts nature firmly in the centre of recovery and building resilience and hopefulness on the journey to mental wellbeing.

Whilst delighted to report on the successes of 2023, it is clear that with a difficult political and economic environment, funding will be a challenge in 2024 to maintain our current position and achieve new targets. To address this, we have taken on more fundraising support and invested in growing the administration team who deal with referrals.

The growth of a strong Senior Management Team over the past year has served to provide a stable base for our development over the next couple of years. Meantime our focus will be on securing the future of Mann Wood and continuing our expansion within Essex to provide an attractive base in order to take our exceptional model outside Essex in the future.

In April and July 2023, we made an essential cost-of-living adjustment to support staff. I would like to record my thanks to an exceptional CEO for her dedication and vision in addressing some of society's most pressing problems and to our committed staff and freelance team who are passionate about their work notwithstanding the challenges of a growing business and the difficulties of the economic environment. We are nothing without them. I am also grateful to the Trustees who give their free time extensively and bring an impressive level of expertise.

**Vincent Thompson**  
**Chair of Trustees**  
**June 2024**

**WILDERNESS FOUNDATION UK  
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**Our Objects and Aims**

Founded in 1976, WFUK has sought to pursue its objectives through the three disciplines outlined below, all of which are interrelated and support each other. Our approach to all three disciplines has been academic with regular and comprehensive monitoring and evaluating, supported by a long-term relationship with The University of Essex, The Judge Business School, Cambridge and Writtle University College. The five-year track record included under the Financial Review on page 37 bears witness to the success of our approach and the increased demand for our services and our growth over the past year. We aim to continue our development of all three disciplines.

Our charity's objects as set out in the company's memorandum of association are:

**To advance the education of the public by increasing knowledge and understanding of wilderness and the conservation thereof and the interrelationship between wilderness and the environment generally by the provision of instruction and of opportunities for direct experience of wilderness; to initiate and manage social benefit programmes which use wilderness experience to enable vulnerable and disadvantaged people to play a fuller role in society (especially the young).**

These philosophies are deeply embedded within the guiding principles of the organisation, and WFUK undertake to support and facilitate programmes and advocacy under the following banners:

 <b>ENVIRONMENT</b>	 <b>EDUCATION</b>	 <b>THERAPY</b>
		
<p>Climate change mitigation around nature, rewilding, and sustainability. Inspiring programmes including youth action projects, making positive changes for the environment and nature.</p>	<p>Environmental and curriculum-based workshops for Primary, Secondary and SEND schools as well as our Leadership Academy involving team building and wilderness expeditions.</p>	<p>Supporting vulnerable young children, teens and adults in personal growth, improved mental wellbeing and resilience. Working with wild nature as a therapeutic tool to gain perspective and understanding.</p>

The nature of our work intertwines these objectives. Those who are referred to us for a therapeutic reason always leave with an understanding of the natural environment and vice versa. Therefore, whilst the following report looks to define the work undertaken within each discipline, there are often overlaps.

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023**

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The majority of work is undertaken at our headquarters at Chatham Green, located in the rural outskirts of Chelmsford in Essex. Other satellite sites include Essex based spaces such as Mann Wood, (near Gt Leighs), Spains Hall Estate (near Finchingfield), Highwoods (Colchester), Hatfield Forest (near Harlow) and a range of rural Scottish estates, primarily in South Lanarkshire, Perthshire, and Aberdeenshire.

We refer to the Charity Commission's general guidance on public benefit when reviewing our objects and aims and on planning our future activities. In particular, the Trustees consider how planned activities will contribute to the objects and aims they have set.

The charity was reconstituted in 2006 and changed its name from The Wilderness Trust to The Wilderness Foundation UK.

In 2021 our Governance Committee updated our Memorandum and Articles of Association and worked through the Charity Commission to have these amended and filed.

Additionally, in 2023 we conducted further training and development in First Aid, mentor training, outdoor therapists CPD and training, GDPR, health and safety and safeguarding.

We continued to be registered as an Approved Provider for Essex County Council, Southend Borough Council, South Lanarkshire Council, Perth and Kinross Council, Fife, Aberdeenshire Council and North Lanarkshire Council.

### **Public Benefit Statement**

This statement complies with the duty set out in section 4 of the Charities Act 2006 to have due regard to public benefit as published by the Commission.

The charity was founded in 1976 by Dr Ian Player DMS and Sir Laurens van der Post with the aim of raising the profile and value of wilderness areas, through offering direct experience of wild places to a wide range of the general public, with a focus on young people in particular.

We continue this work today, with our activities focused on three key areas – the environment, education (including leadership) and outdoor therapy with its concomitant social benefits.

Regularly connecting with the public takes place by our marketing officer and we use a range of communication tools, such as blogs, articles, podcasts, lectures, events, sharing research outcomes and social media. This helps us to reach beyond our immediate community of participants and friends on the need for our work and communicate the urgency of creating global and local awareness of the balance between people and nature, and advocates for the wellbeing of both through conservation efforts, social programmes, nature therapy, outdoor activities, and leadership.

**“If future generations are to remember us with gratitude rather than contempt, we must leave them with more than the miracles of technology. We must leave them a glimpse of the world as it was in the beginning, not just after we were through with it.”**

***Lyndon B Johnson 1908 – 1973***

**WILDERNESS FOUNDATION UK  
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**1. The Environment**



**We aim to protect wilderness and wild places by highlighting economic, social, mental health and biodiversity benefits of wild nature. We encourage our participants to take action to build a sustainable planet.**

During 2023 we were offered an extraordinary option to purchase 92 acres of semi-natural ancient woodland close to the main centre. Happily, we were successful in raising the necessary funds to purchase it and by the end of the year had a formal offer of purchase funds from Biffa Award with additional funding from The Banister Trust. (As this report is being written in June 2024, we are pleased to report that the completion of the purchase has taken place and we are now the proud owners of this exceptional space for nature). This remarkable development enables us to have our own land and fits with our strategic aim of increasing environmental land management and a focus on biodiversity and climate mitigation. The Environment Committee met quarterly in support of the main board of Trustees. They continued to follow a long-term growth strategy for our environmental engagement.

To add to our engagement footprint and strategy, we have established partnerships with landowners with strong environmental objectives and continue to drive our network to expand our reach. We have used opportunities to educate and advocate on how biodiversity and rewilding can support the mitigation of climate change, been engaged in volunteering in both England and Scotland, and can offer thoughts and ideas around actions we all need to be taking to reduce our carbon impact on the planet. Our work with Beaver Education at Spains Hall Estate has been key to this.

Our committee and team have focused on the impact of climate change, loss of biodiversity, increasing population, rewilding, pressure from housing development and infrastructure on fragile and disappearing green spaces, and the positive impact of wilderness and protected green space in mitigating climate change and biodiversity decline.

Both our CEO and Professor Peter Hobson, co-chair of the Environment Committee, continue to serve as commissioners on the **Essex Climate Action Commission**. This enables us to make a difference through the commission on climate change mitigation and reaching carbon net zero goals by 2050. We have greatly benefitted from being at the forefront of action across Essex and other parts of the UK.

Our CEO also serves on the Local Nature Partnership in Essex. This forms part of a national initiative for raising awareness of existing and potential areas for protection in each county.

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023**

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The Environmental Education team join various think tank groups of other environmentalists and educators across the country such as Conservation Optimism, Heads of Education Sustainability Group, and close links with Chelmsford City Councillors who are focused on sustainability and environment.

We believe that communities, government, and business leaders have an inherent responsibility to act as responsible custodians of the environment and to support healthy society through best practice. To help educate on the practical application of these concepts, we continue to run a range of outdoor activities for corporates, social service providers, and others. Through the development of ESG and CSR, we are looking to engage with corporate organisations, to help them develop their internal systems and programmes.

During the year the Environment Committee developed a key set of environmental principles to guide advocacy and best practice.

### **1.1 Partnerships**

In 2023, we have developed further partnerships with third party landowners, such as Colchester City Council, which adds to existing successful partnerships with Hatfield Forest in Takeley owned by The National Trust and Spains Hall Estate in Finchingfield, owned by Archie Ruggles Brise.

Colchester City Council enable us to deliver programmes in Highwoods on the edge of the city. This area enables us to access communities of high levels of disadvantage such as Clacton and Jaywick, and other more remote parts of north Essex to the Suffolk border.

Hatfield Forest offers an exciting opportunity to deliver education programmes. It is an internationally significant site, both for its ecology and cultural heritage and is the most complete example of a medieval royal hunting forest surviving today. With over 1,000 acres of ancient coppices and wood pasture and 1,000 years of continuous management, it provides a unique insight of how the countryside was shaped in the years following the Norman Conquest.

Spain's Hall Estate complements our education programmes and environmental goals through regenerative farming and the recent reintroduction of beavers, the first in Essex for over 400 years. The estate has requested we deliver their education programmes on their behalf. Workshops will be run to encourage young people to act for the natural world by inspiring them through an active and engaging environmental mission. This will focus on the beaver habitats, complementing the established education programmes at Chatham Green, by providing a new innovative experience.

The Foundation works with the John Muir Trust, Institute of Outdoor Learning, Learning Outside the Classroom, X-Adventures amongst others and delivers the John Muir Award within programmes in both Scotland and England.

### **1.2 Environmental Programmes, Youth Advocacy and Climate Action**

#### **1.2.1 Treun Scotland**

Conservation volunteering is embedded within Treun, our wilderness therapy, personal growth and resilience programme that operates across various estates in Scotland. Participants are encouraged to spend a day on the rural estates, working with rangers and ecologists to undertake conservation

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023**

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volunteering alongside wilderness therapy. For example, peatland restorations, wetland management, vegetation clearing and tree planting. This goes alongside therapy-based wilderness trails over five days.

The programme is delivered on a range of estates predominantly Atholl Estates in Perthshire and the Glenlivet Estate in Aberdeenshire.

Whilst on the wilderness therapy programme, the participants are given the opportunity to be awarded a Leave No Trace (LNT) certificate (see below). We also continue our partnership with the John Muir Trust and our outdoor instructors are qualified in delivering their programme. The John Muir Trust (JMT) is a Scottish charity, established in 1983 to conserve wild land and wild places 'for the benefit of all.' The LNT and JMT awards help the participants to gain a sense of accomplishment, improving self-confidence and self-awareness. At the same time, it advances their understanding of the natural environment and helps develop practical employability skills.

### **1.2.2 The Learning Outside the Classroom (LOtC) Quality Badge**

We received our LOtC badge again in 2023. The LOtC Quality Badge demonstrates that we have passed a robust assessment process and that we meet schools' learning and risk management needs, which applies to all the programmes on offer.

### **1.2.3 Wild Schools**

2023 saw the launch of 'Wild Schools', a new Climate Action Outreach programme for Year 5 and 6 students. The programme's main funding came to an end in 2023 but we persisted with other small grants and donations and we continued to deliver this programme of significant importance to children and young people. Understanding climate change is complex and our team endeavour to make the programme easily digestible, simple in message but also empowering young people to take action and influence in their school communities and become 'environmental heroes'. Learning covers the importance of nature and our relationship to it, the definition of climate change, sustainability and all the concepts around climate change that are out there. After presentations the young people create a youth led environmental project over 4 weeks. Under guidance and supervision, the group decide on a common goal they want to champion. For example, biodiversity, campaigning, or waste reduction. Interest in the project was picked up by the Climate Action Commission in Essex and our head of environmental education made a presentation to the wider commissioning team.

Together with our 'Young Environmental Advocates', the team have enabled fantastic youth led environmental projects. These included increasing biodiversity on school grounds, raising awareness of ocean plastics through a school concert, creating an Eco Trail for a school to participate in and improving a wildlife area at a community allotment for people and local wildlife.

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### **1.2.4 Down to Earth Allotments in Chelmsford**



The Down to Earth Project currently works out of 6 allotment plots in Melbourne Park, central Chelmsford. A variety of different fruits and vegetables are grown, alongside ornamental plants, and areas left wild for the benefit of native wildlife.

During the year we had a change in facilitation, and this was planned to have as little impact on the participants as possible and we believe this was achieved. The Melbourne Park project offers an oasis of calm in chaotic lives and is predominantly attended by adults with various additional needs including mental health difficulties, learning delays and social exclusion.

They meet weekly, and take on seasonal tasks, from sowing seeds and planting out crops, to harvesting the fruits of their labours, alongside routine jobs like weeding, watering, mowing the grass, and pruning. The social inclusion element of the project is key, and the group sit together at lunchtime to catch up and talk about how the allotment is growing, as well as how they are doing. New participants this year have been referred from charities such as MENCAP and The Children's Society, as well as private care companies, and self-referrals through personal recommendation.

We also cater for a lunchtime club from New Hall School, who come during term-time to help to maintain the allotments to learn basic horticultural skills. This group adds a fresh young dimension to our weekly sessions, provides the students a chance to reconnect with nature during their busy academic days, and also provides the project with a small financial benefit as the schools pay for this service.

Currently, the allotment groups are offered free of charge to our vulnerable participants, and we rely on outside funding to make this happen. This year we are very grateful for the contributions of The National Lottery, Saffron Community Fund, Cherry Fund and Co-op Community Fund which have allowed us to carry out this valuable work.

We developed new infrastructure during 2023 with a site-office shipping container being donated. This provides safe storage and allows us to engage our community even on very wet days where we can take on 'under cover' activities.

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023**

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As part of the Royal Horticultural Society's Communities programme, we hosted a #BigFoodShare including our neighbouring allotment plot holders, members of the local community, local businesses and councilors to share in food made from produce which we grew on the allotment. This event had a fantastic turn out and helped to raise the profile of the Down to Earth Project, as well as reinforcing the importance of the work we do and allowing participants to see the end goal of their hard work. Adding to the sense of circularity, this year we produced salts and oils infused with herbs grown on our allotments giving our participants the chance to see how some of the things we grow can be used. These were sold to raise money and proved a talking point at many events we attended.

### **Impact :**

In 2023, nearly 1,000 hours were spent on the allotment by participant adults and children, with a large number of further hours given freely by our team of volunteers to help maintain the allotment space. Some of these hours were kindly donated by groups of corporate volunteers, such as those from Chelmsford Council who helped to clear the area around the newly installed shipping container.

Currently the food grown at the allotment is shared amongst those growing it. However, we also donate food to the homeless charity 'Sanctus' in Chelmsford, to support others in the community in need.

During 2023 we have hosted several public engagements including the Mayor of Chelmsford, amongst other councillors and civic officers. With potential development on its boundaries in 2024 there are further opportunities for the allotments to be accessible to a wider community and grow its impact that we wish to pursue.

### **1.2.5 Leave No Trace Training**

We continue to promote Leave No Trace values throughout all our programmes and through our outreach over the years, we have delivered LNT Awareness training for hundreds of children and adults. This teaches the values and ethics of respecting nature and the outdoors, managing your personal impact on the earth and learning not to leave litter or traces of ourselves wherever we travel outdoors.

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## **2 Environmental Education and Leadership**



Through the year we educated over 7000 young people about biodiversity and nature, their relationship to the wild and how they can care for it. We develop leaders for the future who understand the crucial need for a balance between humans and nature, to ensure a sustainable future for all. We continue to develop our offering to include primary, secondary, graduate, and postgraduate education, alongside bespoke training for businesses and corporates.

**Wilderness Leadership Programmes have continued to take place in Scotland this year.**

### **2.1 Education**

We understand that learning from an early age embeds practice and forms mindsets. For this purpose, we take our role as environmental educators very seriously. Through the year, we delivered a range of curriculum-based education opportunities to children and teenagers about biodiversity, natural history, and geography linked to landscape and the sciences.

During the outdoor classes we teach Leave no Trace ethics, principles of sustainable living, and aim to build a long and lasting love and connection to the wild.

We continue to work with schools and young leaders to develop a social and ecological experience through wilderness journeys. Since Covid we have not replaced our South African Wilderness Leadership trails which have existed since 1976 but have been offering journeys in Scotland. We continued to work with schools under the Haberdashers' Company and liaised with existing partner schools to develop a trails programme for 2024 and 2025. The work with young leaders of the future is core to the mission of the Foundation and the Environment Committee.

We aim to rebuild our historic South African programme of Wilderness Leadership in 2024 as it struggled post covid to enable school groups to take up international travel. We know that exposure and experience of Africa is life changing for many, but also develops a deeper understanding of environmental and social issues in an unforgettable way and we encourage all our young leaders to take learning back into their future lives by supporting them with leadership tools, vision and purpose.

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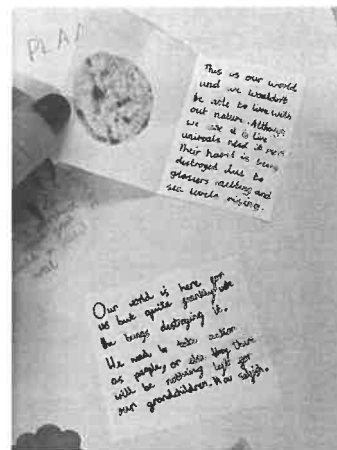
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## 2.1.1 Wilderness Environmental Education

The Wilderness Environmental education program engaged a total of 7,100 young people from January to December 2023. The team expanded to new sites and launched a series of brand new workshops.

### Climate Action

2022 saw the launch of Wild Schools, a new Climate Action outreach programme for Year 5 and 6 students. The programme for 2023 was funded for five classes to each receive four interactive presentations focused on the importance of nature, understanding climate change, sustainability, and planning environmental projects. Wild Schools has been an influential programme delivered within schools, to encourage stewardship of the environment by giving young people the knowledge and empowerment to make a difference.



*"Thank you for the sessions. The children have been very inspired by all the talk of ponds and bug hotels and hedgehog homes, and have also loved talking about the bigger picture threats to the planet. It's been great seeing your smiley faces every week. Really hope we can do this again next year!"*

*– Teacher at Writtle Juniors*

In 2023 the team delivered environmental education to schools at three sites in Essex - our headquarters at Chatham Green, National Trust Hatfield Forest and Spain's Hall Farm Estate in Finchingfield. Across the year the team engaged nearly 2,500 young people from schools, with further 4,500 being made up of Special needs groups, children's camps, events and other engagements including bird ringing and our young ambassador programme. This includes early years all the way to secondary school.

For the first time WFUK staff guided young people around the beaver enclosure at Spains Hall Farm Estate, home to the first beavers to return to Essex in over 400 years. Children and teachers experienced firsthand how beavers transform the landscape – an immersive and memorable encounter that brings to life the animals' crucial role as ecosystem engineers. The team demonstrated beaver adaptations and how these enable the beavers to create more biodiverse habitats. Beavers are elusive creatures so the team bring out our helpful beaver diagram, Bertie, to help with the explanations.

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*'We were very impressed with the organisation of the day and how smoothly it was run. The leaders were engaging, and the children loved being hands on. The leaders were enthusiastic. The children loved it!'*

*–Teacher quote from a School Visit 2023*

**Holiday Camps**



School holiday camps have continued to be successful across 2023 with a total of 719 young people joining us throughout the year. This year we have found that more SEN young people are finding our camps, allowing us to provide specially adapted opportunities for young people who would not usually be able to stay all day at a holiday camp with other young people of different ages.

**SEND Group education and Experiential learning Opportunities**

Special Education and Disability groups (SEND) have continued throughout the academic year. The sessions have continued to be of extreme value to the wellbeing of students and teaching staff.

In 2023 we have been reached by new SEND schools and we plan to continue expanding our reach in 2024. We have had a total of 332 SEND students visit us across the year and we continue to work closely with each school, ensuring that every visit is specifically tailored to the young people's needs.

**Youth Advocacy**

Youth advocacy continues to have grown in the year with the continuation of the Team Sapling group (aged 12-15) and the completion of the new Wildlife Area at the allotments.

During 2023 we have been working on the launch of our 2024 Youth Voice programme which will incorporate a wider age range of committed young people who wish to do more for the environment both practically and through outreach.

# WILDERNESS FOUNDATION UK

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#### Events:

- Open Farm Sunday, continues to be a success, seeing many returning visitors as well as new faces to the Foundation. We also ran our third annual Santa in the Woods event, which was a great success despite inclement weather.
- We were part of the Essex Schools Food and Farming Day, which ran for the first time since 2019 due to the pandemic.
- The team also hosted corporate outdoor days for various teams who wanted to work specifically in volunteering or climate activities.
- Rotary Club Essex, for example, have been key supporters of a range of volunteer and team initiatives on our sites.

## 2.2 Leadership Programmes

Whilst protecting the environment, we also understand that effective leadership and advocacy is enhanced through direct experience of the natural world. We facilitate this by using experts in their field to deliver the programme, which includes team building exercises alongside education regarding Corporate Social Responsibility (CSR) and Environmental Social and Governance (ESG).

We live in a world where the disconnection with nature grows daily and there is urgency to address this as resources and biodiversity diminish. Climate change is a vital area to address and support all groups to play their part in contributing to a more sustainable future. The Foundation is linked to a wide range of influential groups and think tanks in this realm and seeks to address public engagement and action through its varied programmes, both social and environmental.

The increase in corporations and organisations looking to evidence their environmental and social responsibility dovetails into this work and we continue to build relationships with business groups and corporates who volunteer or donate to support our work.

All our programmes have included:

- building respect for the earth's rich but diminishing biodiversity;
- the value of simple and low impact experience of the outdoors;
- the benefits of leaving no trace and an undisturbed environment;
- understanding the challenges that nature endures at present and how we as individuals and collectively support nature and the environment; and
- Nature needs Half and we have to make space for nature to thrive and inter alia for us as a species to survive.

During the year we hosted four corporate events with one large event for a London based media company for eighty participants including evening activities and dinner.

### 2.2.1 Wilderness Leadership Academy

Continuing many years of working with Haberdashers' Company schools, in 2023 another group of 8 young school leavers were successful in winning a scholarship to take part in an in depth social and environmental programme based in Scotland. The group canoed the length of Loch Awe, the longest inland loch in the country before working as volunteers on the slopes of Ben Nevis with the Nevis Partnership.

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Young people currently coming through the scholarship programme tend to be from non-affluent backgrounds. For most, Scotland was a novel and new experience, made easier to manage with the lingering pressures of covid, that were still affecting them in the background. By focusing on domestic delivery of the programme, the transport was more sustainable, whilst also allowing us to support local communities.



Students were bright and engaged, some camping and canoeing for the first time in their lives. One participant quoted:

*'Applying for the Scotland trip was a massive step out of my comfort zone. I have always loved going on hikes and being in the outdoors, but I had never wild camped for more than a night. However fast forward to now, I am still telling people how amazing my time was in Scotland and how much I enjoyed every minute. Yes there were times when I found it difficult, especially when it was raining whilst we were canoeing down the Loch however being around such lovely people made the experience so worth while... The expedition itself has taught me some valuable lessons, like for example, I now use my phone so much less than I used to so I can properly take in the surroundings around me'. OB*

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### **3 Social Benefit and Outdoor Therapy Programmes**



**We aim to support vulnerable children, young people and adults in personal growth, improved mental health and resilience. We work with nature as a therapeutic tool to gain perspective, a sense of belonging and understanding. More and more people are gaining understanding of how much better being in nature makes them feel and this has really helped us in our work. Feedback often contains words such as ‘relaxed’, ‘peaceful’, ‘finding myself’, ‘feel I am part of something’.**

Through the year, we worked on key social issues in our communities that benefit from therapeutic wilderness programmes – providing a range of experiential, outdoor based programmes that improve physical and mental wellbeing for the individual, many of whom are disadvantaged and vulnerable. For example, in Essex where our headquarters are based, Domestic Violence has become a major priority and an area that we support the police and other domestic abuse charities and services through our Blossom programme.

In our Treun Scotland programme we also find an increasing number of referrals of young people who have experienced domestic abuse, much inflamed during the Covid pandemic when families were locked up together, and school was not there to help add structure and support.

Throughout 2023, we delivered bespoke and tailored therapy interventions to over 2000 beneficiaries that harnessed the healing power of nature. We resourced and supported a wide range of vulnerable children, teenagers, vulnerable adults, and those with SEND needs to see improvements in their behaviour and mental health and an improved connection to nature.

At the core of these interventions are carefully developed physical and psychological wellness programmes, which aim to provide specific support for our participants. These include tools to regulate their own mental health, employability, resilience building, coping mechanisms, aspiration, self-esteem & confidence building, and skills development or vocational training aspects.

Furthermore, we have again seen how powerfully young people respond to spending time in wilderness areas. Based on a long history of using the healing power of nature for personal and social

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transformation, we continued to integrate various levels of long and short Wilderness Trail activities into our holistic intervention projects.

Through research, our monitoring of social and personal change, and improvements in mental health, enabled us to share outcomes. This demonstrated the benefit and value that wilderness and wild places offer everyone in our communities, with a focus on those in need.

We consult all our participants through a structured, academically led, and informal feedback process. Since 2007, this has been supported by our longitudinal research and analysis by the University of Essex, and internal assessments of projects such as the 'Out There Academy'.

The measured benefits of time in the wild, supports the urgent need to protect our remaining wild and green spaces, not just for their biodiversity and landscape value but also to improve the wellbeing and mental health of society. We share our outcomes widely through a range of papers, blogs, conferences, documentaries, and the media.

### **3.1 Treun Scotland**



**Treun supports young people in areas of high youth unemployment and disadvantage in Scotland. Young people who display an interest in the outdoors and are experiencing difficulties with their mental health are targeted to take part. The project provides nature-based experiences and conservation volunteering opportunities, focusing on personal development, wilderness therapy and skills-based learning opportunities within wild, rural areas. We remain a proud partner with Scottish Land and Estates.**

During the year the team continued to pick up on the lasting effects of the Covid pandemic and re-establishing links with existing schools and building new connections.

New therapists and guides have been recruited and have shadowed existing staff as part of their training.

We increased the number of trails post covid and delivered four programmes during 2023. During the year we also invested in building new networks, which amongst others includes the Scotland Rural Mental Health Forum, talks and events run by Youth Scotland and Place2Be Scotland. We refreshed our delivery and also engaged with new schools for 2024.

During 2023, we worked with a range of teens aged between 13-15 years old, with different emotional and behavioural needs. Mental health difficulties include trauma, depression, anxiety, gender dysphoria, suicidal thoughts, self-harm, surviving domestic violence, behavioural and emotional

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disorders, eating disorders, bullying and self-esteem issues. Participants are encouraged from all backgrounds and the programme is inclusive, seeking to engage all genders, sexual orientation, and ethnic groups.

One to one time as well as group therapy offers a powerful opportunity to build self-confidence, social skills and to work through issues that may be troubling them. The participants carry out a volunteering programme and they earn the John Muir Award and Leave No Trace accreditation. Six weeks support counselling is made available for graduates to support them once home after the trail.

Group sizes range between 6-8 participants thus keeping the groups small to ensure personalised attention, and measured impacts included:

- Happiness
- Leave No Trace awareness
- Teamwork
- Understanding feelings
- Friendship
- Liking myself
- Camping skills and nature ID

*The project is very appropriate for the YP. It helps with building trust and confidence and I can see the benefits for the young people first hand. It does require a lot of work to get them out but when they are there it is of huge benefit. From my perspective the candidates are exactly right for the programme. They are mostly young people who tend to lack confidence and self esteem and will benefit most from the challenge of getting out and away in a nurturing but stretching environment'. Teacher 2023.*

*'I have really enjoyed myself. I have learned that I can do a lot of things if I put my mind to it'  
'I have learned how to make friends and talk to them.  
I have a better understanding of nature and respect for it. I like now to spend time outdoors as well as technology'.  
Treun beneficiaries 2023.*

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**3.2 Out There Wilderness Academy**



The academy works with young people aged between 13 – 15 years old and are primarily referred by schools. Many are not attending education, are involved on the edges of gangs or anti-social behaviours, experience family breakdown and/or, have significant behavioural and emotional issues. It is a six-week course, one full day a week. Additional therapy is offered to those who need more support.

Across the year we have worked with participants facing complex issues in their lives, commonly anger and emotional problems, ADHD, anxiety and depression, school refusing, suicidal ideation, grief, gender issues, exposure to gangs, autism.

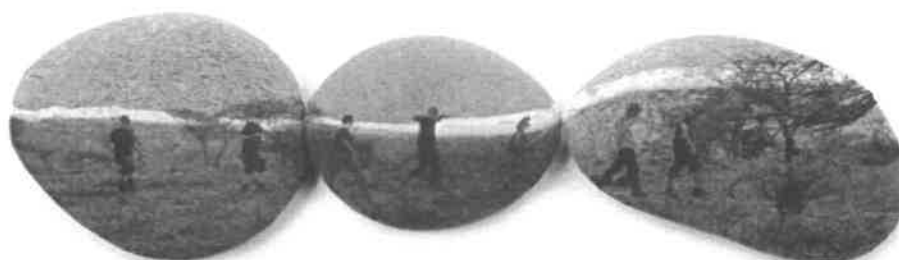
In 2023 we delivered 9 cohorts of the Out There Wilderness Academy. This served **63 young people** and provided **1,380 hours** in person time and over the year we saw **58%** overall improvements across all groups on our measured outputs and saw the greatest improvement in the following areas:

**76%** Life Skills and Knowledge

**70%** Improved Mood

**65%** Feeling More Confident

**65%** Independent Living Skills



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**Quotes from clients:**

*“Don’t judge people before getting to know them”*  
*“Talking is better than keeping quiet about things”*  
*“I need to learn to open up, I have struggled to talk about my feelings, and this has held me back.”*  
*“I need to be calmer about things”.*  
*“Nature is calming. How to make a fire and that if I try my best, I can achieve a lot!”*

We believe the Out There programme enables young people to realise their potential and feel confident in moving forward in education or employment. We don’t preach to them, we encourage and mentor them in believing in themselves and the possibilities the future holds. Nature allows them to find the space to grow and find their emotional resilience and by working in a group and taking part in activities they are able to consider the effects of their behaviour on other people.



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**3.3 TurnAround - Cohort 15 & 16**



Turnaround is a nine month intervention for young people aged between 15-21 years old. They are referred with significant complex mental health, trauma, and behavioural needs. The programme includes one to one mentoring, regular workshops, and two wilderness therapy expeditions, family and other referral engagement, and a formal graduation. It is run by outdoor leaders and a wilderness therapist, who are supported by volunteers. One to one therapy is also offered to those who require an additional level of support.

In 2023 we completed cohort 15 of the TurnAround Project and started cohort 16 later in the year with their graduation planned for early 2024. Overall, we delivered **2,679** hours of support in person time, and overall, we saw an average improvement across the group of **58%**.

- **83%** of the group showed improvements in their Happiness, Self Confidence and Self Acceptance.
- **67%** of the group showed improvements in their ability to Trust and Love others, and Substance Misuse.
- **50%** of the group showed improvements in their Family and Other Relationships.

We have worked with participants presenting the following issues, which include, but are not limited to, complex mental health issues, self-harm, depression and anxiety, suicidal ideation, NEET, SEND, anger and mood disorders, isolation, confidence and self-esteem issues, relationship breakdowns, grief and loss, recovery from substances, and domestic violence recovery.

In the final weeks of the programme and post-graduation the participants reported the following successes/progress in their lives:

Successfully gained employment, enrolled in further education, confident to return to school to finish GCSE's following school anxiety and bullying barriers, taking confident steps to become self-employed, increased knowledge and understanding of the risks to personal safety online, the confidence to declare a career path to family that is true to them rather than what was expected of them, integration with community through attending youth and exercise groups, a greater understanding of how to access and utilise nature in their local area for their ongoing wellbeing.

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*"I have more confidence in myself and I'm more pleasant to be around, also have a better attitude about myself and will now look after others and myself better." TA participant.*

**What we achieved:**

In the final weeks of the programme and post-graduation the participants reported the following successes/progress in their lives:

**Quotes from the group:**



*"I got out of Turnaround the optimism and drive I used to lack in my everyday life. I learnt to care for people and respect them and to accept advice and be prepared to see things through"*

*"I will do more stuff for myself. I will be more authentic to how I'm feeling. More confident in life. Have a better attitude to life. I am looking forward to the future"*

*"Hardest thing was getting involved and joining the program. The best was climbing mountains and the beautiful views."*

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**3.4 Blossom Domestic Abuse Project**



We ran seven cohorts, in 2023, for women children and teenagers in separate groups. The group therapy programme offered at least eight weeks for each cohort, a total of 1,574 hours of mental health support to survivors and witnesses of domestic abuse.

After completing the programme, 100% of adult participants reported they were managing to keep healthy and physically active, and 100% of teenage participants reported their life skills and knowledge had improved.

70% of adult participants reported that they understood why they have had to change the way they lived, they were coping well with the changes in their lives, and they can talk to someone they trust if they do have bad thoughts. While 70% of teenage participants reported their physical health, mood, respect for others, and relationship at home had improved.

We are grateful to the Essex Police Fire and Crime Commission for their support, our referrers and The University of Essex for their research and academic support.

*“Thank you to everyone at the Wilderness Foundation.  
You all do such amazing things! Thank you to Jo and everyone else from the Blossom Project.  
Not just for the opportunity but for everyone's kindness.  
It helped me remember the outdoors is such a freeing and healing place. I even found a friend for life!  
One day I want to return to help someone else change their life for the better!”*

*- TN 30 years*

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**3.5 Brave Futures Therapy Programme**



Brave Futures offers mental health support in nature-based workshops for adults, children, and teens. The groups attend for eight weeks, one day a week. The programme is run by two outdoor therapists with the help of volunteers.

We ran six cohorts from Braintree using generous funding from Eastlight, and two programmes with residents from Colchester and Tendring with support from Live Well Fund. We are grateful for other funding which included specialist work to cover suicide prevention. This was an increase of group provision from five cohorts in 2022 to nine cohorts in 2023.

Outcomes were consistently positive, for example, out of one child and one teen group, 100% of the teens reported their social networks and friends' improved; and 80% of the children had improvement in Life Skills and Knowledge and in Feeling Confident after completing the programme.

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**3.6 1-2-1 Nature-based and Online Counselling**



During 2023 we had our busiest ever referral year for one to one and group counselling with a waiting list that kept growing. We understand that due to the delays in many statutory services we have become known as a space for children, teens, adults and families to receive help for all forms of mental health crises. We noticed a significant growth in children's referrals – presumably linked to our outdoor counselling and therapy services that often suit clients who need engagement in a more dynamic manner.

We have aimed to keep our waiting times as short as possible but with demand and funding being limited we have had to adjust our waiting times to around a month. This compares favorably with many statutory waiting lists that can extend to 12-18 months.

In terms of referrals, we continue to be referred to by schools, Family Solutions, other charities but the bulk of referrals still come through Child and Adolescent Mental Health Services (CAMHS), Health Care Resourcing Group (HCRG), and social prescribers attached to GP services. Apart from HCRG all other support leans back on our own fundraising.

Currently, we work with on average 300 referral agencies and schools, with ages ranging from 4 to 75 years old. On average, the referrals are offered 10 sessions and have reported significant improvement in mental health and wellbeing as a result of the therapeutic intervention.

In 2023 we provided 3,872 hours of 1-2-1 counselling to individuals, compared with 2,297 hours in 2022.

On average, 41 referrals were received each month throughout the year and due to the continuous high demand of the counselling service and limited funding, waiting time has increased from as short as 2 weeks to 3 months.

64% of the counselling hours were supported by our own reserves while we were waiting for funding, and thanks to The National Lottery Fund, we could continue to offer free counselling to people in need from August 2023. We are grateful to the NLF for enabling us to maintain this service

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which remains critical for early intervention, trauma impacted clients and those experiencing anxiety, depression, self-harm, suicidal ideations amongst other complex presentations.

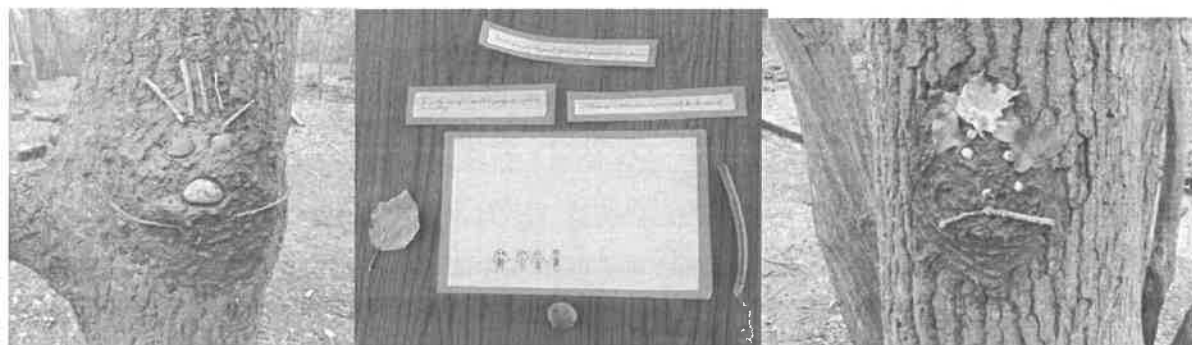
Out of the questionnaires completed and returned by individuals, 100% reported improvement in challenging behaviours, relationship, emotional distress and social isolation after receiving counselling support; 79% reported improvement in conflict with family; 63% reported improvement in risky behaviour, and 54% reported improvement in aggressive behaviour.

*"The family was happy with the funded counselling. It's absolutely incredible that you made it happen within the funded offer. Thank you lots for your hard work and dedication. Our families love you!"*

*SET CAMHS, Mid Essex*

*"They (the therapy team) are simply amazing. My child has benefited so much from the therapy and we are so grateful for how they've supported us as a family. It is just all so well organised and easy. The office is very efficient!"*

*A mother whose child attended 1-2-1 nature-based play therapy*



### 3.7 Therapy Staff and Training

In order to continue to deliver the important work that we undertake, we are supported by a skilled and passionate team of facilitators and counsellors. During the year we grew our team and counsellors, which includes those based in Scotland.

#### 3.7.1 Association of Outdoor Therapists and Facilitators and Supervision

Supervision for all counsellors is offered through engagement with our clinical supervisor every six weeks. Five new placement counsellors joined during the year, and they receive additional support. New counsellors are invited to shadow existing groups alongside more experienced team members. This helps

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them understand the locations we operate in, our culture, safeguarding practices, and processes, alongside Leave No Trace ethics.

Each group concludes with a feedback session to evaluate any safeguarding needs, our delivery, and outcomes. Reports are made to referring agencies.

CPD training events were held across 2023 for feedback and professional development in areas alongside offering a new therapist peer support group.

The team expanded again with new therapists wishing to join the Foundation and we have continued to improve on our training and induction processes for our new therapists. This includes outdoor skills, alongside learning new ways of working therapeutically in nature.

### **3.7.2 Outdoor Therapy Immersions for referral agencies and other groups**

During the year we continued to deliver wellbeing days for referral agencies and other social care agencies who work with the Foundation or who have been interested in our work, for example, Anglia Ruskin University and Post Adoption team. Groups learn about our services in more depth, gain experience of our working outdoors by taking part in activities and the feelings and outcomes associated with these whilst also enjoying the peace of the natural environment. They are bespoke groups that we create specialist facilitation plans for, including their own team needs and any issues.

As the teams have developed a more in depth understanding of our work and delivery, our referral process has improved significantly. We feel we are also able to contribute to the wellbeing of teams who work at the coal face in very stressful roles.

In addition, we supported corporate days, enabling teams to access wild nature and a beautiful environment, whilst they explored and developed their work practice, leadership, and team support.

### **3.7.3 Wilderness Therapy**

We offer accredited Wilderness Therapy training and have restricted the enrolment to include only therapists and counsellors, to further develop their outdoor training. During 2023 we delivered two programmes at Chatham Green including a three-day, two-night Wilderness Therapy introductory theory training at our site in Chatham Green, followed by a longer residential course.

*'Broadened my theoretical and experiential knowledge of working safely and creatively for the purposes of therapy, within and utilising the wilderness.'*

*This training is for counsellors/psychotherapists, which means that it goes to a certain depth and as a participant, I gained a lot of insight from other fellow therapists. I would highly recommend this course.'*

*'Just the right mix of content, plenty of depth with the theory, risk assessments and group dynamics with nature and outdoor thread throughout. Experiential learning through nature art and activities, time out for solo reflective process. So much value and joy in the share space and perspective of like-minded therapists. I holds the group process with ease continually modelling the ethos and qualities needed to be a wilderness therapist.' Participants 2023*

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### **3.7.4 Mentor Training**

We have noticed post covid that there has been a dramatic drop in volunteer numbers which is shared by others in the industry. The impact has been significant for the Foundation as we rely heavily on our volunteer support and mentors. We have responded by reviewing and enhancing our volunteer engagement, aiming to make working with us as meaningful and rewarding as possible. We attended several volunteer fairs, and done further training on recruiting and retaining volunteers to make sure we are best prepared to hold on and attract volunteers.

During the year, we continued to make use of a personalised training online medium, called Mentor Loop. This meant people could study in their own time and at their own pace. This has facilitated the training of mentors as soon as they complete our Safer Recruitment procedures.

Mentors serve young people on our Treun Programme in Scotland, TurnAround, Allotments, Out There, Blossom, Brave Futures and also undertake climate change work. They are key to our delivery quality. Other volunteers support administration and finances within the office.

## **4 Marketing, Media & Fundraising Activity**

**2023 continued the Foundation's success of previous marketing campaigns and rigorous fundraising activity to support the ongoing costs and development of the Wilderness programmes. We would like to thank all our funders, supporters and private philanthropists who have helped us continue to grow our level of support for beneficiaries through both our educational and therapeutic programmes.**

### **4.1 Marketing**

Our Gold Medal Wilderness Foundation Garden, funded by Project Giving Back and designed by Charlie Hawkes, was relocated as part of the funding agreement. We were delighted to have the opportunity to gift this garden to Henry Maynard School in Walthamstow where they replaced a section of tarmac with this prize-winning garden for the children to use in play and learning.

During the August Bank Holiday weekend, we were invited to exhibit at the Countess of Warwick Show where we were able to interact with thousands of visitors over the two days. With people attending from across the county, we were able to introduce our education, environmental and social work to a new audience of potential beneficiaries and supporters.

Our annual Wilderness Charity Golf Day took place at Braintree Golf Club again this year in June, with 13 teams of four players along with hole sponsorship, raffle ticket sales and donations helping make it yet another successful event. Monies raised on the day went to helping support our Out There programme. Due to the successful partnership with the team at Braintree Golf Course and positive feedback from players, another golf day is booked for 2024.

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### **4.2 Media**

Argonon chose us to again be one of their charity partners for a digital campaign, but this time for their Masked Singer UK series 5, having previously partnered on their Masked Dancer series. By using the assets and audience of 'The Masked Singer' on ITV we were able to help promote our work and increase our digital audience engagement with posts shared with the Masked Singers audience online of over 100,000. We were also invited to appear on their podcast MaskCast, to talk about our charity.

We were endorsed by fundraiser Mark Agnew who was interviewed, wearing a wilderness branded top, on BBC breakfast news as well as other national media outlets to promote his latest world-first adventure. He was the first person, along with his team 'Arctic Cowboys' to kayak continuously across the North West Passage so becoming a world record breaker. He was also given the title of 'European Adventurer of the Year' and continued to promote our work whenever he was given media coverage. Mark raised over £15,000 for WFUK by successfully raising significant donations through his endeavours, as well as increasing our presence on social media and the national news.

### **4.3 Fundraising**

During the year we raised the bulk of our income through grants from a range of charitable trusts and foundations. Other income was raised through our annual online match funding campaign with the Big Give and legacy donations. We increased our corporate partnerships and sponsorship opportunities with several organisations making us their Charity of the Year with employees setting fundraising events to raise further funds and organising corporate team building days. We expanded our fundraising capability and recruited additional support for all programmes to help achieve our increased targets for the year. We continued our success in fundraising outcomes with six multi-year funding commitments for our programmes.

### **4.4 Community Fundraising & Events**

Community fundraisers in 2023 included some amazing sporting challenges such as the Hadrians Wall Walk, London to Paris Bike Ride, Gleeds Sponsored Walk, who all raised money for the Foundation. Other fundraising events included our first Wilderness Quiz with the help of the Mildmay Rotary group, a non-uniform day organised by the Boswells school and the 2023 Rotary District 1240 Conference where they helped raise funds throughout their district members. John Lewis Foundation donated funds through their Chelmsford branch with other kind donations including someone who had asked their wedding guests to donate to the Foundation instead of buying presents and a wilderness volunteer who gained sponsorship from their company for their volunteering time spent with us.

We continued to use online fundraising platforms in 2023 including, JustGiving, and also the Big Give match funding platform, which helped us raise a record level of funds throughout the year and helps makes the process of donating as easy as possible to help maximise opportunities through a variety of ways to pay.

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As in previous years we continue to open up the gates at Chatham Green for our yearly Open Farm Sunday, Wilderness Creative Workshops, and another successful Santa's Grotto. Each event at our Chatham Green site allows the local community to discover the beautiful setting and the support services we provide.

## 5. Future Plans

**We will continue to demonstrate, advocate and apply the positive impact of wilderness and wild places for the wellbeing of the individual and society. Beneficiaries comprise a range of demographics and the spectrum spans from the most vulnerable to those with leadership potential.**

To meet the growing interest in WFUK, we continue to work to our growth objectives for the Foundation. These remain consistent and unchanged from 2023 although we have had to adapt to the increasing demand that we are experiencing on the therapeutic services we offer both in Essex and Scotland.

1. Sustainably grow and manage the impact and outputs of beneficiaries supported by our social benefit/therapy, educational and environmental programmes - currently 8,000 in 2023. Growth must reflect maintaining the high quality of service we work hard to achieve.
2. Extend the areas where our programmes are provided within Essex and Scotland, focusing on areas of deprivation and environmental restoration programmes.
3. Develop and grow our operations, through carefully selected partnerships and new satellite spaces to serve new communities.
4. Increase our advocacy for nature, climate change mitigation and the crucial role of nature in improving mental health and wellbeing.
5. Manage the opportunity of owning our own semi-natural woodland to increase positive impacts on biodiversity enhancement, research and citizen science around woodland protection, and social benefits from wild land in an increasingly busy world.
6. Continue to sustainably grow our revenue to deliver increased impact whilst increasing our operational and financial strengths.

We will do this by undertaking activities that:

- Educate and inspire people to experience and connect with wild places.
- Provide an integrated service for improving the lives of the most vulnerable in our society, through the positive benefits of wilderness.
- Grow natural leaders of the future, through directly experiencing the positive benefits of wild nature.
- Protect and enhance biodiversity and green spaces.
- Continue to promote and support mental health and wellbeing across clients in Scotland and the rest of the UK.
- Promote and practice solutions to meet the Climate Change Crisis.
- To grow and strengthen our impact for environment and people we will:
  - Introduce people and children to nature.
  - Educate people how to love the natural world.
  - Change people's lives through nature.
  - Practise what we preach in caring for the earth and people.

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**Mann Wood: Purchase of 92 acres of semi-natural ancient woodland**

In line with our ambition to increase our environmental activity (to balance the work done on education and therapy) the Foundation has been fortunate to not only raise funds but also complete ownership of this woodland in 2024. Located in an island of green, surrounded by ever growing towns and cities, plus rural housing growth, this woodland is essential as a sanctuary for both nature and people. Our intention is to support an academic process with baseline studies on biodiversity and woodland health with ongoing reviews into the future to explore anticipated benefits of minimal intervention. The use of citizen science alongside this will engage the wider community and create a space for engagement for schools and civic groups. Research into nature connection and a range of human wellbeing factors will continue to be conducted by the University of Essex, who have partnered us since 2007. Of strategic importance, the woodland will serve as a place of retreat from a busy world for all life who will engage with it. This meets the overall objectives of the Wilderness Foundation UK, almost in one space alone.

As WFUK increases its activities, we will also seek opportunities to build on and expand our understanding of wilderness and wild places for the benefit of both planet and its people.

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## 6. Governance

During 2023 we continued with a comprehensive review of our governance, including policies, risk management, Trustee recruitment, staff handbook and articles of association.

### 6.1 Status

The charity is a company limited by guarantee. Our governing document is a Memorandum and Articles of Association dated 20 November 2006, with an update to objects in 2010 and certain revisions in 2021.

### 6.2 Governing Body and Structure

The Trustees, who are also the directors for the purpose of company law, who served during the year and up to the date of signature of the financial statements were:

GVB Thompson	Chairman
T Aykroyd	Chair of Environment Committee
AL J Gibbs	
P Grewal	
Dr P Hobson	
P Martin	Chair – Finance and General Purposes Committee
T Platts	
EJ Posey	
JK Roberts	Chief Executive Officer
JA Fosh	Chair – Social Benefits Committee
A Sheepshanks	
MD Soutar	Chair – Scotland Committee
MA Williams	Chair – Governance Committee
V Martin	<i>Retirement in 2023</i>

The Chief Executive Jo Roberts has dispensation from the Charity Commission to serve as Founding Director on the board, alongside working as Chief Executive Officer.

Our governing body is a Board of Directors of the charity and has an active Governance Committee made up of Trustees, including the Chair. As of 31 December 2023, there were 13 Trustees. In March 2023, Vance Martin resigned after many years of faithful service. We are deeply grateful to him for all he brought to WFUK over the years.

The Board of Directors is responsible for providing overall clarity for the vision, mission and strategic focus of the organisation. It also holds the Chief Executive to account against planned objectives. The Board meets four times over the course of the year and Directors are involved in other operational matters as needs dictate. Several committees offer more detailed support to the overall governance, programme oversight, strategy and finance – and report back quarterly to the main Board. In 2023 a special Mann Wood working group was established to support the fundraising, acquisition and development of the purchase of 92 acres offered to the Foundation with a completion date in early 2024.

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The Wilderness Foundation UK forms part of the "Wilderness Foundation Global", a consortium of forward-thinking, like-minded independent organisations with different skill sets. The organisations all share a common past, each founded and/or inspired by Dr. Ian Player, South Africa game ranger and international conservationist and his Zulu mentor and "brother", the late Magqubu Ntombela.

The other members of the Wilderness Foundation Global are The WILD Foundation (USA) and the Wilderness Leadership School and Wilderness Foundation Africa. Senior staff meet annually to set shared objectives, agree ethics and working partnerships and projects. All members of the network are completely independent of each other but share a common past. They have no financial ties or obligations beyond goods or services provided (predominantly by the Wilderness Leadership School which facilitates wilderness trails in South Africa for UK beneficiaries and client groups) and these are charged at the time the liability is incurred.

### **6.3 Decision Making**

Responsibility for the day-to-day management of the organisation is delegated to the Chief Executive and the Senior Management Team. The Board of Directors focuses its attention on matters of policy and general strategy, the approval of plans, the monitoring of progress with projects and financial control.

New Directors are appointed by the Board and are assessed as to their suitability and the benefits that their appointment would bring to the Foundation, in terms of additional skills, experience and opportunities for promotion of the Foundation's aims and objectives.

A full induction programme is carried out covering all aspects of the work of the charity, the governance, the memorandum and articles of association and a review of the latest accounts.

On occasion, the Board may extend invitations to individuals to attend meetings in an advisory or observational capacity, where it is felt that the individual concerned can bring insight to an issue, or matter under review.

An ambassador programme invites people who can bring a benefit to the Foundation through their networks and are equally passionate about its objectives. They have no official role but abide by a set of principles and a formal agreement.

### **6.4 Risk Management**

The Foundation is exposed to financial as well as operational risks and through the valuable experience and knowledge of its Board of Trustees, it proactively manages these through robust corporate governance and encouraging expert field-based awareness in all its endeavours.

In order to manage and mitigate risk, a risk register is annually scrutinised by the Board of Trustees. The board allocate each risk to the committee/s it is most relevant to, who are then responsible for reviewing them on a quarterly basis. The senior management team review the risks internally and report any new or escalated risks to the main board. The committees collectively oversee a range of tasks, ensuring the organisation remains compliant. These include but are not limited to: data protection, policies, health and safety, legal requirements & updates, whistleblowing and complaints.

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023**

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We have a robust child protection policy, safer recruitment practice, and safeguarding policy and procedures, to ensure the safety and wellbeing of all the young people, staff, and volunteers we work with. We maintain a register to ensure that all essential training is up to date.

### **7. Scotland**

For reporting purposes to the Offices of the Scottish Charity Regulator (OSCR), we are required to make a separate statement of our work in Scotland. In this document we outline our achievements in the delivery of the Treun Programme. This work provides public benefit for the people of Scotland, particularly young people. The programme includes our project management team, headed by our CEO, Operations Manager and an administrator, guides, volunteers, and facilitators.

A Scotland committee oversees our work and delivery in Scotland, and we report annually to OSCR. We work in partnership with Scottish Land & Estates and have benefitted from the kindness of a number of landowners who have given access to their land, including Atholl Estates, Angus and Douglas Estates and the Glenlivet Estate. Our participants have been involved in conservation volunteering and we continue to work closely with the estates to offer benefits through this activity.

The programme includes 6 optional follow-on therapy sessions for the participants as well as workshops/or meetings in advance of trails with the schools.

### **8. Financial Review**

#### **8.1 Financial Review**

In 2023, WFUK continued the steady progress achieved since year 2021 with the hours of support delivered rising from 29,223 to 38,338, an increase of 31%.

Total income for 2023 increased from £558,400 to £690,455, an increase of 24% comprising a 30% increase in Restricted Income and an 10% increase in Unrestricted Income. Again, this is a strong performance in a year when there was fierce competition for funding.

In line with our expansion strategy and including the cost of employing external consultants to help raise the finance for Mann Wood total expenses increased from £615,831 to £757,342, an increase of 23% with Restricted increasing from £410,988 to £536,991 and Unrestricted from £204,843 to £220,351. The resultant deficit of £66,887 compares to £57,431 in 2022 and reflects the decision to invest an exceptional one-off donation of £109,000 received in 2021 in the further expansion of our operations in 2022 and 2023. This reduced our reserves of £409,835 at end of 2021 to a more appropriate level of £285,517 at the end of 2023.

**WILDERNESS FOUNDATION UK  
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)  
FOR THE YEAR ENDED 31 DECEMBER 2023**

**8.2 Five Year Track Record**

<b>Deliverables</b>	<b>2019</b>	<b>2020 (COVID)</b>	<b>2021</b>	<b>2022</b>	<b>2023</b>
Number of Beneficiaries	6,000	1,200	6,500	8,000	8,200
Total Income	435,339	359,334	621,938	558,400	690,455
Total Expenses	372,674	258,150	439,733	615,831	757,342
Surplus / Deficit	62,665	101,184	182,205	(57,431)	(66,887)
Total Reserves	126,446	227,630	409,835	352,404	285,517
Restricted Income	183,610	178,418	358,700	376,718	489,593
Restricted Expenses	(152,975)	(108,403)	(287,907)	(410,988)	(536,991)
Unrestricted Income	251,729	180,916	263,238	181,682	200,862
Unrestricted Expenses	(219,699)	(149,747)	(151,826)	(204,843)	(220,351)
Restricted Reserves	67,134	137,149	207,942	173,672	126,274
Unrestricted Reserves	59,312	90,481	201,893	178,732	159,243

**8.3 Reserves Policy**

The total level of reserves has reduced from £352,404 to £285,517 reflecting the investment over the past two years of a 'one-off' donation of £109,000 received in 2021. Details of Reserves are set out in Note 21 to the Financial Statements.

**Unrestricted Reserves**

WFUK holds cash reserves to cover costs should i) the organisation have to close; ii) unexpected costs arise in the ordinary course of business; and iii) funding be paid in arrears. The Directors believe that to cover such eventualities WFUK should hold unrestricted cash reserves equivalent to six months of core expenditure.

At the year end, Unrestricted Reserves stood at £159,243, equivalent to some 8.7 months of Unrestricted Expenses.

**Restricted Reserves**

Restricted Reserves account for sums contributed by third parties for the provision of particular programmes which have yet to be spent. At the year end, Restricted Reserves stood at £126,274. It is to be expected that the level of this reserve will change significantly from one year to another.

**8.4 Investment Policy**

As WFUK have not historically required to make any financial investment, it was not previously deemed necessary to hold an Investment Policy. However, the Trustees recognise that this could become a requirement in the future as the charity continues to grow. With our purchase of Mann Wood successfully

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023**

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completed in 2024, the Trustees will have a land asset for the first time and new policy will need to be drafted in accordance with this.

### **8.5 Affiliate Funds**

As in previous years, WFUK continue to be custodian trustees, managing funds and donors, on behalf of affiliate charities overseas, with whom we share the same values and mission. There are individual contractual agreements with each charity, which derive a small amount of income to cover overheads.

## **9. Responsibilities**

### **9.1 Guarantors**

Every member promises, if the Charity is dissolved while he or she is a member or within twelve months after he or she ceases to be a member, to contribute such sum (not exceeding £10) as may be demanded of him or her towards the payment of the debts and liabilities of the Charity incurred before he or she ceases to be a member and of the costs and charges and expenses of winding up and the adjustment of the rights of the contributories among themselves.

### **9.2 Trustees' Responsibilities**

The Trustees, who are also directors of Wilderness Foundation UK for the purposes of company law, are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. These must give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources. This includes the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP 2019 (FRS 102).
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**WILDERNESS FOUNDATION UK  
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)  
FOR THE YEAR ENDED 31 DECEMBER 2023**

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In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

This report was approved by the Trustees of the charitable company on .....28 June 2024..... and signed on their behalf by:

  
.....  
Mrs Joanne Roberts  
Chief Executive Officer

  
.....  
Vincent Thompson  
Chair

## WILDERNESS FOUNDATION UK

### Independent Auditor's Report to the Trustees and Members of Wilderness Foundation UK

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#### **Opinion**

We have audited the financial statements of the Wilderness Foundation UK (the 'charitable company') for the year ended 31 December 2023 which comprise Statement of Financial Activities, Balance Sheet, Statement of Cashflow and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2023, and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

#### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate. Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

#### **Other information**

The other information comprises the information included in the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this

## WILDERNESS FOUNDATION UK

### Independent Auditor's Report to the Trustees and Members of Wilderness Foundation UK

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other information, we are required to report that fact.

We have nothing to report in this regard.

#### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

#### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 requires us to report to you if, in our opinion:

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemption in preparing the directors' report.

#### **Responsibilities of trustees**

As explained more fully in the trustees' responsibilities statement set out on page 37, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

#### **Auditor responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Acts and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

### Independent Auditor's Report to the Trustees and Members of Wilderness Foundation UK

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Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows;

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur by;

- Making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud.
- Considering the internal controls in place to mitigate the risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we;

- Performed analytical procedures to identify any unusual or unexpected relationships
- Tested journal entries to identify unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- Agreeing financial statement disclosures to underlying supporting documentation.
- Reading the minutes of meetings of those charged with governance.
- Enquiring of management as to actual and potential litigation and claims.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.

## WILDERNESS FOUNDATION UK

### Independent Auditor's Report to the Trustees and Members of Wilderness Foundation UK

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- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation (ie. gives a true and fair view).

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

#### **Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charitable company's trustees, as a body, in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

*Sandra Morrell*

.....  
Sandra Morrell FCCA (Senior Statutory Auditor)  
For and on behalf of Edmund Carr LLP, Statutory Auditor  
146 New London Road  
Chelmsford  
Essex  
CM2 0AW

Date:..... 4 July 2024.....

Edmund Carr LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006.

## WILDERNESS FOUNDATION UK

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
<b><u>Income and endowments</u></b>							
Donations and legacies	3	176,293	382,500	558,793	137,118	276,008	413,126
Charitable activities	4	9,433	56,454	65,887	7,053	72,056	79,109
Other income	5	12,507	50,639	63,146	25,654	28,654	54,308
Investment income	6	2,629	-	2,629	295	-	295
Fundraising events		-	-	-	11,562	-	11,562
<b>Total income</b>		<b>200,862</b>	<b>489,593</b>	<b>690,455</b>	<b>181,682</b>	<b>376,718</b>	<b>558,400</b>
<b><u>Expenditure on:</u></b>							
Raising funds	7	30,017	-	30,017	9,449	-	9,449
Charitable activities	8	190,334	536,991	727,325	195,394	410,988	606,382
<b>Total expenditure</b>		<b>220,351</b>	<b>536,991</b>	<b>757,342</b>	<b>204,843</b>	<b>410,988</b>	<b>615,831</b>
<b>Net income/expenditure</b>		<b>(19,489)</b>	<b>(47,398)</b>	<b>(66,887)</b>	<b>(23,161)</b>	<b>(34,270)</b>	<b>(57,431)</b>
<b>Net movement in funds</b>							
<b>Transfer between funds</b>		-	-	-	-	-	-
<b>Total funds brought forward</b>		<b>178,732</b>	<b>173,672</b>	<b>352,404</b>	<b>201,893</b>	<b>207,942</b>	<b>409,835</b>
<b>Total funds carried forward</b>		<b>159,243</b>	<b>126,274</b>	<b>285,517</b>	<b>178,732</b>	<b>173,672</b>	<b>352,404</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

# WILDERNESS FOUNDATION UK

## BALANCE SHEET AS AT 31 DECEMBER 2023

	Note	£	2023 Total Funds £	£	2022 Total Funds £
<b>FIXED ASSETS</b>					
Tangible assets	13		2,600		-
<b>CURRENT ASSETS</b>					
Stocks and trademarks	14	1,640		1,640	
Debtors	15	18,293		19,284	
Investments	16	-		50,000	
Cash at bank and in hand		296,810		323,474	
		<u>316,743</u>		<u>394,398</u>	
<b>LIABILITIES</b>					
Creditors: amounts falling due within one year	18	<u>(33,826)</u>		<u>(41,994)</u>	
<b>NET CURRENT ASSETS</b>			282,917		352,404
<b>TOTAL NET ASSETS</b>			<u><u>285,517</u></u>		<u><u>352,404</u></u>
<b>FUNDS</b>					
Unrestricted funds	21		159,243		178,732
Restricted Funds	21		126,274		173,672
			<u><u>285,517</u></u>		<u><u>352,404</u></u>

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and constitute the annual accounts required by the Companies Act 2006.

These financial statements were approved by the Trustees on ~~28 June 2024~~ and are signed on their behalf by:

  
Signed by G VB Thompson Trustee

  
Signed by P Martin Trustee

Company Number 6003527

**WILDERNESS FOUNDATION UK**  
**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	Total 2023 £	Total 2022 £
<b>Cash flows from operating activities:</b>			
<b>Cash generated / (absorbed by) from operations</b>	26	(26,664)	106,688
<b>Net cash used in investing activities</b>			
<b>Purchase of property, plant &amp; equipment</b>		-	-
<b>Net cash used in financing activities</b>			
<b>Receipt of bank loans</b>		-	-
<b>Payment of bank loan</b>		-	(50,000)
<b>Net cash (used in)/generated from financing activities</b>		-	(50,000)
		(26,664)	56,688
<b>Cash and cash equivalents brought forward</b>		323,474	266,786
<b>Cash and cash equivalents carried forward</b>		296,810	323,474

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

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### 1. Charity information

Wilderness Foundation UK is a private company limited by guarantee incorporated in England and Wales. The registered office is Trinity House, 2 Whitbreads Business Centre, Whitbreads Farm Lane, Chatham Green, Chelmsford, Essex, CM3 3FE.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's memorandum and articles dated November 2006 (amended May 2021), the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus there is no material uncertainty regarding the Charity's ability to continue as a going concern and consequently the Trustees believe that the financial statements are appropriately prepared on such a basis.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives. Designated funds have been designated for an unrestricted development fund within the Wilderness Foundation. Restricted funds are funds that can only be used for particular purposes within objects of the charitable company. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. The nature and purpose of each fund is explained further in the notes to the financial statements.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Income tax recoverable in relation to donations received under gift aid are recognised at the time of the donation.

Income from government and other grants is recognised when the charity has entitlement to funds, any performance conditions attached to the grant have been met, it is probable that the income will be received and the amount can be measured reliably.

#### 1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been included under expenses categories that aggregate all costs for allocation to activities. Support costs, which cannot be directly attributed to particular activities, have been proportioned to the direct staff costs allocated to activities. Governance costs include the costs of servicing Trustees' meetings, audit and strategic planning.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2023

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**1.6 Donated good and services**

Goods donated for resale are included at fair value, being the expected proceeds from sale less the expected costs of sale. If it is practical to assess the fair value at receipt, it is recognised in stock and 'Income from other trading activities'. Upon sale, the value of the stock is charged against 'Income from other trading activities and the proceeds are recognised as 'Income from other trading activities'. Where it is impractical to fair value the items due to the volume of low value items, they are not recognised in the financial statements until they are sold. This income is recognised within 'Income from other trading activities.'

**1.7 Tangible fixed assets**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% per annum straight line basis
Fixtures and fittings	20% per annum straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

**1.8 Stocks**

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

**1.9 Cash and cash equivalents**

Cash, cash equivalents and current asset investments include cash in hand, deposits held at call with banks.

**1.10 Financial instruments**

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

*Basic financial assets*

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

*Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2023**

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Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

**Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

**1.1 Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

**2 Critical accounting estimate and judgements**

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

### 3 Donations and legacies

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Donations	69,804	58,085	127,889	104,891	8,079	112,970
Grants	106,489	318,001	424,490	32,227	242,275	274,502
Commissioned Work	-	6,414	6,414	-	25,654	25,654
	<u>176,293</u>	<u>382,500</u>	<u>558,793</u>	<u>137,118</u>	<u>276,008</u>	<u>413,126</u>

### 4 Charitable activities

	Total Funds 2023 £	Total Funds 2022 £
Therapy camps & training	2,650	950
Bespoke education & therapy	42,886	27,909
Other income	9,133	26,930
Out there income	11,218	12,120
Wilderness leadership trails	-	11,200
	<u>65,887</u>	<u>79,109</u>
<b>Analysis by fund</b>		
Unrestricted funds	9,433	7,053
Restricted funds	<u>56,454</u>	<u>72,056</u>

### 5 Other income

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Other generated income	1,793	50,639	52,432	38,601
Management fees	3,125	-	3,125	4,598
Event income	7,589	-	7,589	11,109
	<u>12,507</u>	<u>50,639</u>	<u>63,146</u>	<u>54,308</u>
<b>2022 Total</b>	<u>25,654</u>	<u>28,654</u>	<u>54,308</u>	

### 6 Investment income

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Bank interest	2,629	-	2,629	295

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

### 7 Raising funds

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Raising and publicly seeking donations, grants and legacies	30,017	-	30,017	9,449
	30,017	-	30,017	9,449

### 8 Charitable activities

	2023 £	2022 £
Staff costs (see note 11)	582,779	466,876
Direct costs	51,754	36,052
	634,533	502,928
Share of support costs (see note 9)	63,001	78,762
Share of governance costs (see note 9)	29,791	24,692
	727,325	606,382
<b>Analysis by fund</b>		
Unrestricted funds	190,334	195,394
Restricted funds	536,991	410,988
	727,325	606,382

### 9 Support costs

	Support costs £	Governance costs £	2023 £	Support costs £	Governance costs £	2022 £
Rates	28,836	-	28,836	25,619	-	25,619
Office expenses	9,014	-	9,014	3,448	-	3,448
Professional fees	-	29,262	29,262	-	24,059	24,059
Insurance	640	-	640	2,705	-	2,705
Marketing	4,009	-	4,009	30,572	-	30,572
Travel	5,960	-	5,960	6,527	-	6,527
Sundry expenses	14,542	-	14,542	9,780	-	9,780
Bad Debts	-	-	111	111	-	111
Events	-	-	-	-	-	-
Consultancy costs	-	-	-	-	-	-
Bank charges	-	529	529	-	633	633
	63,001	29,791	92,903	78,762	24,692	103,454
Analysed between Charitable activities	63,001	29,791	92,903	78,762	24,692	103,454

Support costs include payments to the auditors of £14,400 (2022: £15,294) for audit fees.

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2023**

**10 Trustees**

None of the trustees (or any persons connected with them) received benefits from the charity during the year. No trustees were reimbursed expenses during the year 2023:£Nil (2022:£147).

JK Roberts, the Chief Executive Officer, who is also a trustee, received remuneration for her role as an employee as agreed with the Charity Commission, this amounted to £48,195 (2022:£46,600) and employer pension £1,245 (2022: £1,227).

**11 Employees**

The average monthly number of employees during the year was:

	2023	2022
	Number	Number
	13	11

**Employment costs (see note 8)**

	£	£
Wages and Salaries	350,750	304,081
Social security costs	28,821	25,022
Employer pension costs	8,287	6,318
Sessional staff	191,931	129,167
Staff training and supervision	2,990	2,288
<b>Total</b>	<b>582,779</b>	<b>466,876</b>

There were no employees whose annual remuneration was more than £60,000.

Total earnings of key management personnel in the year was £48,195 (2022: £46,600) employers' pension contribution £1,245 (2022: £1,227) and employers' NI £5,396 (2022: £6,107).

**12 Net income for the period**

	Total 2023	Total 2022
	£	£
<b>This is stated after charging :</b>		
Depreciation	-	-
Operating Lease rentals	24,817	24,450
Fee payable to auditor	14,400	15,294
	<b>39,217</b>	<b>39,744</b>

**13 Tangible fixed assets**

	Plant and Equipment	Fixtures and Fittings	Total
	£	£	£
<b>Cost</b>			
At 1 January 2023	25,503	10,218	35,721
Additions	2,600	-	2,600
At 31 December 2023	<b>28,103</b>	<b>10,218</b>	<b>38,321</b>
<b>Depreciation</b>			
At 1 January 2023	25,503	10,218	35,721
Charge for the year	-	-	-
At 31 December 2023	<b>25,503</b>	<b>10,218</b>	<b>35,721</b>
<b>Net book values</b>			
At 31 December 2023	<b>2,600</b>	<b>-</b>	<b>2,600</b>
At 31 December 2022	<b>-</b>	<b>-</b>	<b>-</b>

## WILDERNESS FOUNDATION UK

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

<b>14 Stocks</b>		
	<b>Total</b>	<b>Total</b>
	<b>2023</b>	<b>2022</b>
	£	£
Trademarks	1,640	1,640
	<u>1,640</u>	<u>1,640</u>
<b>15 Debtors</b>		
<b>Amounts falling due within one year:</b>	<b>Total</b>	<b>Total</b>
	<b>2023</b>	<b>2022</b>
	£	£
Trade debtors	6,564	5,720
Other debtors	400	976
Prepayments and accrued income	11,329	12,588
	<u>18,293</u>	<u>19,284</u>
<b>16 Current asset investment</b>		
	<b>2023</b>	<b>2022</b>
	£	£
Unlisted investments	-	50,000
	<u>-</u>	<u>50,000</u>
This includes monies held within accessible bank accounts but not used for everyday operating costs.		
<b>17 Commitments under operating leases</b>		
As 31 December 2023 the company had annual commitments under non-cancellable operating leases as set out below.		
	<b>2023</b>	<b>2022</b>
	<b>Total</b>	<b>Total</b>
	£	£
Within 1 year	25,954	24,450
More than 1 year	3,697	-
	<u>29,651</u>	<u>24,450</u>
<b>18 Creditors: amounts falling due within one year</b>		
	<b>2023</b>	<b>2022</b>
	£	£
Trade creditors	4,523	4,805
Social security and other taxes	10,637	18,519
Other creditors	2,003	5,806
Accruals and deferred income	16,663	12,864
	<u>33,826</u>	<u>41,994</u>

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

19	Deferred income	<b>2023</b>	<b>2022</b>
		<b>£</b>	<b>£</b>
	Other deferred income	-	-

Deferred income is included in the financial statements as follow:

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>

Deferred income is included within:

Current Liabilities	-	-
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Movements in the year:

Deferred income at 1st January 2022	-	2,933
Released from previous periods	-	(2,933)

Deferred income at 31 December 2022	-	-
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### 20 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

### 21 Funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 January 2023 £	Incoming Resources £	Resources Expended £	Transfer £	Balance at 31 December 2023 £
<b>Restricted funds</b>					
CGP	35,077	101,883	(132,509)	-	4,451
TREUN	8,937	48,500	(47,544)	-	9,893
TurnAround Essex	21,580	145,500	(95,265)	-	71,815
Out There Academy	19,606	7,058	(23,398)	-	3,266
Wilderness and Nature Therapy	88,472	186,652	(238,275)	-	36,849
<b>Total restricted funds</b>	<b>173,672</b>	<b>489,593</b>	<b>(536,991)</b>	<b>-</b>	<b>126,274</b>
<b>Unrestricted funds</b>					
Designated funds	50,000	-	-	(50,000)	-
Other unrestricted funds	128,732	200,862	(220,351)	50,000	159,243
<b>Total unrestricted funds</b>	<b>178,732</b>	<b>200,862</b>	<b>(220,351)</b>	<b>-</b>	<b>159,243</b>
<b>Total funds</b>	<b>352,404</b>	<b>690,455</b>	<b>(757,342)</b>	<b>-</b>	<b>285,517</b>

## WILDERNESS FOUNDATION UK

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

Previous year comparative	Balance at 1 January 2022 £	Incoming Resources £	Resources Expended £	Transfer £	Balance at 31 December 2022 £
<b>Restricted funds</b>					
CGP	31,253	124,668	(120,844)	-	35,077
TREUN	31,138	28,180	(50,381)	-	8,937
TurnAround Essex	48,600	27,333	(54,353)	-	21,580
Out There Academy	33,890	31,000	(45,284)	-	19,606
Wilderness and Nature Therapy	63,061	165,537	(140,126)	-	88,472
<b>Total restricted funds</b>	<b>207,942</b>	<b>376,718</b>	<b>(410,988)</b>	<b>-</b>	<b>173,672</b>
<b>Unrestricted funds</b>					
Designated funds	-	-	-	50,000	50,000
Other unrestricted funds	201,893	181,682	(204,843)	(50,000)	128,732
<b>Total unrestricted funds</b>	<b>201,893</b>	<b>181,682</b>	<b>(204,843)</b>	<b>-</b>	<b>178,732</b>
<b>Total funds</b>	<b>409,835</b>	<b>558,400</b>	<b>(615,831)</b>	<b>-</b>	<b>352,404</b>

Restricted funds have been disclosed within the requirements of the SORP. Included within each fund are individual grants for specific purposes that fit the nature and spirit of each fund disclosed.

Chatham Green Project (CGP)- an education initiative being delivered in partnership with Strutt and Parker (Farms) at Chatham Green in Essex.

TREUN- this fund is for the delivery of a youth training programme in Scotland.

TurnAround- launched by the Wilderness Foundation UK in October 2007. It is a multi-faceted, nature based programme enabling vulnerable young people to make positive changes to their lives. This is achieved by linking community mentors, wilderness therapy, skills workshops and support for employment and further education in 6-9 month cycles.

Out There- a programme for young people facing difficulties in school and home lives. Runs during term time offering a personal development curriculum for children aged 13-15 years.

Wilderness and Nature Therapy- this is a range of different programmes offering online or face to face therapy services. We work with individuals, families, couples and groups. The programme addresses the needs of children, adolescents and adults.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

### 22 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Fund balances at 31 December 2023 are represented by:				
Fixed assets	2,600	-	2,600	-
Current assets/(liabilities)	156,643	126,274	282,917	352,404
Long term liabilities	-	-	-	-
	<u>156,643</u>	<u>126,274</u>	<u>285,517</u>	<u>352,404</u>

### 23 Affiliate funds

At the year end, the client held affiliate funds of £55,298 (2022: £149,924) relating to Bush Heritage Australia and WF Africa. These amounts are returnable to the groups and therefore have been removed from the balance sheet. The total sum received in 2023 £80,151 and total spent £174,286 as acting agents.

### 24 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

### 25 Analysis of changes in net funds

	At 1 January 2023 £	Cash Flows £	At 31 December 2023 £
Cash at bank and in hand	323,474	(26,664)	296,810
	<u>323,474</u>	<u>(26,664)</u>	<u>296,810</u>

### 26 Cash generated from operations

	2023 £	2022 £
(Deficit)/surplus	(66,887)	(57,431)
Adjustment for:		
Cash on deposit, included within investments	50,000	150,000
<b>Movements in working capital:</b>		
Purchase of property, plant & equipment	(2,600)	-
(Increase) in stocks	-	-
Decrease/(increase) in debtors	991	(1,940)
(Decrease)/Increase in creditors	(8,168)	18,992
(Decrease)/increase in deferred income	-	(2,933)
<b>Cash generated/(absorbed by) from operations</b>	<u>(26,664)</u>	<u>106,688</u>



**WILDERNESS FOUNDATION UK**

England & Wales - Charity number 1118493

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# Accounts

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**WILDERNESS FOUNDATION UK**

**(51.7659°N, 0.6674°E)**

**[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)**



**ANNUAL REPORT  
AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDING  
31<sup>ST</sup> DECEMBER 2022**

**Wilderness Foundation UK/ Registered Company No. 04003527  
Registered Charity in England No. 1118493 / Registered Charity in Scotland No. SC041697**

# **WILDERNESS FOUNDATION UK**

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## **WILDERNESS FOUNDATION UK**

### **INTRODUCTION FOR THE YEAR ENDED 31 DECEMBER 2022**

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The Directors, who are also the trustees of the charity for the purposes of Charity Law, present their annual report, which is also the Directors report as required by the Companies Act and the audited financial statement of the charity for the year ended 31 December 2022.

The financial statements have been prepared in accordance with the accounting policies as set out in note 1 to the financial statements and comply with the Charities Act 2011 and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities applicable to entities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS102)" as amended for accounting period commencing from 1 January 2019.

This report represents the twelve months to 31 December 2022 and describes what the Wilderness Foundation UK achieved, explains our constitution and governance arrangements, and outlines our future plans.

## **WILDERNESS FOUNDATION UK LEGAL AND ADMINISTRATIVE INFORMATION**

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- Trustees
  - G VB Thompson
  - T Aykroyd
  - AL J Gibbs
  - P Grewal
  - Dr P Hobson
  - P Martin
  - T Platts
  - EJ Posey
  - JK Roberts
  - JA Rogers (Fosh)
  - A Sheepshanks
  - MD Soutar
  - MA Williams
  
- Secretary
  - JK Roberts
  
- Charity Number (England & Wales)
  - 1118493
  
- Charity number (Scotland)
  - SC041697
  
- Company Number
  - 06003527
  
- Registered office
  - Trinity House
  - 2 Whitbreads Farm Lane
  - Chatham green
  - Chelmsford
  - Essex
  - CM3 3FE
  
- Auditor
  - Rickard Luckin Limited
  - 1<sup>st</sup> Floor
  - County House
  - 100 New London Road
  - Chelmsford
  - Essex
  - CM2 0RG

## Chair of the Board of Trustees' Report



Three years on from the breakout of the pandemic, I am delighted to report steady progress by Wilderness Foundation UK (WFUK) in terms of operations, finance, and governance. This has been achieved in the face of the considerable problems encountered by the charity sector as a whole. The charity's successful performance bears witness to the strengths and dedication of our remarkable Chief Executive and the team she leads. It also demonstrates the quality of the WFUK offering and its relevance to problems faced by our society and the planet on which we live. I am deeply grateful to them for their exceptional commitment.

For WFUK, the biggest impact of Covid was the increase in demand for our nature-based therapy services. During the year we delivered close to 37,857 hours of support, an increase of 30% on the 29,223 delivered in 2021. The number of people coming and going from our site at Chatham Green in Essex rose steadily and notably the number of younger children, some as young as four, needing help to manage their feelings, behaviours, and lack of regulation. Some came with rage, others with sadness and a few with a lack of hope that things will improve in their lives. The success in providing the services for this demand is greatly to the credit of the WFUK team.

Our domestic abuse therapeutic programmes for women, children and teens were oversubscribed, again demonstrating the crucial need for our work. We are immensely grateful to the Police, Fire and Crime Commissioner's office for their support for a further three years for this group of people, many of whom are significantly traumatised.

The success of this work lay with the therapists running the programme, the eagerness of the clients to move on in their lives and the benefits of nature on their psyche and mood. Nature offered 'freedom', 'peace', 'a place to belong', 'beauty' and 'connection'. Our social programmes across Scotland and England report similar outcomes.

Work on climate change and the environment also grew thanks to funding from Essex County Council for workshops called 'Wild Schools', which have recorded strong outcomes and supplemented our school visits to our sites at Chatham Green, Spains Hall and Hatfield Forest. The year saw our biggest growth to date in numbers. As Chair, I am deeply reassured that our dedicated teams should leave such a positive imprint on the next generation, leaving them with hope, tools and raised awareness of the challenges and opportunities in front of them.

Working with a range of new partners such as Spains Hall Estate and the National Trust has offered us exciting opportunities to explore new ways of working and participate in some ground-breaking initiatives, such as beavers and agro-forestry. During the year we have also considered the long-term goal of finding a secure location where we can put into practice our environmental and social principles. We have not found our solution yet but have a number of promising possibilities.

We have also progressed the development of our Scottish environment and leadership operations as too our work on governance and finance, including safeguarding, health and safety and risk management. Our trustees are spread across the five committees we have established and are committed to their responsibilities.

**WILDERNESS FOUNDATION UK  
TRUSTEES' REPORT (INCLUDING DIRECTORS  
REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022**

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The increase in our activities is shown by the increase in our Restricted Activities where income has risen from £152k in 2018 pre-Covid to £376k last year, an increase of 107% to a compound average growth of 25.4% over the five years. Whilst our Restricted Activities are substantially funded by the income that supports them, such a significant increase inevitably results in increased demands on our core operations which we have expanded, capitalising on a generous one-off donation of £109k received at the end of 2021.

Having been established in 1976, WFUK has the considerable benefit of long experience in its field of operation and of an expertise refined over the years with significant academic input. Nevertheless, fundraising remains a challenge for any charity and particularly funding for development, which requires a commitment for a longer period than one year. We had a successful year in this regard with donations and grants and a range of fundraising initiatives. Equally, the success of the WFUK garden at the Chelsea Flower Show, sponsored by Project Giving Back and created by the highly talented Charlie Hawkes which won a gold medal, brought the relevance and quality of our offering to a wide range of people. This was also achieved through the Gaia exhibition at Chelmsford Cathedral. My thanks to our team who deliver this work with such consistent success.

Our volunteers play a critical role, whether our trustees, those assisting our accounts team or those working the land and running repairs. Others give their time and patience to supporting vulnerable children, teens, and adults in group work outdoors in all weathers including the bitterly cold weather towards the end of 2022. With their help, we have been able to reach over 8,000 beneficiaries through the year, providing immeasurable help and support to those who need it most. We cannot express our gratitude enough for our volunteers help in achieving this.

We have grown our team during 2022 bringing on new talent and expanding our senior management team under our CEO to cope with increased demand. Our board has supported our officers and I would like to thank them all for their dedication. As Chair, I remain committed to this exceptional charity which has so much to bring to our society and look forward to participating in its further growth.



**Vincent Thompson**  
Chair of Trustees

## Our Objects and Aims

Founded in 1976, WFUK has sought to pursue its objectives through the three disciplines outlined below, all of which are interrelated and support each other. Our approach to all three disciplines has been academic, supported by regular input from The University of Essex, The Judge Business School, Cambridge and Writtle University College. The five-year track record included under the Financial Review bears witness to the success of our approach and the increased demand for our services, notably post pandemic. We aim to continue our development of all three disciplines.

Our charity's objects as set out in the company's memorandum of association are:

**To advance the education of the public by increasing knowledge and understanding of wilderness and the conservation thereof and the interrelationship between wilderness and the environment generally by the provision of instruction and of opportunities for direct experience of wilderness; to initiate and manage social benefit programmes which use wilderness experience to enable vulnerable and disadvantaged people to play a fuller role in society (especially the young).**

These philosophies are deeply embedded within the guiding principles of the organisation, and WFUK undertakes to support and facilitate programmes and advocacy under the following banners:

  
**ENVIRONMENT**



Climate change mitigation around nature, rewilding, and sustainability. Inspiring programmes including youth action projects, making positive changes for the environment and nature.

  
**EDUCATION**



Environmental and curriculum-based workshops for Primary, Secondary and SEN schools as well as our Leadership Academy involving team building and wilderness expeditions.

  
**THERAPY**



Supporting vulnerable young people and adults in personal growth, improved mental wellbeing and resilience. Working with wild nature as a therapeutic tool to gain perspective and understanding.

The nature of our work intertwines these objectives. Those who are referred to us for a therapeutic reason always leave with an understanding of the natural environment and vice versa. Therefore, whilst the following report looks to define the work undertaken within each discipline, there are often overlaps. The majority of work is undertaken at our headquarters at Chatham Green, located in the rural outskirts of Chelmsford in Essex. Other satellite sites include Mann Wood, Spains Hall Estate, Hatfield Forest, and a range of rural Scottish estates, primarily in South Lanarkshire, Perthshire, and Aberdeenshire.

We refer to the Charity Commission's general guidance on public benefit when reviewing our objects and aims and on planning our future activities. In particular, the trustees consider how planned activities will contribute to the objects and aims they have set.

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022**

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The charity was reconstituted in 2006 and changed its name from The Wilderness Trust to The Wilderness Foundation UK.

In 2021 our Governance Committee updated our Memorandum and Articles of Association and worked through the Charity Commission to have these amended and filed.

Additionally, in 2022 we conducted further training and development in First Aid, mentor training, outdoor therapists CPD and training, health and safety and safeguarding.

We continued to be registered as an Approved Provider for Essex County Council, Southend Borough Council, South Lanarkshire Council, Perth and Kinross Council, Fife, Aberdeenshire Council and North Lanarkshire Council.

### **Public Benefit Statement**

This statement complies with the duty set out in section 4 of the Charities Act 2006 to have due regard to public benefit as published by the Commission.

The charity was founded in 1976 by Dr Ian Player DMS and Sir Laurens van der Post with the aim of raising the profile and value of wilderness areas, through offering direct experience of wild places to a wide range of the general public, with a focus on young people in particular.

We continue this work today, with our activities focused on three key areas – the environment, education, and leadership; social benefits and outdoor therapy.

Regularly connecting with the public takes place by our marketing officer and we use a range of communication tools, such as blogs, articles, podcasts, lectures, events, sharing research outcomes and social media. This helps us to reach beyond our immediate community of participants and friends on the need for our work and communicate the urgency of creating global and local awareness of the balance between people and nature, and advocates for the wellbeing of both through conservation efforts, social programmes, nature therapy, outdoor activities, and leadership.

*“If future generations are to remember us with gratitude rather than contempt, we must leave them with more than the miracles of technology. We must leave them a glimpse of the world as it was in the beginning, not just after we were through with it.”*

**Lyndon B Johnson 1908 – 1973**

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## 1. The Environment



**We aim to protect wilderness and wild places by highlighting economic, social, mental health and biodiversity benefits of wild nature. We encourage our participants to take action to build a sustainable planet.**

During 2022 the Environment Committee met quarterly in support of the main board of trustees. They collaborated in developing a long-term growth strategy, which incorporates environmental land management.

We have established partnerships with landowners with strong environmental objectives and continue to drive our network to expand our reach. We have used opportunities to educate and advocate on how biodiversity and rewilding can support the mitigation of climate change, but also offer thoughts and ideas around actions we all need to be taking to reduce our carbon impact on the planet.

This included running a series of webinars with the **Institute for Chartered Accountants (ICAEW)** on Green Finance and climate change for their members. The Foundation chaired and developed the speaker programme and in return a ball was organised to raise funds for the Foundation. This was attended by their president, other senior members, local firms and sole operators.

Our committee and team have focused on the impact of climate change, loss of biodiversity, increasing population, rewilding, pressure from housing development and infrastructure on fragile and disappearing green spaces, and the positive impact of wilderness and protected green space in climate mitigation and biodiversity decline. Development of a **'Wild Schools'** programme has been created during the year to meet this need.

Both our CEO and trustee Professor Peter Hobson, serve as commissioners on the **Essex Climate Action Commission**. This enables us to make a difference through the commission on climate change mitigation, land use and green infrastructure, as part of and reaching carbon net zero goals by 2050. We have greatly benefitted from being at the forefront of action across Essex and other parts of the UK.

We believe that communities, government, and business leaders have an inherent responsibility to act as responsible custodians of the environment and to support healthy society through best practice. To help educate on the practical application of these concepts, we continue to run a range of outdoor activities for corporates, social service providers, and others. Through the development of ESG and CSR, we are looking to engage with corporate organisations, to help them develop their internal systems responsibilities.

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During the year the Environment Committee developed a key set of environmental principles to guide advocacy and best practice.

## **1.1 Partnerships**

In 2022, we have developed partnerships with third party landowners, who embody and reflect our aims and objectives for people and nature. These include Hatfield Forest in Takeley owned by The National Trust and Spains Hall Estate in Finchingfield, owned by Archie Ruggles Brise.

Hatfield Forest offers an exciting opportunity to deliver environment and social education programmes. It is an internationally significant site, both for its ecology and cultural heritage and is the most complete example of a medieval royal hunting forest surviving today. With over 1,000 acres of ancient coppices and wood pasture and 1,000 years of continuous management, it provides a unique insight of how the countryside was shaped in the years following the Norman Conquest.

Spains Hall Estate complements our environmental education programmes and goals through regenerative farming and the recent reintroduction of beavers, the first in Essex for over 400 years. The estate has requested we deliver their education programmes on their behalf. Workshops are run to encourage young people to act for the natural world by inspiring them through an active and engaging environmental mission. This will focus on the beaver habitats, complementing the established education programmes at Chatham Green, by providing a new innovative experience.

The Foundation works with the John Muir Trust, Institute of Outdoor Learning, Learning Outside the Classroom, Institute of Outdoor Learning and X-Adventures amongst others and delivers the John Muir Award within programmes in both Scotland and England.



## **1.2 Environmental Programmes, Youth Advocacy and Climate Action**

### **1.2.1 Treun Scotland**

Conservation volunteering is embedded within Treun, our wilderness therapy programme that operates across various estates in Scotland. Participants are encouraged to spend a day on the rural estates, working with rangers and ecologists to undertake conservation volunteering such as peatland

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restorations, wetland management, vegetation clearing and tree planting. This goes alongside the critical therapy-based wilderness trails, facilitated over four days.

Whilst on the wilderness therapy programme, the participants are given the opportunity to be awarded a Leave No Trace (LNT) certificate (see below) and we continue our partnership with the John Muir Trust and our outdoor instructors are qualified in delivering their programme. The John Muir Trust (JMT) is a Scottish charity, established in 1983 to conserve wild land and wild places 'for the benefit of all.' The LNT and JMT awards help the participants to gain a sense of accomplishment, improving self-confidence and self-awareness. At the same time, it advances their understanding of the natural environment and helps develop practical employability skills.

### **1.2.2 The Learning Outside the Classroom (LOtC) Quality Badge**

We received our LOtC badge again in 2022, which will be renewed in 2023. The LOtC Quality Badge demonstrates that we have passed a robust assessment process and that we meet schools' learning and risk management needs, which applies to programmes on offer.

### **1.2.3 Wild Schools**

2022 saw the launch of 'Wild Schools', a new Climate Action Outreach programme for Year 5 and 6 students. The programme was fully funded for 10 classes to receive 4 interactive presentations on the importance of nature, the definition of climate change, sustainability, and 'environmental heroes'. After presentations the young people create a youth led environmental project over 4 weeks. Under guidance and supervision, the group decide on a common goal they want to champion. For example, biodiversity, campaigning, or waste reduction.

Together with our 'Young Environmental Advocates', the team have enabled fantastic youth led environmental projects. These included increasing biodiversity on school grounds, raising awareness of ocean plastics through a school concert, creating an Eco Trail for a school to participate in and improving a wildlife area at a community allotment for people and local wildlife.

### **1.2.4 Green Influencers**

The Green Influencers group received funding in the region of £18,000 for two years, finishing during this year. This was to fund a green mentor to run groups of young people aged between 10-14, who showed an interest in understanding youth environmental action.

Through the course of 2022, we continued the programme, starting a group known as 'Team Sapling', who meet monthly. They have taken part in the practical application of conservation theory to develop in depth understanding and hands on experience. For example, creating a wildlife area at our allotments, which is accessible and support a range of eco-systems and biodiversity. They have achieved this, by renovating a pre-existing area of wetland under the guidance of our Green Mentor, installing a new pond and seating area. The future plan will be to plant the area with native species, which will include plants that will attract pollinators.

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### **1.2.5 Down to Earth Allotments**

Our Down to Earth Allotments work across six plots in central Chelmsford and have a distinct variety of growing space for fruit and vegetables across traditional beds, raised beds and polytunnels combined with areas left for wildlife.

The allotments are situated in one of the areas of Chelmsford and Essex with high levels of disadvantage and fits within the poverty index of deprivation. Our allotment programme boosts and helps to maintain and support mental health and wellbeing, whilst also providing physical health benefits. Connecting people with nature through growing healthy food, activity, socialising and awareness of the natural environment is one of the core benefits to mental and physical wellbeing.

The Down to Earth Allotment programme is open to support a range of community groups and schools with varying age groups. The majority of our young adult volunteers are living with mental or physical disability. We also use the allotment to engage recovery clients from Open Road (Drugs & Alcohol charity), MENCAP, and catering for young people with complex and severe learning difficulties.

Currently the food grown at the allotment is shared amongst those growing it. However, we also donate food to the homeless charity 'Sanctus' in Chelmsford, to support others in the community in need.

During 2022, the Royal Horticultural Society funded capital items to help improve the allotments and we have collaborated to run willow weaving workshops. In addition, we have organised other workshops events, such as wreath making. We have received support from local councillors, who have visited the site and help advocate the allotment through public liaison.

During the past year, adults and children together spent around 1000 people hours on the allotment as participant volunteer gardeners of the programme. In addition, support gardeners and volunteers gave many hours of their time to help with the groups and maintain our plots.

### **1.2.6 Leave No Trace Training**

We continue to promote Leave No Trace values throughout all our programmes and several staff are accredited as 'Leave No Trace Awareness Instructors'. Through our outreach over the years, we have delivered LNT Awareness training for hundreds of children and adults. This teaches the values and ethics of respecting nature and the outdoors, managing your personal impact on the earth and learning not to leave litter or traces of ourselves wherever we travel outdoors.

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## **2 Environmental Education and Leadership**



Through the year we educated nearly 6,000 young people about biodiversity and nature, their relationship to the wild and how they can care for it. We develop leaders for the future who will develop understanding of the crucial need for a balance between humans and nature, to ensure a sustainable future for all. We continue to develop our offering to include primary, secondary, graduate, and postgraduate education, alongside bespoke training for businesses and corporates.

### **2.1 Education**

We understand that learning from an early age embeds practice and forms mindsets. For this purpose, we take our role as environmental educators very seriously. Through the year, we delivered a range of curriculum-based education opportunities to children and teenagers about biodiversity, natural history, and geography linked to landscape and the sciences.

During the outdoor classes we teach Leave no Trace ethics, principles of sustainable living, and aim to build a long and lasting love and connection to the wild.

We continue to work with schools and young leaders to develop a social and ecological experience through wilderness journeys. Since Covid we have not yet replaced our South African Wilderness Leadership trails which have existed since 1976, but are back to planning these expeditions with key schools. During 2022, we have been offering wilderness journeys in Scotland. We continued to work with schools under the Haberdashers' Company and liaised with existing partner schools to develop a trails programme for 2023 and 2024. The work with young leaders of the future is core to the mission of the Foundation and the Environment Committee.

#### **2.1.1 Wilderness Environmental Education**

It has been another exceptional year for the environmental education team, with the start of new youth advocacy work and the growth of the education offer to exciting new sites. The team have reached a total of 5,821 young people in 2022. New freelance and permanent staff came onboard.

#### **2.1.2 School Visits**

In 2022 we engaged 2,089 young people from Early Years to Year 8, across 34 visits and 2 different sites. The activities the young people engaged in most during 2022 were pond dipping, nature art and den

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building. During the year, we ran 6 school visits in Hatfield Forest which is a fantastic place for connecting young people with the awe and wonder of the natural world.

Planning for 2023, the team will be delivering environmental education at 3 sites in Essex, this includes our headquarters at Chatham Green, National Trust Hatfield Forest and Spain's Hall Farm Estate.

A quote's from our school visits in 2022.

*"All staff were friendly and had a good rapport with the children. They were knowledgeable and this showed in their delivery of the activities. The activities were an appropriate length of time, and the pace kept all engaged."*

### **2.1.3 Wilderness Holiday Camps**

School holiday camps have continued to be successful across 2022, with a total of 778 young people joining the team for 'outdoor fun and nature immersion'. Through the year we introduced the Pioneers Group, which is for young people aged 9-13.

### **2.1.4 Special Educational Needs and Disabilities (SEND)**

SEND groups have continued throughout the academic year in 2022. The sessions have continued to be of significant value to the wellbeing of students and teaching staff. We have noticed the students and teachers facing increasing challenges, and this has manifested itself in the behaviour of students and their resilience to change. We have had 852 students visit us across the year and continue to work closely with the school.

## **2.2 Wilderness Leadership Programmes**

Whilst protecting the environment, we also understand that effective leadership and advocacy is enhanced through direct experience of the natural world. We facilitate this by using experts in their field to deliver the programme, which includes team building exercises alongside education regarding Corporate Social Responsibility (CSR) and Environmental Social and Governance (ESG).

We live in a world where the disconnection with nature grows daily and there is urgency to address this as resources and biodiversity diminish. The increase in corporations and organisations looking to evidence their environmental and social responsibility dovetails into this work and we continue to build relationships with groups who volunteer or support our work.

All our programmes have included:

- building respect for the earth's rich but diminishing biodiversity,
- the value of simple and low impact experience of the outdoors
- the benefits of leaving no trace and an undisturbed environment.

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**2.2.1 Wilderness Leadership Academy – Haberdashers' Company Schools**

Continuing many years of working with Haberdashers' Company schools, in 2022 another group was successful in winning a scholarship to take part in an in depth social and environmental programme based in Scotland. The group canoed the length of Loch Awe, the longest inland loch in the country before working as volunteers on the slopes of Ben Nevis with the Nevis Partnership.

Outcomes were eloquently summarised in a short film, which was developed to share the experience and benefits with other young people. This can be seen at [https://youtu.be/HYeOG3I\\_CKQ](https://youtu.be/HYeOG3I_CKQ).

Young people currently coming through the scholarship programme tend to be from non-affluent backgrounds. For most, Scotland was a novel and new experience, made easier to manage with the lingering pressures of covid, that were still affecting them in the background. By focusing on domestic delivery of the programme, the transport was more sustainable, whilst also allowing us to support local communities.

Students were bright and engaged, some camping and canoeing for the first time in their lives. One participant quoted:

"This expedition gave me a permanent appreciation for Wilderness. Absent from modern technologies, I learned of a new way to live, not simply in nature but with it, which I feel is unbelievably special."



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### **3 Social Benefit and Outdoor Therapy Programmes**



**We aim to support vulnerable children, young people and adults in personal growth, improved mental health and resilience. We work with nature as a therapeutic tool to gain perspective, a sense of belonging and understanding, and build resilience and coping tools.**

Through the year, we worked on key social issues in our communities that benefit from therapeutic wilderness programmes – providing a range of experiential, outdoor based programmes that improve physical and mental wellbeing for the individual, many of whom are disadvantaged and vulnerable.

Throughout 2022, we delivered bespoke and tailored therapy interventions to over 2000 beneficiaries that harnessed the healing power of nature. We equipped vulnerable youth and adults, as well as those with SEND needs to see improvements in their behaviour and mental health and an improved connection to nature.

At the core of these interventions are carefully developed physical and psychological wellness programmes, which aim to provide specific support for our participants. These include tools to regulate their mental health, employability, resilience building, coping mechanisms, aspiration, self-esteem & confidence building, and skills development or vocational training aspects.

Furthermore, we have again seen how powerfully young people respond to spending time in wilderness areas. Based on a long history of using the healing power of nature for personal and social transformation, we continued to integrate various levels of long and short Wilderness Trail activities into our holistic intervention projects. Through research, our monitoring of social and personal change, and improvements in mental health, enabled us to share outcomes. This demonstrated the benefit and value that wilderness and wild places offer everyone in our communities, with a focus on those in need.

We consult all our participants through a structured, academically led, and informal feedback process. This assesses our response to the external need for our programmes, our achievements and the outcomes of work completed in the previous 12 months. Since 2007, this has been supported by our longitudinal research and analysis by the University of Essex, and internal assessments of projects such as the 'Out There Academy'.

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The measured benefits of time in the wild, supports the urgent need to protect our remaining wild and green spaces, not just for their biodiversity and landscape value but also to improve the wellbeing and mental health of society. We share our outcomes widely through a range of papers, blogs, conferences, documentaries, and the media.

### **3.1 Treun Scotland**



**Treun supports young people in areas of high youth unemployment and disadvantage in Scotland. Young people who display an interest in the outdoors and are experiencing difficulties with their mental health are targeted to take part. The project provides nature-based experiences and conservation volunteering opportunities, focusing on personal development, wilderness therapy and skills-based learning opportunities within wild, rural areas. We remain a proud partner with Scottish Land and Estates.**

During the year the team continued to pick up on the effects since covid and re-establishing links with existing schools and building new connections.

New therapists and guides have been recruited and have shadowed existing staff as part of their training.

We increased the number of trails from two to six in 2022 and have seen the positive effects of the work we undertake develop and progress. We have also invested in attending new network forums which amongst others includes the Scotland Rural Mental Health Forum, talks and events run by Youth Scotland and Place2Be Scotland.

During 2022, we worked with a range of young people with different emotional and behavioural needs. Mental health difficulties included trauma, depression, anxiety, gender dysphoria, suicidal thoughts, self-harm, surviving domestic violence, behavioural and emotional disorders, eating disorders, bullying and self-esteem issues. Participants are encouraged from all backgrounds and the programme is inclusive, seeking to engage all genders, sexual orientation, and ethnic groups.

One to one time as well as group therapy offers a powerful opportunity to build self-confidence, social skills and to work through issues that may be troubling them. The participants carry out a volunteering programme and they earn the John Muir Award and Leave No Trace accreditation. Six weeks support counselling is made available for graduates to support them once home after trail.

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Group sizes range between 6-8 participants thus keeping the groups small to ensure personalised attention, intervention and measured impacts included:

- Improved happiness
- Improved Leave No Trace awareness
- Better teamwork skills
- Improved understanding of their feelings
- Better friendship skills
- Improved outcomes of "liking myself"
- Improved camping and nature recognition skills

### Case Study

*"During trail, R was the most challenging. Whilst very bright, he was easily aggravated and demonstrated confrontational behaviour. However, as the therapist engaged him, he opened up about his past life. He learned of significant Adverse Childhood Experiences (ACE's), particularly through adaption to living in care.*

*R aggravated members of the group through teasing and bullying behaviour. This was not tolerated, and the therapist and guide separated him from the group, where they could discuss his behaviour and consequences of this continuing. R demonstrated remorse, agreeing to apologise and take responsibility for his actions.*

*On trail, the therapist reported significant change in R's behaviour. His confidence increased in the natural environment, and he actively participated with conservation work, developing his understanding of the natural landscape. He shifted away from confrontation by engaging with the group sessions. He developed strong trust with the therapist, guide, and group. As the week progressed, R openly shared his experiences of his life with them. This led to positive feedback about his experience, as he wanted to do so again."*

Through quantitative analysis, R showed significant improvement in understanding his feelings, having friendships, ability to work within a team, knowledge of plants / animals, camping skills, knowledge of outdoor sector jobs, how much he liked himself, understanding of the outdoor access code. As part of the program, R was offered a further six weeks of counselling support to ensure the benefits gained were maintained.

### Teacher Feedback

"This report absolutely sums up why Treun exists, the reality of life in schools right now and the outstanding abilities of the WF staff."  
"I am in awe of what you did on this week."  
"ALL the pupils raved about their time away. S wanted to stay in school rather than go home when he returned. Says it all really."

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## 3.2 Out There Wilderness Academy



The academy works with young people aged between 13 and 15 and are primarily referred by schools. Many are not attending education, are involved on the edges of gangs or anti-social behaviours, experience family breakdown and/or, have significant behavioural and emotional issues. It is a six-week course, one day a week from 10-3pm. Additional therapy is offered to those who need more support.

In 2022 we delivered 6 cohorts and over the year we saw 66% overall improvements across all groups on our measured outputs. We saw the greatest improvement in the following areas:

- 85% Life Skills and Knowledge
- 73% Independent Living Skills
- 73% Improved Mood

Across the year we have worked with participants facing complex issues in their lives, commonly anger and emotional problems, ADHD, anxiety and depression, school refusing, suicidal ideation, grief, gender issues, exposure to gangs, autism.

### Quotes from clients:

“I need to learn to open up, I have struggled to talk about my feelings, and this has held me back.”  
“I need to be calmer about things”.  
“Nature is calming”  
“How to make a fire and that if I try my best, I can achieve a lot!”



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## 3.3 TurnAround - Cohort 14



Turnaround is a 9-month intervention for young people aged between 15-21. They are referred with significant complex mental health, trauma, are often NEET and have behavioural challenges. The programme includes one to one mentoring, regular workshops, and two wilderness therapy expeditions, family and other referral engagement, and a formal graduation. It is run by outdoor leaders and an experienced wilderness therapist, who are supported by volunteers. One to one therapy is also offered to those who require an additional level of support.

In 2022 we completed cohort 14 of the TurnAround Project and started cohort 15 in September 2022. Overall, we saw an average improvement across the group of 65%.

- 100% of the group showed improvements in their Self-Acceptance.
- 81% of the group showed improvements in their ability to Trust and Love others, Family and Other Relationships and How angry they felt.
- 75% of the group showed improvements in their Happiness.

We have worked with participants with the following presenting issues, which include, but are not limited to, complex mental health issues, self-harm, depression and anxiety, suicidal ideation, NEET, SEND, anger and mood disorders, isolation, confidence and self-esteem issues, relationship breakdowns, grief and loss, recovery from substances, and domestic violence recovery, for example.

In the final weeks of the programme and post-graduation the participants reported the following successes/progress in their lives:

Successfully gained employment, enrolled in further education, confident to return to school to finish GCSE's following school anxiety and bullying barriers, taking confident steps to become self-employed, increased knowledge and understanding of the risks to personal safety online, the confidence to declare a career path to family that is true to them rather than what was expected of them, integration with community through attending youth and exercise groups, a greater understanding of how to access and utilise nature in their local area for their ongoing wellbeing.

**At the end of the programme, one of the participants quoted:**

*"I have more confidence in myself and I'm more pleasant to be around, also have a better attitude about myself and will now look after others and myself better."*

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**3.4 Blossom Domestic Abuse Project**



We ran seven cohorts, in 2022, for women children and teenagers in separate groups. The group therapy programme offered at least 8 weeks for each cohort, a total of 1,574 hours of mental health support to survivors and witnesses of domestic abuse.

After completing the programme, 100% of adult participants reported they were managing to keep healthy and physically active, and 100% of teenage participants reported their life skills and knowledge had improved.

70% of adult participants reported that they understood why they have had to change the way they lived, they were coping well with the changes in their lives, and they can talk to someone they trust if they do have bad thoughts. While 70% of teenage participants reported their physical health, mood, respect for others, and relationship at home had improved.

*"Thank you to everyone at the Wilderness Foundation.  
You all do such amazing things! Thank you to Jo and everyone else from the Blossom Project.  
Not just for the opportunity but for everyone's kindness.  
It helped me remember the outdoors is such a freeing and healing place. I even found a friend for life!  
One day I want to return to help someone else change their life for the better!"*

**- TN 30 years**

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**3.5 Brave Futures Therapy Programme**



Brave Futures offers mental health support in nature-based workshops for adults, children, and teens. The groups attend for eight weeks, one day a week. The programme is run by two outdoor therapists with the help of volunteers. We ran 5 cohorts in 2022, thanks to generous donations which included specialist work to cover suicide prevention.

The group therapy programme offered 8-10 weeks for each cohort or a total 1,680 hours of mental health support to children, teenagers, and adults. 70% of the children, for example, reported their level of happiness at school has improved after completing the programme.

100% of teenager participants reported after completing the programme that their independent living skills, social network & friends have improved, and they are happy with who they are.

**3.6 One to One Counselling Services**

This is a rapidly increasing piece of work, which grew substantially during 2022. Currently, we work with 275 referral agencies and schools, with ages ranging from 4 to 75. On average, the referrals are offered 10 sessions and have reported significant improvement in mental health and wellbeing as a result of the therapeutic intervention. At the end of 2022, 30-40 new referrals came in per week.

***3.6.1 In Person Nature-Based Counselling***

During 2022, we also offered a total of 2297 hours of 1-2-1 face-to-face counselling to individuals.

Out of the questionnaires completed and returned by individuals, 100% reported improvement in challenging behaviours, relationships, emotional distress, and social isolation after receiving our face-to-face counselling support.

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Feedback from participants included the below:

*"Just wanted to say a huge thank you for organizing the sessions.  
L is back to being L, our happy, smiling, funny and talkative daughter.  
Soon after she started her sessions, we noticed L becoming more willing to go to school again, happier  
to go out and her smile returning.  
Outdoor therapy has been a total success.  
Please pass on my thanks to the counsellor."  
Mother of L (age 9)*

### **3.6.2 One to One Online Counselling**

The was funded by the Family Innovation Fund-Xtra, Essex County Council for the third year to offer a total of 780 hours of 1-2-1 online/telephone counselling to children, young people and parents across Essex, between April 2022 to March 2023. The online/telephone counselling offers an alternative option for families who have difficulties to access face-to-face counselling due to different circumstances such as transport.. The 780 hours used up by January 2022 showed the significant need of counselling by a wide demographic.

### **3.7 Therapy Staff and Training**

In order to continue to deliver the important work that we undertake, we are supported by a skilled and passionate team of outdoor facilitators and counsellors. During the year we grew our team by 13 facilitators and counsellors, which includes those based in Scotland.

#### **3.7.1 Association of Outdoor Therapists and Facilitators Supervision and Training**

Supervision for all counsellors is offered through engagement with our clinical supervisor every six weeks. Five new placement counsellors joined during the year, and they receive additional support. New counsellors are invited to shadow existing groups alongside more experienced team members. This helps them understand the locations we operate in, our culture, safeguarding practices, and processes, alongside Leave No Trace ethics.

Each group concludes with a feedback session to evaluate any safeguarding needs, our delivery, and outcomes. Reports are made to referring agencies.

CPD training events were held across 2022 for induction, feedback and professional development in areas such as lone working, group management, and working with young people in gangs by the Essex Police.

#### **3.7.2 Outdoor Therapy Immersions for referral agencies and other groups**

During the year we offered nature-based immersions for referral agencies and other social care agencies who work with the Foundation or who have been interested in our work. Amongst others, this included the team from the Police, Fire and Crime Commissioner's office, HCRG, Family Solutions and Next Chapter.

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Groups have been invited to enjoy the peace of the natural environment and facilitated to talk through their own team needs and requirements and feedback to each other personally and professionally. They also undertake a range of activities to boost wellbeing and personal growth.

As the teams have developed a more in depth understanding of our work and delivery, our referral process has improved significantly. We feel we are also able to contribute to the wellbeing of teams who work at the coal face in very stressful roles.

In addition, we supported corporate days, enabling teams to access wild nature and a beautiful environment, whilst they explored and developed their work practice, leadership, and team support.

### **3.7.3 Wilderness Therapy and Mentor Training**

During 2022, we delivered a three-day, two-night Wilderness Therapy introductory theory training at our site in Chatham Green. Amongst others, this therapy training included a range of outdoor practitioners and counsellors, including teachers, counsellors, coaches, youth workers and outdoor instructors.

Quote from previous participant:

*"The trainers hold the space for a transformative experience. The material was thoughtful and adapted to meet the needs of the group and was delivered at a well-balanced pace. I would recommend the Wilderness Foundation training to anyone seeking an introduction to how to integrate wilderness therapy into their work, especially for children and young people."*

### **3.8 Volunteer Mentor Training**

During the year, we continued to make use of a personalised training online medium, called Mentor Loop. This meant people could study in their own time and at their own pace. This has facilitated the training of mentors as soon as they complete our Safer Recruitment procedure, and they don't have to wait for a group with a minimum size to make the training viable.

We are very reliant on the high calibre of our mentors and have a support network, CPD engagement and group support online and when possible, in person support and development.

Mentors serve young people on our Treun Programme in Scotland, TurnAround, Allotments, Out There, Blossom, Brave Futures and also undertake climate change work. they are key to our delivery quality. Other volunteers support administration and finances within the office.

These immersions enabled staff to have a beneficial day outside for themselves, but also to understand more directly how we work and what we offer to clients. This improves the referral process and increases efficiency within the organisation.

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## 4 2022 Marketing Media & Fundraising Activity

2022 included some of the Foundation's biggest marketing campaigns to date and rigorous fundraising activity to support the ongoing costs of the important programmes we run. We would like to thank all our funders, supporters and private philanthropists who helped us deliver a record number of beneficiaries and helped us drive our 128% growth in our restricted programmes.

### 4.1 Marketing

In May 2022, we were delighted to be selected as one of four exhibiting show gardens in the 'All About Plants' category at the RHS Chelsea Flower Show. Our Wilderness Foundation Garden, funded by Project Giving Back and designed by Charlie Hawkes, went on to win a Gold and 'Best in Category'. This allowed us an opportunity to interact with over 20,000 visitors attending the weeklong, international event.

During October, we partnered with the Gaia exhibition, an art installation by artist Luke Jerram at the Chelmsford Cathedral, funded by Climate Action Fund from Essex County Council. With a stand in the cathedral over the installation's 3-week period, we were able to interact with many of the 50,000 people who visited the exhibit from across Essex. We promoted our education, environmental and social work throughout the county, to a new audience of potential beneficiaries.

Our annual Wilderness Charity Golf Day at Braintree Golf Club took place in June, with 16 teams of four players along with hole sponsorship, raffle ticket sales and donations helping make it a huge success and exceed the amount raised in 2021. Due to the success and positive feedback, another golf day is planned at Braintree Golf Club for 2023.

### 4.2 Media

The success of the **RHS flower show** resulted in media coverage. Coverage included multiple nationwide magazines, primetime BBC1 and BBC2 footage as well as local radio and print media.

Argonon and the **ITV Masked Dancer UK** chose us as one of their charity partners for a digital campaign, using the assets and audience of 'The Masked Dancer' series 2 on ITV to help promote our work and increase our digital audience engagement. We were also gifted £250 worth of merchandise to run a competition online and are due to receive 50% of the profits from sales of a TMD water bottle that the celebrity panel had endorsed.

We were endorsed by **Zanna van Dijk**, who has 378,000 followers on social media. She and 100 hikers undertook the ten-peak challenge, known as 'Wild Snowdonia', for WFUK and was successful in raising significant donations on our behalf, as well as increasing our presence on social media.

### 4.3 Fundraising

During the year we raised the bulk of our income through grants from a range of charitable trusts and foundations. Other income was raised through online match funding campaigns such as Big Give and Crowdfunder. We were spontaneously contacted by several organisations and individuals through the year who wished to support us in a variety of ways. We are keen to expand our fundraising capability and

# **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022**

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actively started to recruit additional support towards the end of the year for all programmes. One of our successful fundraising outcomes for this year was access to multi-year funding for three of our programmes and also The National Lottery for their continued funding of our Community Allotments project.

## **4.4 Community Fundraising & Events**

Community fundraisers in 2022 included some amazing sporting challenges such as the London Landmarks Half Marathon, South Coastal Walk, Taylor Wimpey Corporate Golf Day, and INiti8 Mud Race, which all raised money for the foundation. Notably successful was the fundraising weekend promoted by Zanna van Dijk for the benefit of WFUK which proved highly successful. Other fundraising events included ICAEW who organised a Charity Ball in our honour and the Inner Wheel and Mildmay Rotary groups, who helped organise their own events to raise funds.

Chelmsford CVS invited us to join the C100 Exhibition of 100 silk flags which celebrated community groups throughout Essex. With 8 of our own flag designs, we joined in the inaugural walk at our Chatham Green site and helped walk the first mile in the 100-mile journey each flag embarked upon. We continued to use online fundraising platforms in 2022 including, Crowdfunder, JustGiving, and also the Big Give match funding platform, which helped us raise a record level of funds throughout the year.

As in previous years we opened up the gates at Chatham Green for our yearly Open Farm Sunday, Wilderness Creative Workshops, and another successful Santa's Grotto. Each event at our Chatham Green site allows the local community to discover the beautiful setting and the support services we provide.

## **5. Future Plans**

**We will continue to demonstrate, advocate and apply the positive impact of wilderness and wild places for the wellbeing of the individual and society. Beneficiaries comprise a range of demographics and the spectrum spans from the most vulnerable to those with leadership potential.**

To meet the growing interest in WFUK, we continue to work to our growth assumptions for the Foundation through to 2025. These are to:

1. Increase the number of people supported by our social benefit/therapy, educational and environmental programmes from approximately 8,000 to 12,000.
2. Extend the areas where our programmes are provided within Essex and Scotland, focusing on areas of deprivation and environmental restoration programmes.
3. Develop and grow our operations, through carefully selected partnerships and new satellite spaces.
4. Increase our advocacy for nature, climate change mitigation and the crucial role of nature in improving mental health and wellbeing.
5. Build up our revenue over the next three years to deliver increased impact whilst increasing our operational and financial strengths.

# **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022**

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We will do this by undertaking activities that:

- Educate and inspire people to experience and connect with wild places.
- Provide an integrated service for improving the lives of the most vulnerable in our society, through the positive benefits of wilderness.
- Grow natural leaders of the future, through experiencing the positive benefits of wild nature.
- Protect and enhance biodiversity and green spaces.
- Continue to promote and support mental health and wellbeing across clients across the UK.
- Promote and practice solutions to meet the Climate Change Crisis.
- To grow and strengthen our impact for environment and people we will:
  - Introduce people and children to nature.
  - Educate people how to love the natural world.
  - Change people's lives through nature.
  - Practise what we preach in caring for the earth and people.

As WFUK increases its activities, we will also seek opportunities to build on and expand our understanding of wilderness and wild places for the benefit of both planet and its people.

## **6. Governance**

**During 2022 we continued with a comprehensive review of our governance, including policies, risk management, trustee recruitment, diversity needs, staff handbook and articles of association.**

### **6.1 Status**

The charity is a company limited by guarantee. Our governing document is a Memorandum and Articles of Association dated 20 November 2006, with an update to objects in 2010 and certain revisions in 2021.

### **6.2 Governing Body and Structure**

The trustees are also the directors for the purpose of company law. The Trustees for 2022 were:

GVB Thompson	Chairman
T Aykroyd	Co-Chair – Environment Committee
AL J Gibbs	
P Grewal	
Dr P Hobson	Co-Chair – Environment Committee
P Martin	Chair – Finance Committee
V Martin (resigned on 23 March 2023)	
T Platts	
EJ Posey	
JK Roberts	
JA Rogers (Fosh)	Chair – Social Benefits Committee
A Sheepshanks	
MD Soutar	Chair – Scotland Committee
MA Williams	Chair – Governance Committee

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022**

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The Chief Executive has dispensation from the Charity Commission to serve as Founding Director on the board, alongside working as Chief Executive Officer.

Our governing body is the Board of Directors of the charity and has an active Governance Committee made up of trustees, including the Chair. As of 31 December 2022, there were 14 trustees. Peter Martin resigned as Chair in 2020 and Vincent Thompson was recruited as our new Chair and came into post in January 2021. Peter Martin continues as a trustee and heads up the Finance and General Purposes Committee. In March 2023, Vance Martin resigned after many years of faithful service. We are deeply grateful to him for all he brought to WFUK over the years.

The Board of Directors is responsible for providing overall clarity for the vision, mission and strategic focus of the organisation. It also holds the Chief Executive to account against planned objectives. The Board meets four times over the course of the year and Directors are involved in other operational matters as needs dictate. Five committees have been established, each with a separate chair to cover Governance, Finance & general Purposes, Environment, Social benefit and Scotland. Each meets four times a year.

The Wilderness Foundation UK forms part of the "Wilderness Foundation Global", a consortium of forward-thinking, like-minded independent organisations. The organisations all share a common past, each founded and inspired by the late Dr. Ian Player, South Africa game ranger and international conservationist and his Zulu mentor and "brother", the late Magqubu Ntombela.

The other members of the Wilderness Foundation Global are The WILD Foundation (USA) and the Wilderness Leadership School and Wilderness Foundation Africa. Senior staff meet annually to set shared objectives, agree ethics and working partnerships and projects. All members of the network are completely independent of each other but share a common past. They have no financial ties (except as outlined in paragraph 8.5 below and Note 24 to the Notes to the Financial Statements) or obligations beyond goods or services provided (predominantly by the Wilderness Leadership School which facilitates wilderness trails in South Africa for UK beneficiaries and client groups) and these are charged at the time the liability is incurred.

### **6.3 Decision Making**

Responsibility for the day-to-day management of the organisation is delegated to the Chief Executive and the Senior Management Team. The Board of Directors focuses its attention on matters of policy and general strategy, the approval of plans, the monitoring of progress with projects and financial control.

New Directors are appointed by the Board and are assessed as to their suitability and the benefits that their appointment would bring to the Foundation, in terms of additional skills, experience and opportunities for promotion of the Foundation's aims and objectives.

A full induction programme is carried out covering all aspects of the work of the charity, the governance, the memorandum and articles of association and a review of the latest accounts.

On occasion, the Board may extend invitations to individuals to attend meetings in an advisory or observational capacity, where it is felt that the individual concerned can bring insight to an issue, or matter under review.

## **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022**

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An ambassador programme invites people who can bring a benefit to the Foundation through their networks and are equally passionate about its objectives. They have no official role but abide by a set of principles and a formal agreement.

### **6.4 Risk Management**

The Foundation is exposed to financial as well as operational risks. Through the experience and knowledge of its Board of trustees, it proactively manages risk through robust governance and operational management.

In order to manage and mitigate risk, a risk register is quarterly scrutinised by the Board of trustees. The Board allocate each risk to the committee/s it is most relevant to, who are then responsible for reviewing them on a quarterly basis. The senior management team review the risks internally on a monthly basis and report any new or escalated risks to the main Board. The committees collectively oversee a range of tasks, ensuring the organisation remains compliant. These include but are not limited to: data protection, policies, health and safety, legal requirements & updates, whistleblowing and complaints.

We have a robust child protection policy, safer recruitment practice, and safeguarding policy and procedures, to ensure the safety and wellbeing of all the young people, staff, and volunteers we work with. We maintain a register to ensure that all essential training is up to date.

### **7. Scotland**

For reporting purposes to the Offices of the Scottish Charity Regulator (OSCR), we are required to make a separate statement of our work in Scotland. In this document we outline our achievements in the delivery of the Treun Programme. This work provides public benefit for the people of Scotland, particularly young people. The programme includes our project management team, headed by our CEO, Operations Manager and an administrator, guides, volunteers, and facilitators.

A Scotland committee oversees our work and delivery in Scotland, and we report annually to OSCR. We work in partnership with Scottish Land & Estates and have benefitted from the kindness of a number of landowners who have given access to their land, including Atholl Estates, Angus and Douglas Estates and the Glenlivet Estate. Our participants have been involved in conservation volunteering at each of these locations.

Trails were undertaken throughout 2022 with the equivalent of 2,695 person hours and young people joined the Treun programme from schools across the country.

The programme includes 6 optional follow-on therapy sessions for the participants.

### **8. Financial Review**

In 2022, WFUK continued the steady progress it has evidenced over recent years with the hours of support delivered rising from 29,223 to 37,857 an increase of 30% and a compound growth over the past five years of over 50% in Total Reserves and just on 20% in total income, notwithstanding Covid— see five-year record below.

**WILDERNESS FOUNDATION UK  
TRUSTEES' REPORT (INCLUDING DIRECTORS  
REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022**

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**8.1 Financial Review**

Though total income dropped from £621,938 to £558,400, the previous year had benefitted from an exceptional one-off anonymous donation of £109,000. Excluding this donation, total income rose by 9% in 2022, comprising a 5% increase in Restricted income and an 18% increase in Unrestricted income. This is a very creditable performance in a year that has proved highly challenging for all charities.

Total expenses increased significantly from £439,733 to £615,831 reflecting the increased level of activity with Restricted increasing from £287,907 to £410,988 and Unrestricted from £151,826 to £204,843. Clearly, an increase in Restricted activity places an increased burden on our central support so, as indicated in last year's Annual Report, we are deploying the one-off donation to fund an increase in our central costs, notably with the recruitment of a Chief Operating Officer to take some of the weight off our hard-pressed Chief Executive and other members of the senior management team.

As a result, we have incurred a modest deficit in the year of £57,431 which needs to be seen in the context of the exceptional surplus of £182,205 for 2021 resulting from the one-off donation. Hence our reserves have fallen from £409,835 to £352,404, comprising a marginal decrease in Restricted to £173,672 and an increase in Unrestricted to £178,732, which remains comfortably above our requirement to hold Unrestricted cash reserves equivalent to six months of core expenditure.

The Bounce Back loan of £50,000 received in 2021 was repaid in full during 2022.

**8.2 Development Reserve**

As advised in the 2021 Annual Report, the trustees had thought to create an unrestricted Development Reserve to hold resources for the development of the business. Since much of the envisaged expenditure has been incurred during the year, this no longer seems necessary and so has been merged with the unrestricted funds.

**8.3 Five Year Track Record**

	2018	2019	2020 (COVID)	2021	2022
Number of Beneficiaries	5,000	6,000	1,200	6,500	8,000
Total Income	279,320	435,339	359,334	621,938	558,400
Total Expenses	291,769	372,674	258,150	439,733	615,831
Surplus / Deficit	(12,448)	62,665	101,184	182,205	(57,431)
Total Reserves	63,781	126,446	227,630	409,835	352,404
Restricted Income	151,463	183,610	178,418	358,700	376,718
Restricted Expenses	(138,306)	(152,975)	(108,403)	(287,907)	(410,988)
Unrestricted Income	127,857	251,729	180,916	263,238	181,682
Unrestricted Expenses	(153,462)	(219,699)	(149,747)	(151,826)	(204,843)
Restricted Reserves	36,499	67,134	137,149	207,942	173,672
Unrestricted Reserves	27,282	59,312	90,481	201,893	178,732

# **WILDERNESS FOUNDATION UK TRUSTEES' REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022**

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## **8.4 Investment Policy**

As WFUK has not needed to make any financial investments, it was deemed unnecessary to have an Investment Policy. However, the trustees recognise that this could become a requirement in the future as the charity continues to grow. Therefore, an Investment Policy is currently being drafted in accordance with the organisation's future plans, which will subsequently be signed off by the board of trustees.

## **8.5 Affiliate Funds**

As in previous years, WFUK continues to be custodian trustees, managing funds and donors, on behalf of affiliate charities overseas, with whom we share the same values and mission. There are individual contractual agreements with each charity, and we derive a small amount of income to cover overheads.

## **9. Responsibilities**

### **9.1 Guarantors**

Every member promises, that if the Charity is dissolved while they are a member or within twelve months after they cease to be a member, to contribute such sum (not exceeding £10) as may be demanded of him or her towards the payment of the debts and liabilities of the Charity incurred before they cease to be a member and of the costs and charges and expenses of winding up and the adjustment of the rights of the contributories among themselves.

### **9.2 Trustees' Responsibilities**

The trustees, who are also directors of Wilderness Foundation UK are responsible (for the purposes of company law) for preparing the Trustees' Annual Report and the Financial Statements, in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. These must give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources. This includes the income and expenditure of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

**WILDERNESS FOUNDATION UK  
TRUSTEES' REPORT (INCLUDING DIRECTORS  
REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022**

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The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company. These enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved on behalf of the Directors:

Mrs Joanne Roberts .....  
Chief Executive Officer (Signature)

Date: .....  
2 June 2023

Vincent Thompson .....  
Chair (Signature)

Date: .....  
2 June 2023

# WILDERNESS FOUNDATION UK

## INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF WILDERNESS FOUNDATION UK

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### Opinion

We have audited the financial statements of Wilderness Foundation UK (the 'charity') for the year ended 31 December 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

give a true and fair view of the state of the charitable company's affairs as at 31 December 2022 and of its incoming resources and application of resources, for the year then ended;

have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and

have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees use of going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we

# WILDERNESS FOUNDATION UK

## INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF WILDERNESS FOUNDATION UK

conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

### Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report, which includes the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

### Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient and proper accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

### Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

### Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and report in accordance with the Acts and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

# WILDERNESS FOUNDATION UK

## INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF WILDERNESS FOUNDATION UK

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We identified areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements from our: general commercial and sector experience; through verbal and written communications with those charged with governance and other management; and via inspection of the charitable company's regulatory and legal correspondence.

We discussed with those charged with governance and other management the policies and procedures regarding compliance with laws and regulations.

We communicated identified laws and regulations to our team and remained alert to any indicators of non-compliance throughout the audit, we also specifically considered where and how fraud may occur within the charitable company.

The potential effect of these laws and regulations on the financial statements varies considerably.

Firstly, the charitable company is subject to laws and regulations that directly affect the financial statements, including: the charitable company's constitution; relevant financial reporting standards; company law; the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102 (effective from 1 January 2019); and we assess the extent of compliance with these laws and regulations as part of our procedures on the related financial statement items.

Secondly the charitable company is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on the amounts or disclosures in the financial statements, for instance through the imposition of fines and penalties, or through losses arising from litigations. We identified the following areas as those most likely to have such an affect: legislation directly applicable to charities sector such as the Charities Act 2011, employment legislation; health and safety legislation; the regulatory requirements of the Charity Commission and OSCR; tax legislation particularly in relation to gift aid and making overseas donations, GDPR; anti-bribery and corruption legislation.

International Auditing Standards (UK) limit the required procedures to identify non-compliance with these laws and regulations to the procedures, and no procedures over and above those already noted are required. These limited procedures did not identify any actual or suspected non-compliance which laws and regulations that could have a material impact on the financial statements.

In relation to fraud, we performed the following specific procedures in addition to those already noted:

- Challenging assumptions made by management in its significant accounting estimates in particular: grant recognition;
- Identifying and testing journal entries, in particular any entries posted with unusual nominal ledger account combinations;
- Performing analytical procedures to identify unexpected movements in account balances which may be indicative of fraud;
- Ensuring that testing undertaken on both the Statement of Financial Activity (SoFA) and the Balance Sheet includes a number of items selected on a random basis;

These procedures did not identify any actual or suspected fraudulent irregularity that could have a material impact on the financial statements.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with International Auditing Standards UK). For

# WILDERNESS FOUNDATION UK

## INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF WILDERNESS FOUNDATION UK

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example, the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely the procedures that we are required to undertake would identify it. In addition, as with any audit, there remains a high risk of non-detection of irregularities, as these might involve collusion, forgery, intentional omissions, misrepresentation, or the override of internal controls. We are not responsible for preventing non-compliance with laws and regulations or fraud, and cannot be expected to detect non-compliance with all laws and regulations or every incidence of fraud.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

### Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008 and regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

**Caroline Peters (Senior Statutory Auditor)**  
**For and on behalf of Rickard Luckin Limited**

.....

**Chartered Accountants**  
**Statutory Auditor**

1st Floor  
County House  
100 New London Road  
Chelmsford  
Essex  
CM2 0RG

# WILDERNESS FOUNDATION UK

## BALANCE SHEET AS AT 31 DECEMBER 2022

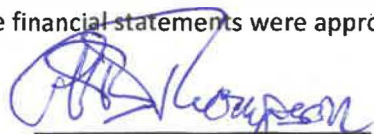
	Note	£	2022 Total Funds £	£	2021 Total Funds £
<b>FIXED ASSETS</b>					
Tangible assets	12	-	-	-	-
<b>CURRENT ASSETS</b>					
Stocks and trademarks	14	1,640	1,640	1,640	1,640
Debtors	15	19,284	17,344	17,344	17,344
Investments	16	50,000	200,000	200,000	200,000
Cash at bank and in hand		323,474	266,786	266,786	266,786
		394,398	485,770	485,770	485,770
<b>LIABILITIES</b>					
Creditors: amounts falling due within one year	18	(41,994)	(34,268)	(34,268)	(34,268)
<b>NET CURRENT ASSETS</b>					
			352,404		451,502
Creditors: amounts falling due after more than one year			-		(41,667)
<b>TOTAL NET ASSETS</b>					
			352,404		409,835
<b>FUNDS</b>					
Unrestricted funds	23 & 28		178,732		201,893
Restricted Funds	22		173,672		207,942
			352,404		409,835


The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2022, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime. The members have not required the company to obtain an audit of its financial statements under the requirements of the companies act 2006, for the year in question in accordance with section 476.

The financial statements were approved by the Trustees on

  
Signed by G VB Thompson Trustee

  
Date

  
Signed by P Martin Trustee

  
Date

## WILDERNESS FOUNDATION UK

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021	Restricted funds 2021	Total 2021 £
<b>Income and endowments</b>							
Donations and legacies	4	137,118	276,008	413,126	236,178	243,621	479,799
Charitable activities	3	7,348	72,056	79,404	-	80,848	80,848
Other income	5	25,654	28,654	54,308	27,060	34,231	61,291
Fundraising events		11,562	-	11,562	-	-	-
<b>Total income</b>		<b>181,682</b>	<b>376,718</b>	<b>558,400</b>	<b>263,238</b>	<b>358,700</b>	<b>621,938</b>
<b>Expenditure on:</b>							
Cost of raising funds	6	9,449	-	9,449	-	-	-
Charitable activities	7	195,394	410,988	606,382	151,826	287,907	439,733
<b>Total expenditure</b>		<b>204,843</b>	<b>410,988</b>	<b>615,831</b>	<b>151,826</b>	<b>287,907</b>	<b>439,733</b>
<b>Net (deficit)/surplus</b>		<b>(23,161)</b>	<b>(34,270)</b>	<b>(57,431)</b>	<b>111,412</b>	<b>70,793</b>	<b>182,205</b>
<b>Net movement in funds</b>							
<b>Transfer between funds</b>		-	-	-	-	-	-
<b>Fund balances at 1 January 2022</b>		<b>201,893</b>	<b>207,942</b>	<b>409,835</b>	<b>90,481</b>	<b>137,149</b>	<b>227,630</b>
<b>Fund balances at 31 December 2022</b>		<b>178,732</b>	<b>173,672</b>	<b>352,404</b>	<b>201,893</b>	<b>207,942</b>	<b>409,835</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

**WILDERNESS FOUNDATION UK**  
**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

	Notes	Total 2022 £	Total 2021 £
<b>Cash flows from operating activities:</b>			
<b>Cash generated / (absorbed by) from operations</b>	<b>27</b>	<b>106,688</b>	<b>(80,448)</b>
<b>Net cash used in investing activities</b>			
<b>Financing activities</b>			
Receipt of bank loans		-	50,000
Payment of bank loan		<u>(50,000)</u>	<u>-</u>
<b>Net cash (used in)/generated from financing activities</b>		<u>(50,000)</u>	<u>50,000</u>
		<b>56,688</b>	<b>(30,448)</b>
<b>Cash and cash equivalents brought forward</b>		<u>266,786</u>	<u>297,234</u>
<b>Cash and cash equivalents carried forward</b>		<u><u>323,474</u></u>	<u><u>266,786</u></u>

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022**

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**1. Charity information**

Wilderness Foundation UK is a private company limited by guarantee incorporated in England and Wales. The registered office is Trinity House, 2 Whitbread's Business Centre, Whitbread's Farm Lane, Chatham Green, Chelmsford, Essex, CM3 3FE.

**1.1 Accounting convention**

The financial statements have been prepared in accordance with the charity's memorandum and articles dated November 2006 (amended May 2021), the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

**1.2 Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

**1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

**1.4 Income**

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Income tax recoverable in relation to donations received under gift aid are recognised at the time of the donation.

Income from government and other grants is recognised when the charity has entitlement to funds, any performance conditions attached to the grant have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

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### 1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been included under expenses categories that aggregate all costs for allocation to activities. Support costs, which cannot be directly attributed to particular activities, have been proportioned to the direct staff costs allocated to activities. Governance costs include the costs of servicing Trustees' meetings, audit and strategic planning.

### 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% per annum straight line basis
Fixtures and fittings	20% per annum straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

### 1.7 Stocks

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

### 1.8 Cash and cash equivalents

Cash, cash equivalents and current asset investments include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

### 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022**

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Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

*Basic financial assets*

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

*Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

**Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

**1.10 Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

### 2 Critical accounting estimate and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

### 3 Charitable activities

	Other 2022 £	Other 2021 £
Other income	79,404	80,848
Analysis by fund		
Unrestricted funds	7,348	-
Restricted funds	72,056	80,848

### 4 Donations and legacies

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
Donations and grant	137,118	276,008	413,126	236,178	243,621	479,799

### 5 Other income

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Other income	25,654	28,654	54,308	61,291

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

### 6 Raising funds

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Raising and publically seeking donations, grants and legacies	9,449	-	9,449	-
	<u>9,449</u>	<u>-</u>	<u>9,449</u>	<u>-</u>

### 7 Charitable activities

	2022 £	2021 £
Staff costs	466,876	323,099
Direct costs	36,052	47,501
	<u>502,928</u>	<u>370,600</u>
Grant funding of activities (see note 9)	-	4,200
Share of support costs (see note 8)	78,762	59,357
Share of governance costs (see note 8)	24,692	5,576
	<u>606,382</u>	<u>439,733</u>
<b>Analysis by fund</b>		
Unrestricted funds	<u>195,394</u>	<u>151,826</u>
Restricted funds	<u>410,988</u>	<u>287,907</u>
	<u>606,382</u>	<u>439,733</u>

### 8 Support costs

	Support costs £	Governance costs £	2022 £	Support costs £	Governance costs £	2021
Rates	25,619		25,619	24,966		24,966
Office expenses	3,448		3,448	9,151		9,151
Professional fees		24,059	24,059	14,225		14,225
Insurance	2,705		2,705	2,244		2,244
Marketing	30,572		30,572	2,332		2,332
Travel	6,527		6,527	3,539		3,539
Sundry expenses	9,780		9,780	2,900		2,900
Bad Debts	111		111			
Events		-	-		3,941	3,941
Consultancy costs		-	-		200	200
Bank charges		633	633		1,435	1,435
	<u>78,762</u>	<u>24,692</u>	<u>103,454</u>	<u>59,357</u>	<u>5,576</u>	<u>64,933</u>
Analysed between Charitable activities	<u>78,762</u>	<u>24,692</u>	<u>103,454</u>	<u>59,357</u>	<u>5,576</u>	<u>64,933</u>

Support costs include payments to the auditors of £15,294 (2021: £4,500) for audit fees.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

### 9 Grants payable

	2022	2021
	£	£
Grants to individuals	-	4,200
	<u>-</u>	<u>4,200</u>

### 10 Trustees

None of the trustees (or any persons connected with them) received benefits from the charity during the year. 1 trustee was reimbursed expenses during the year 2022:£147 (2021:£0).

JK Roberts, the Chief Executive Officer, who is also a trustee, received remuneration for her role as an employee as agreed with the Charity Commission, this amounted to £46,600.

This amount also constitutes all compensation paid to key management personnel.

### 11. Employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
	11	9
<b>Employment costs</b>		
Wages and Salaries	<u>335,421</u>	<u>323,099</u>

There were no employees whose annual remuneration was more than £60,000.

### 12. TANGIBLE FIXED ASSETS

	Plant and Equipment £	Fixtures and Fittings £	Total £
<b>Cost</b>			
At 1 January 2022	25,503	10,218	35,721
Additions	-	-	-
At 31 December 2022	<u>25,503</u>	<u>10,218</u>	<u>35,721</u>
<b>Depreciation</b>			
At 1 January 2022	25,503	10,218	35,721
Charge for the year	-	-	-
At 31 December 2022	<u>25,503</u>	<u>10,218</u>	<u>35,721</u>
<b>Net book values</b>			
At 31 December 2022	<u>-</u>	<u>-</u>	<u>-</u>
At 31 December 2021	<u>-</u>	<u>-</u>	<u>-</u>

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

### 13 Financial instruments

	2022	2021
	£	£
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	50,000	200,000
	<u>50,000</u>	<u>200,000</u>

### 14 STOCKS

	Total 2022	Total 2021
	£	£
Raw materials and consumables	1,640	1,640
	<u>1,640</u>	<u>1,640</u>

### 15 Debtors

#### Amounts falling due within one year:

	Total 2022	Total 2021
	£	£
Trade debtors	5,720	7,538
Other debtors	976	9,706
Prepayments and accrued income	12,588	100
	<u>19,284</u>	<u>17,344</u>

### 16 Current asset investment

	2022	2021
	£	£
Unlisted investments	50,000	200,000
	<u>50,000</u>	<u>200,000</u>

This includes monies held within accessible bank accounts but not used for everyday operating costs.

### 17 Loans and overdrafts

	2022	2021
	£	£
Bank loans	-	50,000
Payable within one year	-	8,333
Payable after one year	-	41,667
	<u>-</u>	<u>41,667</u>

Amounts included above which fall due after five years:

Payable by instalments	<u>1,667</u>
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# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

### 18 Creditors: amounts falling due within one year

	Notes	2022 £	2021 £
Bank loans	17	-	8,333
Deferred income	20	-	2,933
Trade creditors		4,805	3,146
Social security and other taxes		18,519	7,534
Other creditors		5,806	4,337
Accruals and deferred income		12,864	7,985
		<u>41,994</u>	<u>34,268</u>

### 19 Creditors: amounts falling due after more than one year

	Notes	2022 £	2021 £
Bank loans	17	-	<u>41,667</u>

### 20 Deferred income

	2022 £	2021 £
Other deferred income	-	<u>2,933</u>

Deferred income is included in the financial statements as follow:

	2022 £	2021 £
Deferred income is included within:		
Current Liabilities	-	<u>2,933</u>

Movements in the year:

Deferred income at 1st January 2022	2,933	81,429
Released from previous periods	<u>(2,933)</u>	<u>(78,496)</u>
Deferred income at 31 December 2022	<u>-</u>	<u>2,933</u>

### 21 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

## WILDERNESS FOUNDATION UK

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

#### 22 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 January 2022 £	Incoming Resources £	Resources Expended £	Balance at 31 December 2022 £
<b>RESTRICTED FUNDS</b>				
CGP	31,253	124,668	(120,844)	35,077
TREUN	31,138	28,180	(50,381)	8,937
TurnAround Essex	48,600	27,333	(54,353)	21,580
Out There Academy	33,890	31,000	(45,284)	19,606
Wilderness and Nature Therapy	63,061	165,537	(140,126)	88,472
	<b>207,942</b>	<b>376,718</b>	<b>(410,988)</b>	<b>173,672</b>

Restricted funds have been disclosed within the requirements of the SORP. Included within each fund are individual grants for specific purposes that fit the nature and spirit of each fund disclosed.

Chatham Green Project (CGP)- an education initiative being delivered in partnership with Strutt and Parker (Farms) at Chatham Green in Essex

TREUN- this fund is for the delivery of a youth training programme in Scotland

TurnAround- launched by the Wilderness Foundation UK in October 2007. It is a multi-faceted, nature based programme enabling vulnerable young people to make positive changes to their lives. This is achieved by linking community mentors, wilderness therapy, skills workshops and support for employment and further education in 6-9 month cycles.

Out There- a programme for young people facing difficulties in school and home lives. Runs during term time offering a personal development curriculum for children aged 13-15 years.

Wilderness and Nature Therapy- this is a range of different programmes offering online or face to face therapy services. We work with individuals, families, couples and groups. The programme addresses the needs of children, adolescents and adults.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

### 23 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
Fund balances at 31 December 2022 are represented by:				
Current assets/(liabilities)	178,732	173,672	352,404	451,502
Long term liabilities	-	-	-	(41,667)
	<u>178,732</u>	<u>173,672</u>	<u>352,404</u>	<u>409,835</u>

### 24 Affiliate funds

At the year end, the client held affiliate funds of £149,924 (2021: £121,796) relating to Bush Heritage Australia and WF Africa. These amounts have been removed from the accounts as they do not belong to Wilderness Foundation UK.

### 25 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

### 26 Analysis of changes in net funds

	At 1 January 2022 £	Cash Flows £	At 31 December 2022 £
Cash at bank and in hand	266,786	106,688	373,474
Loans falling due within one year	-	-	-
Loans falling due after more than one year	-	-	-
	<u>266,786</u>	<u>106,688</u>	<u>373,474</u>

### 27 Cash generated from operations

	2022 £	2021 £
(Deficit)/surplus	(57,431)	182,205
Adjustment for:		
Cash on deposit, included within investments	150,000	(200,000)
<b>Movements in working capital:</b>		
(Increase)/ Decrease in debtors	(1,940)	11,708
Increase in creditors	18,992	4,135
(Decrease) in deferred income	(2,933)	(78,496)
<b>Cash generated/(absorbed by) from operations</b>	<u>106,688</u>	<u>(80,448)</u>

## **WILDERNESS FOUNDATION UK**

### **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022**

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#### **28 Designated funds**

As per 8.2 of the Trustees' Report, the trustees advised in the 2021 annual report plans to create an unrestricted development fund of £50,000 within the Wilderness Foundation. Whilst this fund was designated during the year and was in place at the year end, the trustees have reviewed the need for a separate fund and this amount was undesignated after the year end.

**WILDERNESS FOUNDATION UK**

England & Wales - Charity number 1118493

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# Accounts

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Charity Registration in England No. 1118493  
Charity Registration in Scotland No. SC041697  
Company Registration No. 06003527 (England and Wales)

**WILDERNESS FOUNDATION UK**  
**ANNUAL REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2021**

**!RickardLuckin**

# WILDERNESS FOUNDATION UK

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	G VB Thompson T Aykroyd AL J Gibbs P Grewal Dr P Hobson V Martin P Martin T Platts  EJ Posey JK Roberts JA Rogers (Fosh) A Sheepshanks MD Soutar MA Williams	(Appointed 24 August 2021)  (Appointed 2 July 2021)
<b>Secretary</b>	JK Roberts	
Charity number (England and Wales)	1118493	
Charity number (Scotland)	SC041697	
<b>Company number</b>	06003527	
<b>Registered office</b>	Trinity House 2 Whitbreads Business Centre Whitbreads Farm Lane, Chatham Green Chelmsford Essex CM3 3FE	
<b>Auditor</b>	Rickard Luckin Limited 1st Floor County House 100 New London Road Chelmsford Essex CM2 0RG	

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# WILDERNESS FOUNDATION UK

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# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### Introduction

The Directors, who are also the trustees of the charity for the purposes of Charity Law, present their annual report, which is also the directors' report as required by Companies Act, and the audited financial statements of the charity for the year ended 31 December 2021.

The financial statements have been prepared in accordance with the accounting policies as set out in note 1 to the financial statements and comply with the Charities Act 2011 and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities applicable to entities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS102)" as amended for accounting periods commencing from 1 January 2019.

The Chief Executive has dispensation from the Charity Commission to serve as Founding Director on the board, alongside working as Chief Executive Officer.

This report represents the twelve months to 31 December 2021 and describes what the Wilderness Foundation UK achieved, explains our constitution and governance arrangements and outlines our future plans.

#### Chairman's Report

In this my first report as Chair of The Wilderness Foundation UK (WF-UK), I am delighted to report another year of strong progress in terms of our activities, governance and finances notwithstanding the continuing difficulties resulting from the pandemic.

During the year we delivered close to 30,000 (29,223) hours of support in both therapy and environmental education. This excluded our events, outreach in the community, talks and lectures, preparation, research and project planning.

I am delighted that we have been able to get our Scotland Treun programme back up and running after the lockdown and can already see the difference this programme makes in the lives of young people based in Scotland who are struggling with their mental health, completing schooling and employability readiness.

This progress bears witness to the dedication and hard work of our outstanding Chief Executive, Jo Roberts, and the excellent team that work with her, to all of whom my congratulations and sincere thanks.

Over the past two years, the value added by WF-UK has become increasingly apparent through a wider appreciation of the vulnerability of our planet and the sharply increased incidence of mental health issues amongst both adults and younger people. The distinguishing feature of WF-UK is its recognition of the importance of wilderness and its understanding of the interrelationship of the environment with people's wellbeing, physical and mental. This reflects our heritage and is enshrined in our Objects (see page 3). The resultant increase in demand for our services manifest in the increase in 2021 of our restricted activities gives us the challenge of how best to develop our operations which we are currently addressing by reinforcing our infrastructure in expectation of further significant increase in our activities and building a Development Reserve.

In 2021, we were fortunate to add two new trustees who bring to our Board widely recognised expertise in education and the commissioning of services through local authorities. Julie Fosh, a previous High Sheriff, brings the benefit of her wide experience in education, notably in Essex where latterly she was deputy head of one of our leading schools interacting with many key organisations across Essex. Julie is also a Trustee of the Essex Youth Trust, the Essex Boys & Girls Club, and is a committee member for the Essex Women's Advisory Group and the Essex Agricultural Society. Tomi Platts as Head of Portfolio is a senior member of the Essex County Council executive team bringing valuable contacts and experience in commissioning work which is of increasing importance to WF-UK.

The Governance Committee established in 2020 continued its work in 2021 notably by finalising the update to our Memorandum and Articles of Association, refining our risk register and reviewing the legal constraints in which we operate. The Finance Committee, established at the same time, has completed its work enhancing our management accounting systems and recruited new auditors in Rickard Luckin, a highly respected Essex based firm with acknowledged expertise in charities.

We have added three new committees to cover Social Benefit, Environment and Scotland. Each of our five committees meets four times a year and reports to the quarterly Board. This devolved structure enables the increased involvement of the Trustees based on their individual skills and will facilitate the further development of WF-UK envisaged.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

**FOR THE YEAR ENDED 31 DECEMBER 2021**

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Meantime, we have responded to increased demand resulting from the pandemic by broadening our range of activities to cover domestic abuse through the Blossom programme and help for young people on their return to school through Bounce Back. During the year we achieved growth in activities in our core areas of Environment, Education and Social Benefit and have continued to use to great effect the online skills developed in the first year of the pandemic.

Finally, to cater for the increase in activities and in anticipation of further development, we have increased our staff, both salaried and freelance, and continue to recruit.

We are as ever extremely grateful to our many supporters for grants, commissioning and donations. Their generosity bears witness to their confidence in our offering and has enabled the developments currently in hand.

It is thanks to this support that following a second year of significant challenges I am able to report a strong year for our finances with a record on fund raising of £479,799 and record reserves at the year-end totalling £409,385 including £201,893 of Unrestricted reserves being 1.33 times our core expenditure.

In the current year, we will be adding a Development Reserve to cater for costs incurred in the development of our activities.

I am also delighted to report that WF-UK has been selected in 2021 by Project Giving Back and one of the young gardeners it is supporting, Charlie Hawkes, for one of 12 gardens at Chelsea Flower Show in May 2022. The garden will capture the core values of WF-UK and provide us with a platform to bring our work to the attention of a wider audience in anticipation of our further development.

In my experience, WF-UK is one of the most innovative and highly regarded of charities, combining as it does its concern for the environment and all that inhabit it with a rare understanding of the interrelationship between the two. As such, it has been ahead of its time for years and having established a strong and respected base, the pressing need for its offering has been highlighted by the pandemic, increased concern for our planet and the current alarming examples of the fragility of our society, both global and local.

I was greatly honoured when approached to take over as Chair from my highly regarded predecessor, Peter Martin, and delighted to do so. My thanks to Peter who in his eight years as a Trustee and five years as Chair has made such an important contribution to the development of WF-UK into the leading charity that it now is through his wide experience, his leadership, his concern for the mission of WF-UK and his care for its excellent team. I am also grateful to Peter for his continuing role as Chair of the Finance Committee and for the work he initiated and oversees to provide us with a financial system that we can be rightly proud of.

I see my responsibility in my years as Chair of WF-UK as being to work with the Trustees and staff to conserve the strong base established, ensure its survival and to take its invaluable message to a wider forum. I look forward to reporting on progress next year. I am therefore most grateful to the Trustees for the warm welcome they have extended to me and for their considerable efforts to ensure a successful transition to an increased level of activity for WF-UK.

Vincent Thompson  
Chairman



09/06/2022

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

*FOR THE YEAR ENDED 31 DECEMBER 2021*

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### **Our Aims and Objectives**

Our charity's objects as set out in the company's memorandum of association are:

**To advance the education of the public by increasing knowledge and understanding of wilderness and the conservation thereof, and the interrelationship between wilderness and the environment generally by the provision of instruction, and of opportunities, for direct experience of wilderness; to initiate and manage social benefit programmes which use wilderness experience to enable vulnerable and disadvantaged people to play a fuller role in society (especially the young).**

The aims of our charity are to:

- raise the profile and value of wilderness areas through offering direct experience of wild places through our educational and leadership development, and therapeutic programmes for young people.
- deliver social projects that demonstrate how wilderness experience offers a vital key to mental health, and the wellbeing of society and individuals, particularly the most vulnerable.
- initiate and support programmes for the continued protection of the last remaining wild land and wilderness areas in Britain and, through our partners, in Europe and Africa.

We refer to the Charity Commission's general guidance on public benefit when reviewing our objects and aims and on planning our future activities. In particular, the trustees consider how planned activities will contribute to the objects and aims they have set.

The charity was reconstituted in 2006 and changed its name from The Wilderness Trust to The Wilderness Foundation UK.

Our aims fully reflect the purposes that the charity was set up to further.

In 2021 our Governance Committee updated our Memorandum and Articles of Association and worked through the Charity Commission to have these amended and filed.

We were audited and gained our outdoor learning accreditation through Learning Outside the Classroom, which gives confidence to others using our service that we have governance and good practice in place. This is an important external measure in terms of compliance.

Additionally, we conducted further training and development in First Aid, mentor training, outdoor therapists CPD and training, health and safety and safeguarding.

We continued to be registered as an Approved Provider for Essex County Council, Southend Borough Council, South Lanarkshire Council, Perth and Kinross Council, Fife, Aberdeenshire Council, North Lanarkshire Council Dumfries and Galloway Council.

### **Public Benefit Statement**

This statement complies with the duty set out in section 4 of the Charities Act 2006 to have due regard to public benefit as published by the Commission.

The charity was founded in 1976 by Dr. Ian Player DMS and Sir Laurens van der Post with the aim of raising the profile and value of wilderness areas, through offering direct experience of wild places to a wide range of the general public, with a focus on young people in particular.

We continue this work today, with our activities focused on three key areas – the environment, education and leadership, social benefits and outdoor therapy.

Connecting the public to our work has been through articles, podcasts, lectures, sharing research outcomes and social media reaches. This helps us to reach beyond our immediate community of participants and friends on the need for our work, and the urgency of creating a country and world that focuses on the balance between people and nature, and advocates for the wellbeing of both through conservation efforts, social outdoor care and leadership.

Our aims fully reflect the purposes that the charity was set up to further.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

*FOR THE YEAR ENDED 31 DECEMBER 2021*

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### The Environment

#### Advocacy and Awareness

**We aim to protect wilderness and wild places by influencing policy makers and the public by highlighting measurable economic, social and biodiversity benefits of wild nature and encourage our participants to take action to build a sustainable planet.**

In 2021 we have established our Environment Committee who meet quarterly in support of the main board of trustees. They have drafted guidance on our wilderness ethics and philosophy so that this can flow through the organisation's practice and activities.

With this in mind, we have used opportunities to educate and advocate on how biodiversity and rewilding can support the mitigation of climate change, but also offer thoughts and ideas around actions we all need to be taking to reduce our carbon impact on the planet.

Our committee also has focused on the impact of climate change, loss of biodiversity, increasing population, rewilding, pressure from housing development and infrastructure on fragile and disappearing green spaces, and the positive impact of wilderness and protected green space in climate mitigation and biodiversity decline.

In January 2021 we were invited to take part in a Sky Nature series on Conservation Ambassadors as part of a campaign run by Unilever/Persil washing powder. Working with the celebrity Ashley Banjo four of our young environmental ambassadors joined the filming. Several of our young people had come through our mental wellbeing services but had developed a passion for protecting nature and outdoors. Several wish to pursue a career in conservation or linked to nature. Various staff members were also filmed sharing our environmental work and as a result we received excellent coverage on television.

We continue to seek ways to remain relevant to current trends for society and the environment and were fortunate for our CEO to continue her service as a commissioner on the Essex Climate Change Commission, as well as a Commissioner on the Essex Renewal Commission set up post Covid for the County in 2021. She chairs the Community and Wellbeing Special interest group in this Commission and serves on the Land Use and Green Infrastructure Special Interest Group in the Climate Action Commission. We also signed up with the Scottish National Rural Mental Health Forum which meets on a regular basis.

During this year we developed our own Climate Change outreach programme for schools – making sure we are at the forefront of education and public engagement in this critical area. In addition, funding from the Ernest Cook Trust provided our engagement in the Green Influencers Programme, working to develop young people's skills and advocacy for Climate change and other environmental imperatives.

We consult all our participants through a structured and informal feedback process. This assesses our response to the external need for our programmes, our achievements and the outcomes of work completed in the previous 12 months. The review looks at key activities and the benefits they have brought to the groups of people we care for. This is further supported by our longitudinal research and analysis by the University of Essex (since 2007), and internal assessments of projects such as the Out There Academy.

In 2021 our Education team developed a Climate Change Programme which is now being taken into schools. We moved almost all education online to make the most of lockdown when this was a medium with a high percentage of followers.

In addition, two programmes engaging children in environment action were funded – The Eco Defenders Programme and Green Influencers. Both work with children aged ten to fourteen and build up a long-term community of young people wishing to make a difference.

We believe that government and business leaders have an inherent responsibility to act as responsible custodians of the environment and for healthy society through best practice and ran a range of outdoor activities for corporates and others – some at a new location in Elstree, Hertfordshire.

Our social posting has been focused on our outdoor education, alongside sharing information on the impact of climate change, loss of biodiversity, increasing population, pressure on housing development and infrastructure on fragile and disappearing green spaces, the positive impact of wilderness and protected green space in climate mitigation and biodiversity decline.

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# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

*FOR THE YEAR ENDED 31 DECEMBER 2021*

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### Education and Leadership

Through the year we educated young people about biodiversity and nature and their relationship to the wild and how they can care for it. We develop leaders for the future who will develop understanding of the crucial need for a balance between humans and nature in order to ensure a sustainable future for all. We are developing our offering to include primary, secondary, graduate and postgraduate education and businesses.

We know that learning from an early age embeds practice and forms mindsets. For this purpose, we take our role as environmental educators very seriously. Through the year we have delivered a range of curriculum-based education opportunities to children and teenagers about biodiversity, natural history, and geography linked to landscape and the sciences.

During the outdoor classes we teach Leave no Trace ethics, principles of sustainable living, and aim to build a long and lasting love and connection to the wild.

We work on the Geddes model of integrating education with the 'head, hand and heart' making sure that any participant who comes through our gates, will feel nature, have information about nature and develop tools and ideas of how they wish to protect it.

Our leadership programmes include secondary students who undertake wilderness expeditions which are challenging but have a strong wilderness ethics and philosophy element. Covid in 2021 stopped all travel to South Africa where traditionally we have worked in partnership with sister organisation The Wilderness Leadership School. We diverted a group of 12 young school leavers to paddle Loch Shiel in Scotland and this was inspirational for them, perhaps heightened by the pressures of lockdown.

Participants experience, learn and discover the spirit of wilderness, alongside growing their understanding of the essential relationships between humanity, nature, personal development and the practice of ecological principles. We aim to develop leadership skills and knowledge, equipping them with a curiosity and hunger to take action for the planet and human wellbeing.

We incorporate leadership training across a range of programmes and offer tools and skills to lead and influence around issues related to a healthy planet and healthy people, as well as enhanced sustainability in their own organisations.

Whilst protecting the environment, we also know that effective leadership and advocacy is enhanced through direct experience of the natural world facilitated by experts in their field, including team building and developing corporate social responsibility.

We live in a world where the disconnection with nature grows daily and there is urgency to address this as resources and biodiversity diminish. The increase in corporates and organisations looking to evidence their environmental and social responsibility dovetails into this work and we continue to build relationships with groups who volunteer or support our work.

All our programmes have included:

- building respect for the earth's rich but diminishing biodiversity,
- the value of simple and low impact experience of the outdoors
- the benefits of leaving no trace and an undisturbed environment.

Through activities such as Open Farm Sunday we also educate the public on matters of sustainable land use, balancing the needs of farming, nature and communities and the impacts of farming on nature. We had over 300 people on the day who enjoyed nature and farm walks and held their own family picnics.

During the year we started a new initiative that will be supporting Writtle University College in their development of postgraduate courses in conservation and rewilding science in 2022. This will reflect the close relationship we have always sought to engender with leading academic thinking and institutions.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

*FOR THE YEAR ENDED 31 DECEMBER 2021*

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### **Social Benefit and Outdoor Therapy**

Through the year we worked on key social issues in our communities that can benefit from therapeutic wilderness programmes – providing a range of experiential, outdoor based programmes that improve physical and mental wellbeing for the individual, many of whom are disadvantaged and vulnerable in both Scotland, and across England and Wales ( primarily in Essex ). .

#### **The need for this work**

In 2020 and 2021 research showed a dramatic increase in mental health issues with lockdown affecting a wide range of people. Covid 19 also increased people experiencing isolation and loneliness, grief and financial insecurity alongside fear of being infected, as well as an increased desire to connect with nature.

Overall, this added to an already high mental health decline in our teenage population which in 2019 was already reporting almost one in four adolescents in the UK experiencing anxiety or depression. There is continued growth of County Lines (Chelmsford is now ranked as the most impacted area in the country) and gang involvement across the country, with a 40% increase in domestic violence which has a big impact on children and young people in the household. Whilst many are focused on their futures and doing well, there are counterparts who are struggling with a wide range of challenges and setbacks.

All these increase the likelihood of young people struggling to finish school or find sustainable training or employment, thus significantly affecting their life chances. This insight drives the Foundation's social programmes with an aim to nurture the physical and psychological wellness of young people, whilst also developing a sense of belonging in, and care for, wild places with an embedded conservation ethic. Over the past 12 years, we have taken vulnerable youth to wilderness areas and wild spaces and developed ways not only to support mental health, but also include environmental education and address issues of youth unemployment.

We delivered bespoke and tailored therapy interventions that harness the healing power of nature, equipping vulnerable youth to see improvements in their behaviour and mental health and an improved connection to nature.

At the core of these interventions are carefully developed physical and psychological wellness programmes which aim to provide specific support for our participants which include: tools to regulate their own mental health employability, resilience building, coping mechanisms, aspiration, self-esteem and confidence building, and skills development or vocational training aspects.

Furthermore, the Foundation has seen just how powerfully young people respond to spending time in wilderness areas. Based on a long history of using the healing power of nature for personal and social transformation, the Foundation through the year continued to integrate various levels of long and short Wilderness Trail activities into our holistic intervention projects.

Through research across the board, our measuring and monitoring of social and personal change, and improvements in mental health, enabled us to share outcomes that demonstrate the benefit and value that wilderness and wild places offer everyone in our communities, with a focus on those in particular need.

The measured benefits of time in the wild, supports the urgent need to protect our remaining wild and green spaces, not just for their biodiversity and landscape value but also to improve the wellbeing and mental health of society. We share our outcomes widely through a range of papers, conferences, documentaries and the media.

During 2021 we increased our adult provision to work with survivors of domestic abuse in a partnership with the University of Essex, The Police Fire and Crime Commissioner's office and the domestic abuse charity, Next Chapter.

In addition, we introduced therapy groups and individual therapy for vulnerable adults and families, and a refugee programme was held to support young Afghan, Ethiopian and Syrian teens.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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### Chief Executive's Report

#### Overview of 2021

With all the challenges thrown at us with Covid, 2021 was a particularly successful year for us with a dramatic increase in our turnover, alongside high delivery rates across the range and scope of programmes. After the impacts of lockdown on schools and trails we were delighted to get back to trails in Scotland with Treun and re-engaging with the schools that we have traditionally worked with since 2014. Trails have been mainly focused on the Glenlivet Estate with new trails planned for Atholl Estates and Douglas and Angus Estate in 2022.

We also had the benefit of developing new partnership opportunities and locations across Essex, and elsewhere, in order to expand access to our programmes. This included, for example, Hatfield Forest and the National Trust, Broughton Estate in Skipton, Yorkshire; Sussex and the licensed use of Mann Wood in Essex, a hundred acre woodland close to our centre.

Support for our work came from a range of sources but during the year we also benefited from being selected for the Thrive Programme which mentored the CEO and supported our development planning which will carry forward into 2022.

Further core fundraising and developmental support has come pro bono from funders such as Active Essex for example.

We benefitted from a range of people wishing to engage with us – either to do fundraising through activities, to volunteer their services, or who could help us with networking.

#### Achievements and Performance during 2021

Being an outdoor based charity once again we were well positioned to work with groups and individuals during Covid as outdoors was a safer place to be, with society really understanding its benefits. The challenges increased the need for WFUK as a charity to serve the most vulnerable in society whilst working to enhance a love of the wild and engender its protection.

Our main charitable activity during the year was the delivery of our flagship programmes

#### Mental Health, Behavioural and Employability for young people up to 25

- TurnAround
- Out There Wilderness Academy
- Brave Futures for children, adolescents and adults
- Refugee Programme\*
- Blossom – Domestic Abuse Survivors programme for adolescents and adults\*
- Bounce Back for Covid Recovery\*
- Treun Scotland
- Online and Face to Face Therapy for individuals, couples and families
- Wilderness Therapy Training
- Adolescent Therapy Camps

#### Environmental Education and Leadership Development

- Chatham Green Project (including Down To Earth Allotments, Green Influencers\* and Eco Defenders\* programmes)
- Eco - Holiday Camps for children
- Special Education Needs Programmes – children to young adults
- Wilderness Leadership Expedition in Scotland \*

*(\*these are new programmes introduced in 2021 and reflects the increase in demand both for existing areas of activity and new areas of focus, notably domestic abuse and refugees)*

#### Some programme highlights in 2021 include:

- Upgrading our allotment programme to take on new volunteers, schools and clients with additional needs.
- Fourfold increase in staffing and increases in volunteers, and freelance outdoor instructors and outdoor therapists

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

*FOR THE YEAR ENDED 31 DECEMBER 2021*

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- Working with online and other therapeutic support to a much wider group of beneficiaries and able to support those with no transport in hidden corners of Essex and Scotland
- Growing our Association of Outdoor Counsellors & Wilderness Therapists
- Wilderness Therapy training and counsellor professional development
- Delivery of Wilderness Therapy immersions in Essex and Scotland
- Filming with our Environmental Ambassadors for Sky Nature campaign
- Speaking slots, and podcasts sharing the impact and methodology of our work
- Increased online communication through social media and improvements to our website
- We support overseas partners that share our values and commit resources to protecting the last of the world's wild places together with their native species of flora and fauna. This includes Bush Heritage Australia and their land and indigenous people programmes, and The Wilderness Foundation Africa supporting Forever Wild aimed at the protection of species under threat.
- Getting through the selection process of Project Giving Back gives us the opportunity to have a garden at RHS Chelsea in May 2022 with young and upcoming garden designer Charlie Hawkes. The garden will highlight the benefits of a connection to nature for wellbeing, and the awe and wonder that one feels when surrounded by the natural world.

### Review of Individual Flagship Programmes

#### Environmental Programmes

##### Climate Change, Biodiversity and Environment Commissions

During the year, we have placed much focus on climate change. Jo Roberts, CEO, has been working as an appointed Commissioner with the Essex Climate Action Commission and served a second year in 2021.

Jo serves on the Communications and Land Use and Green Infrastructure Special Interest Groups amidst highly respected academics, practitioners, farmers, County Council officers and other organisations.

The Foundation has valued this engagement as it has helped ensure we stay on track with climate issues being at the forefront of our environmental advocacy, particularly around where wilderness, green space and biodiversity can make a significant contribution to mitigations and reach a carbon net zero world by 2050.

##### Chatham Green Project

**Chatham Green Project offers a range of programmes including school curriculum based visits for environmental education, Special Educational Needs groups, holiday camps with connection to nature as the focus, and climate change workshops. Our allotment programmes form part of our environmental outreach.**

2021 saw Chatham Green project bounce back from a very challenging year in 2020 when schools were disrupted through Covid.

In March 2021 our first face to face work of the year began again outdoors with young people who had been isolated from other children and families for many months, and/or who also had disrupted education.

To be ready for a busy year we made some significant staff additions with 3 new members joining the environmental education team, and we offered a paid position to a long-standing volunteer and intern.

These appointments included a new Forest School Leader and SEND facilitator, with a Geography Degree, an Assistant Education Officer with a BA in Zoology, and a new apprentice who joined us as part of the Kickstart Scheme after recently graduating from studying Conservation Biology in Plymouth.

All have experience in working with young people and have a passion for the outdoors thus enriching the existing team.

##### Eco- Holiday Camps

Wilderness Rangers Camps continued to be a huge success in 2021, so much so that the team decided to take bookings through Eventbrite as this dramatically reduced the Education Officers time spent on camps admin. The team ran Camps through Easter, May Half term, summer holidays and October. This equated to 42 camps days in total with an average of 16 young people per day reaching a total of 672 young people across the year.

For the first time since camps began, we also asked parents for feedback on their children's experiences. Here are a few favourite quotes below:

## WILDERNESS FOUNDATION UK

### TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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*"I've seen a growth in confidence since joining the camps. My youngest doesn't like to leave me for any camp/club at all. She doesn't even look back or say goodbye at your camps. Both my girls are always asking to attend more camps than I book."*

*"This camp has deepened my daughter's love for nature".*

*"They love sharpening sticks and their best day was when they dug up animal bones and brought them home as a souvenir – we still have them 2 years later!"*

The ethos of camps is to allow 5–10 year olds and now 10-13 year olds, the chance to create their own connections with the natural world. It teaches them how to play in nature, with the freedom and ability to learn skills and improve knowledge of the outdoor world.

As a charity we know the positive impacts on nature, but we had not yet looked to our camp's attendees to ask if an impact had been made to their mental health or mood.

The feedback we asked for enabled us to analyse the results of this.

We found that nearly 80% of parents that responded to our feedback have seen a change in wellbeing and mood of their children since joining camps.

Parent feedback on their children's wellbeing since joining camps:

*"They're always in a great mood after Wilderness Camp, they love it".*

*"Happiness increased and a feeling of freedom was expressed".*

#### **Special Education Needs and Disability Groups (SEND)**

SEND groups restarted after the Easter Holidays with three groups a week arriving from Edith Borthwick School run by two team members. We have also supported one learner for work experience during the summer term led by our intern. The groups we currently host are of mixed ability and needs. Across this year we have welcomed the groups a total of 71 times on site, with a total of 618 young people with a total of 1,346 hours.

We continue to work closely with Edith Borthwick school to provide the best service for their learners in the safest environment. With each group that visits different challenges are presented and the team works hard to support teaching staff and learners in the best ways possible.

Edith Borthwick have also joined our Green Influencer scheme (see below) with two of their groups.

It is important to us all that these young people get an opportunity to share their ideas and get involved in making their own impact on the environment.

#### **Green Influencers**

We became part of the Ernest Cook Trust's Green influencers scheme in early 2021. The scheme was created to enable young people aged 10-14 to engage in environmental youth social action. Starting the groups has been challenging this year due to the restrictions and extra strain on teaching staff. The schools have been receptive to the idea but unable to go forward. After the challenges faced with schools closing due to Covid, or having restricted timetables, we started a group on a Saturday morning. The group meets once a month and have called themselves 'Team Sapling'. They have a passion for reducing plastic and its impacts on the natural world and have taken on a range of practical activities to help the environment. They have also supported and joined forces with our Eco Defender programme which meets fortnightly at our allotment site in Chelmsford and is funded by the #IWill Foundation. This group is campaigning and developing a range of projects in their schools and on the Wilderness Site.

In 2022 we aim to expand our groups and engage with new schools in order to encourage youth social action.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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### Climate Change Outreach Programme

Work continued on our Climate Change Outreach programme during the year. The workshops include attention to the enhancement of biodiversity and its role in climate change mitigation, alongside other elements such as carbon, energy use, and transport for example.

Due to covid restrictions in schools in 2021, we were not able to deliver our programme in the classroom but did work online with a few schools.

We have outreach planned for 2022 to deliver our climate workshops within a range of schools to enhance their skills in making a difference in their community through environmental action and awareness.

### School Visits

We offer a wide range of curriculum-based programmes and workshops on our site.

In 2021 we welcomed 1,237 young people on site for their Environmental Education Visits. Due to Covid restrictions our first visit was in mid-June.

In a normal year school visits start in April. Despite the reduced time we reached out to the same number of schools as we did in 2019 but in a much shorter space of time. The school visits were a success with many children and teachers just as excited to be out of the classroom.

Here are some of our favourite quotes from our school visits in 2021.

*"Every single member of staff was excellent. Fun, friendly, knowledgeable, unflappable and perfect for our children. Thank you."*

*"It was the best day ever' / 'Can we come again next week?' / 'I just love this' (den building) / 'I never knew what a blood worm is and now I do, I mean I actually saw one and so I know!"*

*"They talked about how the worms were moving, and having pretend marshmallows at den side, and also collecting bugs from the pond. Some of them even remembered the names of the bugs they have collected and described what they look like."*

### Other Initiatives run by the Environmental Education Team

Once restrictions were lifted in 2021, the team navigated new rules and solutions, so we could continue to engage with as many young people as possible.

Although our first school outreach work was virtual it was still a success providing video tutorials on increasing habitats for wildlife for the Essex Schools Food and Farming Day with an estimated 1400\* virtual viewers.

In June we ran our largest Open Farm Sunday Event yet, with over 300 attendees. The programme introduces sustainable food, farming and nature with walks by the farmer of Hyde Hall Farm and our education team running nature walks. We use the day to reach out to the community and build positive connections to the countryside and nature whilst also understanding how food is produced and an opportunity to explore this with the farmer.

In November the team ran a bespoke programme for the Aching Arms charity which serves families who have lost a baby at birth or during pregnancy. This was a community event for bereaved families to come together, plant a memorial tree and spend time talking round a campfire and creating connections to nature and memories together.

The team decided that 2021 would be the year that we run something for families at Christmas. After sending a letter to Santa confirming dates, getting some presents made by our elves, and some magic which helped the elves turn our safari tent into a grotto, we were ready to go. **Santa's Wilderness Grotto** was a huge success with 159 booked on participants over a 2-day event running between 12-3pm.

In 2021 we continued to provide birthday parties for children and their families.

All these activities engage young children and their families in nature, offering a range of nature based activities that are fun and also meaningful as often include conservation tasks. We meet a wide range of new families through these programmes as many parents are hungry for activities for their children. Ours are ethical and fun and have positive outcomes for everyone whilst also bringing in much needed donations for the charity.

This year we ran 8 birthday parties with a total of 144 children.

\*1400 was worked out based on an average of 70 views per video and videos were viewed by school classes. 70 views x 20 (approx. children per class).

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## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### **The Learning Outside The Classroom (LOtC) Quality Badge**

We were thrilled to receive our LOtC badge again in 2021. The LOtC Quality Badge, which is awarded by the Council, means that you have passed a robust assessment process and that you meet schools' learning and risk management needs, no matter what activities you offer.

#### **Down to Earth Allotments**

**Our Down to Earth Allotments work across six plots in central Chelmsford and have a distinct variety of growing space for fruit and vegetables across traditional beds, raised beds and polytunnels combined with areas left for wildlife.**

Over the years, we have established log & habitat piles, small areas of rubble, hedgerows, wildflower patches and a wetland area to benefit our local insects, invertebrates, amphibians, birds and small mammals. Organic allotment gardening goes hand in hand with a healthy environment for wildlife as those little creatures benefit our crops in so many ways.

The allotment year started well, but we still noticed the aftermath of Covid-19 with a considerable reduction in participants in our programmes. As such, we had to reduce our work to one day a week with only a few volunteers attending. Unfortunately, our schools programme ceased to run due to the circumstances and we are in discussion to get this back again in 2022. We have been running the allotment on a Tuesday as normal but with much more attention on Covid 19 safety and social distancing as many volunteers are vulnerable.

However, we are excited to launch 'Eco Defenders' during the year. It is a creative horticultural-environmental youth programme for 10 & 11-year olds. Our new allotment-based outdoor club started with a one-week summer camp at the beginning of last year's summer holidays. The programme now runs on Saturday mornings at the allotments. Once a month we successfully team up with Green Influencers at Chatham Green.

Despite the effect of Covid-19, our groups managed to keep on 'growing' and making a difference across our plots and to each other, collecting fresh produce, enjoying wildlife and being together in a positive environment.

The allotments are situated in one of the areas of Chelmsford, and indeed in Essex, which has an area with high levels of disadvantage and fits within the poverty index of deprivation. In addition, we chose this location as it is close to our main centre at Chatham Green.

We are motivated to make growing food more accessible to a wider audience, or for those with less time and financial resources to run their own allotments, or in fact, have limited access to a garden space. Our allotment programme boosts and helps to maintain a healthy and positive mental attitude and supports physical health as well. Connecting people with nature through growing healthy food, activity, socialising and awareness of our beautiful environment is one of the core benefits to mental and physical wellbeing.

The Down to Earth Allotment programme is open to a range of community groups and schools. Most of our young adult volunteers are living with mental or physical disability. We also use the allotment to engage recovery clients from Open Road (Drugs & Alcohol charity), MENCAP and Columbus School & College, catering for young people with complex and severe learning difficulties. We aim to revive some of our connections during the coming year.

After many years of running the allotments successfully, we said farewell to Jonathan Barker. We would like to thank him for his dedication, hard work and the valuable and friendly relationships he built over the years. Our new project leader, Carolin Rogers, took on the running of the site in November and has been welcomed, heartily accepted and supported by participants and volunteers alike.

The last two to three months have been challenging as the lack of helpers and maintenance time spent due the pandemic restrictions had left their mark, and a lot of overgrown areas, clearing and repair-needy structures had to be dealt with. A small team of regular volunteers has supported Carolin through the last three months with this for which she is extremely grateful.

On November 30th we were lucky to have an amazing workforce from Essex and Suffolk Water, who volunteered for the day to tackle much needed 'heavy lifting' jobs across our large site. Through their comprehensive skills and the tools that they brought with them, new raised beds were built, structures repaired, paths re-mulched and clearance works carried out. The positive effect on the garden and our group participants was immense and everyone's still talking about this brilliant day! We are hoping to be able to repeat this day of action during the coming year.

## **WILDERNESS FOUNDATION UK**

### **TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

#### **FOR THE YEAR ENDED 31 DECEMBER 2021**

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We are pleased to have received donations of timber sleepers and associated fixings, which were used during our volunteer day to build a brand-new raised bed. We also gratefully received a donation of a pallet of mushroom compost, which will be valuable for improving our soil and mulch around our fruit trees and bushes.

With new raised beds in place and more in the planning, we are very pleased to have been able to team up with the NHS Clinical Commissioning Group and NHS Living Well Programme to set up a new allotment horticultural and green therapy scheme. This enables us to work with NHS patients on the long waiting list for hip and knee replacements as well as cancer survivors. We will be able to offer a safe, sociable, productive and encouraging community space for those people with particular physical and mental needs.

Currently the food grown at the allotment is shared amongst those growing it as the best way to learn where our food comes from and engage people with the subjects of nutrition and cooking. We also donate food to the homeless charity Sanctus in Broomfield to support others in the community in need. The allotments create a hub for people to feel safe, carry out constructive and tangible work, break cycles of loneliness or social isolation and are an important part of the local community.

During the past year, adults and children together spent around 770 people hours on the allotment as participant volunteer gardeners of a programme. In addition, support gardeners and volunteers gave many hours of their time to help with the groups and maintain our plots. Most clients attend four hours minimum each session; children's sessions are two hours long.

As 2021 drew to a close we concluded that much was achieved to make the allotment garden look great and ready 'to grow' for the coming year. We received truly encouraging feedback from children, parents, our adult participants as well as other plot holders, who all reflected on many enjoyable, inspirational, and encouraging hours 'down to earth'.

We continue to be grateful to our funders & donors and fantastic support given to the project by all involved.

#### **Leave No Trace Training**

We continue to promote Leave No Trace values throughout all our programmes and several staff are accredited as Leave No Trace Awareness instructors. Through our outreach over the years, we have delivered LNT Awareness training for hundreds of children and adults. This teaches the values and ethics of respecting nature and the outdoors, managing your personal impact on the earth and learning not to leave litter or traces of ourselves wherever we travel outdoors.

#### **Wilderness Leadership Expeditions**

Unfortunately, Covid continued to impact our South African Wilderness Leadership Journeys for UK schools. This year however we moved one of our longstanding clients The Haberdashers' Schools, to Scotland.

A group of 12 paddled over a week through some of the wildest parts of Loch Shiel in the west of Scotland, wild camping on the way, and having an opportunity to develop their understanding of wilderness, the relationships between humans and wilderness, sustainability and our role in helping continue to build respect for nature, ourselves and others. This was followed by three days volunteering with the Nevis Partnership and the John Muir Trust. One of the highlights was summiting Ben Nevis.

Feedback was tremendous and the group all felt they gained from the experience. A very moving and inspiring presentation was made by members of the group to the Charity committee at Haberdashers' Company Hall in London, followed by a lunch with senior Livery members.

We take tremendous care to ensure that each participant enjoys the maximum benefit and derives the maximum value from our wilderness journeys, experiences that often prove to be life changing. Through our programmes, participants embrace the spirit of wilderness. Importance is placed on personal development, respect of diversity, togetherness, environmental ethics, simplicity of experience and learning about the richness of an undisturbed natural environment.

Time and time again, we see the change in people occurring over the period of time, in the wilderness, so it comes as no surprise that trailists are reluctant to leave. It requires some adjustment to return to the 'normal' world but the lessons of the wild remain and are transferred to life in leadership decision making, interpersonal behaviours, responsible environmental advocacy, team building and respect for all living organisms.

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That almost all trailists become ambassadors for a natural experience is embellished in the trail journals that each trailist is encouraged to keep and the communication that we receive regularly from people who went on trail decades ago and who today recognise this as a turning point in their lives.

#### **Social Programmes**

In 2021 our CEO Jo Roberts was invited to serve as a Commissioner on the Essex Renewal Commission which is seeking to build post Covid responses in the county.

Jo chairs the Community and Wellbeing SIG which has helped understand the needs of social and wellbeing issues across the County, and responses such as social prescribing for public wellbeing services as well as the benefits of nature on wellbeing.

#### **Turnaround**

**Our TurnAround intervention programme has been in operation since 2007.**

**It works with at risk and vulnerable young people with complex emotional and behavioural needs between the ages of 15-21 years. The programme is a minimum of six months engagement with ongoing support as required. This year we reached 16 young people through the programme, ran four wilderness therapy journeys, engaged mentors weekly and ran 12 workshops and 12 social events.**

Young people are referred by a range of sources including police, social services, colleges and schools and parents. They are selected on the basis of choosing to make positive changes in their lives, and are selected by our professional team through interviews and practical day workshops.

Each step of the programme from introduction to graduation has a systemic, integrated set of experiences and learning tools embedded in them. For example, the entrance interview develops confidence in job seeking and understanding of the process of a structured interview.

TurnAround has continually achieved excellent results for the most vulnerable young people on the fringes of society, faced with a raft of social issues, family, emotional and behavioural problems. On average research shows an 85% return to further education, school, training or work. Significant and positive changes take place in measures of self esteem, resilience, confidence and mood linked to an increase in connection to nature.

We continue to see an escalation of young people with significant mental health problems and vulnerability to gangs and county lines, and who are dependent on a wide range of services, with negative impacts within families, poor education achievement and lack of personal resilience. We successfully address these issues through a longitudinal programme of regular outdoor, personal development workshops, therapy, social development evenings, weekly mentoring sessions with trained volunteer mentors and two wilderness therapy journeys.

We work with two intakes per year of up to ten young people in each. This enables us to offer close, personalised attention and direct engagement with our professional team including therapy, employability training, advocacy, personal growth and independence building support.

In late 2021 we graduated our 13th cohort just before Christmas. This group had been part of two wilderness trails to Mann Wood (Essex) and to Snowdonia, alongside a range of other intervention activities and workshops. We included white water rafting, rock climbing and general social activities as part of the programme.

The experiences delivered during the wilderness therapy journey, together with the natural splendour around them and the challenges of being away from home and out of their comfort zones, kickstarts the transformation process.

We measure significant improvements in self-esteem, connectedness to nature, resilience, mindfulness and wellbeing in a very short space of time. In addition, the trails build coping skills, social skills and practical skills such as cooking, map reading, camping, and self-care. Our research and feedback evidences that the journeys have the longest lasting impact over several years. We believe this is due to the relationships built on the journey with other participants and the professional staff and volunteers, alongside the sense of achievement.

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This personal development work was reinforced during the second journey and final challenge where the group stepped forward to take the lead and used the skills they have learned during the programme. Several stepped forward in leadership roles and supported others in new intakes.

We train and support a dedicated and regular team of volunteer mentors who work one to one with participants on a weekly basis. This is the backbone of the programme, and the strong, supportive relationships that are in place for our participants with mentors is critical to the programme. Having a person dedicated to you with values such as reliability, patience, a sense of humour, having one's back and talking straight, can be life changing for participants.

Safeguarding remains a top priority for the Foundation and all staff, mentors and volunteers are safeguard trained and we follow Safer Recruitment practices.

Celebration of participants' achievements take place continually throughout the programme, and we held the graduation for our TA12 in April 2021 and graduation for TA13 in November 2021. This was as always a moving and emotional ending to a close and bonded programme – with the challenges and benefits all rolled into one major sense of pride and accomplishment.

We continue to monitor and evaluate the progress of the TurnAround beneficiaries. The evaluation provides strong evidence for funders to demonstrate the true value of investing in our young people.

#### *Outcomes*

18 young people engaged in the programmes in 2021.

On the whole they joined the programme with presenting issues of sexuality, gender, suicide, self-harm, loss, low self-worth, drug addiction, alcohol addiction, depression, psychosis, long term effects of school bullying, trauma, domestic violence, sexual assault, autism, ADHD, anxiety, tic syndrome, emotional blockage, local area bullying, adoption, relationship breakdown, poor boundaries, poor communication skills, family breakdowns, global development delay, sensory processing disorder and attachment issues. This year saw an increase in those experiencing domestic violence, grief and loss, and loneliness.

#### **Research from the last wilderness trail of the TA13 cohort showed the following outcomes:**

*4 categories showed an increase in all or over 80% of participants:*

- Working / Studying
- Substance Misuse
- Offending/Contact with Police
- How angry I feel

*In addition, 50% or more of the group reported improvements in:*

- Trust & Love
- Happiness
- Family and other relationships
- How angry I feel
- Do I like myself?
- Independent living skills
- Connected to Nature

Significant barriers to success such as drugs and alcohol use and offending showed greater improvement this year.

We continue to evidence our long-term outcomes that the more connected the participants feel to nature, the higher their improvements in self-esteem and confidence.

The programme is supported by our Social Benefits Committee who report directly to the main board.

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As ever we are grateful to our funders and we thank our volunteer mentors, guides and referrers, and the young people who place their trust in us.

#### **Out There Wilderness Academy**

**The Academy aims to serve 60 young people this year aged between 13 and 15. Clients generally experience educational, mental health and behavioural problems and are referred by schools, parents, police, mental health and social services.**

In 2021 we were able to deliver 54 workshops of support over nine cohorts and delivered **2160** hours in person-time for the Out There Wilderness Academy.

The Out There Wilderness Academy is assessed as a positive environment for managing conflict resolution, reducing stress and anxiety, school avoidance or exclusions, and successful in helping young people turn things around to develop positive relationships with each other, family and referrers, whilst also returning or progressing at school.

Many come from challenging backgrounds and engagement with school, relationships, family and others is difficult. Out There overcomes these barriers to progress. This is because the programme, being totally nature based, offers an alternative way of engaging with young people, with the outdoors creating a less threatening environment and our staff adopting a tough love approach which focuses on group cohesion, values, self-awareness, choice and consequence, cooperation and kindness. Many young people ask to remain in the programme on completion and we seek ways to pathway them through ongoing mentoring or joining TurnAround when they reach 15.

In this second year of living through pandemic, Covid 19 increased the stress of these young people and we have noticed a marked increase in young people who are in contact with domestic violence impact, gangs and/or county lines with more noticeable drug issues for such a young age. The team have had to adapt around this and we had to increase our ratio of staff to young people during the programme, within guidelines, to ensure we could offer enough personalised attention and also maintain boundaries and safety.

Participants are with us one day a week for six weeks and we offer follow up support as needed as well as therapy being offered where required and wanted.

This year we have completed a single school group who had commissioned work for a whole cohort of Out There which was halted in the previous year due to Covid 19.

Having successfully raised funds through the Big Give Match Funding campaign of December 2020, in 2021 we were able to deliver 9 subsidised cohorts to a wide range of young people from all across Essex. We were very grateful to all the contributors and match funders of Big Give.

#### **Outcomes**

The programme provides overall outcomes of improvements in school attendance (in 2021, 67% of our graduates reported improvements in this), improvements in independent living skills (in 2021, 64% of our graduates reported improvements in this), improvements in feeling more confident (in 2021, 64% of our graduates reported improvements in this) and improvements in behaviour at home (in 2021, 61% of our graduates reported improvements in this)

Other outcomes were in social skills, resilience, respect for nature, mood, respect for self and self-acceptance amongst others.

#### **Case Study**

*Craig was referred to us as having been influenced into using drugs, he had been lashing out when overwhelmed at home and school and it was felt this was potentially caused by past trauma of witnessing domestic violence. Craig suffered emotional distress from flashbacks of domestic violence on his mother. He has a difficult relationship with his father who is not allowed contact but Craig would go to see him and feel worse emotionally afterwards.*

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*From joining The Out There Wilderness Academy Craig hoped that he would build his confidence, self-esteem and belief that it is possible for him to achieve joining the army. Craig wanted to believe that it actually would be possible for him to join the army.*

*Craig on the first day was clearly carrying a lot of stress and when sharing in the group activity he reported that he has stress inside school and outside school but wouldn't expand on this. Craig had his hood up consistently for the first day and whenever there was a moment where he had time to think, he could be seen with clenched fists, an angry expression and very closed body language, however when engaging with peers or leaders he was friendly, respectful, and quite mature, almost mature before his time. Staff reflected that this could have been due to the levels of stress he is carrying.*

*When we did exercises to identify their inner strengths, Craig struggled to identify the inner strengths we had seen him calling upon when in the group. I spent a little time walking with Craig in the forest to try and find objects that represent his strengths and was able to use positive affirmation with Craig when going through this activity. Craig responded well to this and was visibly affected by this in the lifting of his gaze and his body language.*

*From the second week onwards, we met the part of Craig which I feel had been locked away for a while, he chose not to wear his hood, he engaged in play with his peers having a massive smile on his face which had not been seen on the first day and each week became more playful and built friendships with everyone in the group. He emerged as a natural leader within the group, and it was pointed out to him and celebrated with the point being made to him that he has won everyone's heart through kindness, respect and through being true to himself as opposed to a leader who maintains leadership through shouting and being overbearing. This left a visible mark on his confidence and fed well into all of our discussions around supporting and encouraging his belief that he can achieve the goal of joining the army.*

*In the third week Craig reported having completed all but the criminal record section of his application for the army, he was nervous to start this section as he felt this was his greatest area of vulnerability in terms of his application being declined. We went over the subject with him throughout the day encouraging him to be brave and own his actions from the past in the knowledge that his past does not dictate his future and that he is certainly not the first person who has been in trouble to apply for the army.*

*Week 4 Craig reports to the group that he submitted his application to the army and was feeling very proud. Everyone in the group was incredibly happy for Craig but also inspired by what he achieved. With this massive hurdle crossed it was clear Craig felt lighter and his playful character further grew, and it was very sweet to see him enjoying playing with other students in nature in the carefree way every young person should be able to but is unfortunately not able to due to their environment and/or circumstances.*

*In the final week we were all very happy to hear the news that Craig's application had passed the first stage and that he was now going to be having an interview as the next stage of his application. Unfortunately, the interview was not going to be while the programme was running so we were unable to ascertain the outcome although from what we saw he will be an invaluable member of any team let alone an outstanding soldier with integrity, loyalty and a good moral compass.*

*We could not have done this work without our mentor team who offer role modelling, team support, one to one support and are just good fun to be with too. Essential in our work!*

*The programme is supported by our Social Benefits Committee who meet every quarter. Support for reviewing the programme and continual performance and outcome analysis is part of the responsibilities of the Committee*

*We and the young people we worked with thank our donors, funders and referrers for this programme*

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#### Wilderness Therapy

Our therapy work has expanded exponentially during Covid. As part of our existing strategy in 2019 we developed a core team of accredited counsellors and therapists who wanted to develop their outdoor therapy skills, or who were already experienced in outdoor therapy delivery. They form part of our Associate Outdoor counselling team.

In 2021, training, CPD, and shadowing formed part of our development programme for the team.

All therapists each year are recruited through Safer Recruitment Practice, safeguarding trained and DBS vetted to work with younger clients and vulnerable adults. This service is offered across England, Scotland and Wales.

Together in this year we offered 5420 number of hours in total for clients either in groups or individually, families or couples. They are supported by trained and experienced mentors and members of our Associate Outdoor Guides and practitioners.

#### Our wilderness therapy programmes include:

- One to one outdoor therapy
- Group therapy
- Online therapy
- Therapy camps

#### Online Therapy

The Foundation has been funded by the Family Innovation Fund-Xtra, (Essex County Council) for the second year to offer a total 780 hours of 1-2-1 online/telephone counselling to children, young people and parents across Essex between April 2021 to March 2022.

The online/telephone counselling offers an alternative option for families who have difficulties in accessing face-to-face counselling due to different circumstances such as transport etc. The 780 hours used up by October 2021 showed the desperate need for online/telephone counselling. Together with the 132 hours of 1-2-1 online/telephone counselling funded by the Essex Community Foundation, a total 91 individuals have been supported via online/telephone in 2021.

This service was supported by a range of our therapists and was also an opportunity to engage those who live outside of the area and would not naturally be in a position to work on the land around us with clients or join our group work.

#### Face to Face Therapy

During 2021, the Foundation has offered total 526 hours of 1-2-1 face-to-face counselling to 96 individuals. This work takes place outside at our base or counsellors risk assess and deliver work in natural spaces such as woodland and parks closer to the client.

Out of the questionnaires completed and returned by individuals, 100% reported improvement in challenging behaviours, relationship, emotional distress and social isolation after receiving our face-to-face counselling support.

*"Thank you for helping me and teaching me. I feel 'taller' mentally. My friends even noticed that I am happier and 'lighter'. I enjoyed talking to you. I think you have provided me with enough 'shield and armour'. I am in a much better place mentally now." IP, 52*

*"We have been receiving such positive feedback from our families about the service they have received from the Wilderness Foundation. In addition, we have found you incredibly easy to work with and efficient, which is why we have continued to access therapy for our students through you." SENCO, Primary School in Harlow*

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### Treun Scotland

*"I can do more than I thought, I am braver than I thought,  
I am stronger than I thought."  
Participant, 2021*

Treun supports young people in areas of high youth unemployment and disadvantage in Scotland. Young people, who display an interest in the outdoors and are experiencing difficulties with their mental health are targeted to take part. The project provides nature-based experiences and volunteering opportunities and puts a focus on personal development, wilderness therapy and offers skills-based learning opportunities within wild, rural areas.

Over the years we have worked with 40 schools and across a wide range of estates to provide weeklong expeditions. Evidence shows the impact of nature immersion, conservation volunteering and social skill development are key elements in improving not only mental health but also improved employability skills and confidence.

Treun also provides a taste of Scotland's magnificent ecological heritage for young people from both disadvantaged urban and rural isolated areas across the country, who may not have access to the countryside.

We reduce social isolation through the introduction and opportunity to work alongside selected estate staff, volunteer mentors, our outdoor therapists and experienced outdoor guides. Meeting other young people from other parts of Scotland expands their horizons and helps make new friendship groups.

We are committed to providing bespoke high-quality programmes that provide young people with the hand up to a new future.

We are a proud partner of Scottish Land & Estates.

At the heart of the programme, there is a three-day wilderness journey - wild camping and walking with packs, being fully self-sufficient and carrying all we need for that time. The programme and trails are led by wilderness guides and therapists. During the journey, participants explore the area, camp in remote locations, and use the time to learn about the landscape and its wildlife and flora, alongside embedding a love for spending time in nature. 1-2-1 time as well as group therapy naturally formed part of our time out in the wild. The group are encouraged to help with chores and take responsibility within the group and for themselves. It offers a powerful opportunity to build self-confidence, social skills and to work through issues that may be troubling them.

Throughout the rest of the week the participants carried out a volunteering programme and they earn the John Muir Award and Leave No Trace accreditation.

Six weeks support counselling was available for graduates to support them once home after trail.

During 2021 we were once again held back by Covid but had appointed a project manager in Scotland to help with networking, maintaining contact with schools and estates and organising trails wherever possible but we were limited in what we could achieve. Teachers in particular were very stretched and stressed and because residential expeditions were not available for much of the year it was hard to engage with our network. However, once lifted they were keen to grasp the opportunity for students with significant challenges to their wellbeing. Two trails ran in 2021 with a carry forward of 2 further trails in 2022.

Over the two trails held in October and November, 16 students shared presenting issues such as depression and anxiety, suicidal ideation, gender challenges, social anxiety, grief and loss, relationship breakdown, social isolation, and self-harm.

Both trails ran at the Glenlivet Estate in the Cairngorms.

The weather was challenging for both, but this did not affect the outcomes, nor daunt the spirit of the young participants.

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#### Outcomes for Treun 2021

"I will talk more about difficult topics after the programme."

"It is OK to be yourself."

"I could do better in stressful situations if I actually tell someone at the time."

"Even if I think I can't do something I probably could."

A sample of scores from research showed:

43% improvement in behaviour at School

57% independent living skills/ happy with who I am

85% improvement in mood

86% in feeling confident

57% improvement in respect for others

85% improvement in respect for self

(Lower scores were given to Physical improvement and respect for nature. These are being looked into but may relate to the challenging weather experienced, and also the physical effort of carrying a pack which many of us are not used to.)

Without doubt participants gain new skills and access to both life and work experience alongside improved mental wellbeing. Our team also offers support and addresses the need for educational attainment and self-sufficiency, working with participants to think about and take actions for their future and career.

#### The programme aims to develop the following key outcomes through a range of activities:

- Improved mental health and employability;
- Increased nature connection and tools for helping the environment;
- Increased employability and leadership pathways.

#### Volunteers

We have an established group of volunteers in Scotland, who support both on and off our programs. We include safeguarding and mentor training and choose volunteers with a particular passion for nature and interest supporting vulnerable young people.

Pre Covid our volunteers were adding value of over 350 hours, helping to ensure the quality of Treun and adding a range of personal value and support to the delivery team and young people.

#### Partnerships

- Although we were not able to move around much or see many schools during Covid, we continued to build and maintain partnerships with a range of people in Scotland including:
  - Scottish Land and Estates
  - The Glenlivet Estate
  - Atholl Estates
  - Douglas and Angus Estates
  - Denny High School
  - Biggar High School
  - Pitlochry High School
  - Crieff High School
  - Edinburgh University (Outdoor Learning Department)

We are immensely grateful to our funders for Treun who have been patient with the challenges Covid threw at us. With their help however, we have been enabled to make significant improvements in the lives of young people entrusted to our care in the hills during this year. We also thank our partner schools and teachers, estates, and volunteers.

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#### **Bounce Back – Lockdown Recovery Programme**

**Bounce Back is a one-year, short-term programme funded by the Youth Steering Group of Chelmsford, Braintree and Maldon. The funding came through a UK Government initiative intended to aid vulnerable youth in being able to “bounce back” from the effects of Covid and re-engage with life inside and outside of school following the various levels of lockdown restrictions.**

To date, we have served 57 vulnerable young people and aim to have served close to 80 vulnerable young people by the end of March 2022 when the programme will come to an end, having delivered eight cohorts in total. Clients generally experience educational, mental health, relationship and social isolation problems and are referred by schools and social services.

During 2021 we delivered 36 weeks of support for our Bounce Back groups. The programme provided overall outcomes of improvements in self-worth and confidence (in 2021, 59% of our clients reported improvements in these areas), improvements in mood (in 2021, 57% of our clients, reported improvements in these areas) and improvements in life skills and knowledge (in 2021, 57% of our clients, reported improvements in these areas).

**We delivered a total of 1395 hours in person-time for the Bounce Back Programme.**

Other outcomes were in social skills, respect for others, respect for self, independent living skills and respect for nature amongst others.

The Bounce Back programme created a positive and safe environment for exploring emotional vulnerability, reducing stress and anxiety, school avoidance, and successful in helping socially isolated young people turn things around to develop positive relationships with self, each other, family and referrers, whilst also returning or progressing at school or in engagement with other services such as counselling.

Many come from challenging backgrounds and engagement with school, relationships, family and others had already been difficult and was now heightened by the social isolation, lack of structure and grief being experienced by many. Bounce Back worked to overcome these barriers to progress. This is because the programme, being totally nature based, offers an alternative way of engaging with young people, with the outdoors creating a less threatening environment and our staff adopting a nurturing approach which focuses on group cohesion, values, self-awareness, emotional vulnerability, cooperation and kindness.

Participants are with us one day a week for six weeks and we offer follow up support as needed. The sessions are delivered by a Wilderness Counsellor and an Outdoor Facilitator, who work closely to continually assess the progress and approach applied to each young person and the group to ensure maximum impact from our support. The Counsellor, Facilitator and young people are then further supported by the work of our Mentor Team who have built excellent relationships in a very short time and helped to reinforce the work of the leaders and have lots of fun with the young people. They are assets to our communities and an inspiration to young people.

#### **Case study**

*AC like the rest of the young people in the group was initially quite reserved in his communication but did find it easier to share honestly about how he was feeling once we had settled the group and had the benefit of a little time in nature. One of the activities we do on the first day is “Who am I?” which involves the young people collecting six natural objects, three to represent challenges they face in their lives and three objects to represent the strengths they use in themselves to cope with or overcome these challenges.*

*When AC discussed his objects initially there was a separation from the objects to AC, his description of the objects was very detailed and was clearly identifiable as strengths and challenges faced by AC but did not describe them as his own, just details about objects. For some young people it is hard to even consider and get started on this subject so AC did do very well in the practical side of the activity and although he did not own the challenges and strengths directly it gave the opportunity for us as leaders to positively affirm the strengths described by AC, were his own and encourage him to reward the strengths with ownership which he embraced and moved forward from positively using this ownership when discussing strengths later in the programme.*

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AC sat in the middle of the group in terms of amount shared with some very happy to share and some very reluctant, even by the end of the programme. I do feel that working in a group was perfect for AC as it gave an opportunity to see he was facing similar challenges to other young people and I believe this gave the chance to grow by not feeling isolated by what was initially seen as challenges he faced alone. I found AC to be a very kind and compassionate young man who is incredibly intelligent, creative and driven. He has a real love for science, music and the outdoors which are great sources of inspiration and motivation in life.

AC's mother came back to us with feedback following the programme:

***"I also wanted to tell you that he was a different child after finishing the Bounce Back course. Much more confident; he started coming out of his room to talk to us after that. So, thank you, I appreciate it more than I can say."***

AC is now joining our latest cohort of the TurnAround Project, where we will continue to empower and support AC to grow.

### Therapy Camps

During 2021 we ran one camp in Dartmoor for a range of young people with significant emotional and behavioural problems. They were struggling to maintain relationships at home and school and were at significant risk of increasing mental health problems, being excluded or total family breakdown.

Young people came from different parts of the UK, some were commissioned, some self-funded and others we subsidised.

The programme included a range of outdoors skills, including walks on Dartmoor, wild swimming, some wonderful climbing and scrambling (although in very tough conditions) and had a day with an ex-Marine who worked with the group on survival skills for a day.

These physical activities formed part of an overall therapy programme that included one to one support and group processes.

Therapy was available to all the participants on return and several stay in touch with the Foundation when needing more support.

### Group Therapy Programmes

#### Blossom Domestic Abuse Programme (Adults & Adolescents)

In 2021 we were able to provide two funded nature-based group therapy programme cohorts for the Blossom Project, one for adults (female only) and one for adolescents (aged 13-15 male and female).

Both two cohorts ran for ten weeks, one day a week and were funded by the Police, Fire and Crime Commissioner for Essex in partnership with our research partner the University of Essex, who helped us to conduct a co-creative group of survivors of domestic violence to develop and design the delivery content and process.

This project which was set up to empower not only adult survivors of domestic abuse to learn strategies for self-care that will cascade through their own families, but also teens to learn to cope with their past experiences in a healthy way that will prevent them repeating the cycles of abuse that they may have experienced.

***"It's also given me people that know what situation I've been in; it's given me good friendships as well...I think being around people that understand really does help it makes you realise you're not on your own it's very rewarding."***

Participants were in a position of wanting to move their lives forward positively, but required further resilience building, learning to build healthy relationships, development of boundaries, trauma support as required, and skills to be able to manage themselves positively and be independent of abusive relationships in the future. The project was facilitated by outdoor therapists who provided support for participants who had experienced trauma through domestic violence and also those with complex needs that continued to hold them back in life. The project's outdoor facilitator offered training and skills in bush craft techniques, outdoor cooking skills, camp craft, outdoor volunteering such as tree planting or conservation. We included visiting specialist support in areas such as money management, employability training and development, resilience training and other accreditations such as basic Neuro-linguistic training (NLP) and First Aid.

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A graduation ceremony followed at the end of the ten weeks and the offer of ongoing mentoring for up to three months post programme. The Foundation were also the proud recipients of The High Sheriff's Award for 'providing a safe haven, and for always going above and beyond in listening to people and encouraging them to strive for a better future.' This was presented to the foundation by the High Sheriff, Simon Brice DL who visited the site and met some of the participants.

Due to a surplus in the budget, we were able to offer an additional cohort in early 2022 working in partnership with Next Chapter, the referral agency for this additional cohort and also for the 2021 women's cohort.

There was a 30% increase in average resilience scores from before the programme started to after the programme ended. Self-esteem and wellbeing were also shown to increase from prior to the intervention to after the intervention had ended with self-esteem scores increasing by 15% and wellbeing scores increasing by 52%.

*"I think what makes it so powerful is the fact that every single woman there doesn't have to talk about the actual things that happened to them but openly be talking about how trauma's left them or how it's made us feel you know being able to discuss trauma with people are not sitting there just going oh yeah I know I fell off my bike when I was four and break my elbow so I know what trauma is you know they sort of it's a bit insulting but because they don't understand"*

#### Brave Futures

The programme, funded by Essex County Council, offered eight weeks of mental health support to six separate groups who experienced negative impact on their emotional wellbeing due to COVID. The target groups include:

- Women over 40
- Lone parents
- Care leavers
- Individuals in supported accommodation
- Unaccompanied asylum seekers
- Early intention for victims of domestic abuse
- Parents of an children and young people with special educational needs and disabilities

The six groups we have completed in 2021 included one group for unaccompanied asylum seekers, two groups for adults, and three groups for children between age 7-12. Out of all, 80% of adults (including asylum seekers) reported their physical and exercise has improved and 71% of children reported feeling confident after completing the eight weeks programme.

*"I have learned that I can be part of a group and be accepted and have a purpose. I will remember to try positive affirmation star and spend more time doing things that make me happy." DT, 32*

#### Brave Futures - Asylum Seekers' Cohort

This Brave Futures cohort was specifically set up for asylum seekers funded by Essex County Council, offering eight weeks of mental health support to asylum seekers referred to us by ECC and Leaving Care Essex and Essex Social Services.

The eight participants did not attend every week but enjoyed the experience of being in nature when they attended. All had left families behind with some experiencing PTSD, poor mental health and trauma and were often unwilling to talk about their families and experiences.

They all enjoyed the activities and felt free and safe in the group.

One week they made a shield which embraced the ideas of Pride, Honour and Respect and called it 'United in the Woods'. They all signed it and it included the flags of their home countries and it was a great sign of cohesion and positive improvement of the mood in the group.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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### Wilderness Therapy and Mentor Training

We have delivered a three- day, two- night Wilderness Therapy introductory theory training at our site in Chatham Green, as well as a five day immersion at Skipton, Yorkshire. This therapy training included a range of outdoor practitioners and counsellors including teachers, counsellors, coaches, youth workers, outdoor instructors, amongst others in 2021.

Both trainings were run with strict COVID-19 measures in place and in response to demand, we will look into accrediting our training in 2022.

*"The programme not only equipped me with a whole new set of tools and resources to use in my work to engage young people with the natural world but also provided the opportunity for purposeful reflection and connection." DD, University Lecturer and Researcher*

*"The trainers hold the space for a transformative experience. The material was thoughtful and adapted to meet the needs of the group and was delivered at a well-balanced pace. I would recommend the Wilderness Foundation training to anyone seeking an introduction to how to integrate wilderness therapy into their work, especially for children and young people. The knowledge of the facilitators was superb and they created a wonderful space for us to thrive, learn and self-express. The wild swimming was also excellent!" TC, Occupational Therapist*

### Mentor Training

During the year we continued to make use of training online that we were able to personalise to the work of the Foundation and this meant people could study in their own time and at their own pace.

This has meant that we can train mentors as soon as they are vetted and they don't have to wait for a group with a minimum size to make the training viable. We are very reliant on the high calibre of our mentors and have a support network, CPD engagement and group support online and when possible, in person.

Mentors will serve young people on our Treun Programme in Scotland, TurnAround, Bounce Back, Allotments, Out There, Brave Futures and some climate change work as well, so are key to our organisation.

Other volunteers support our administrative side of the Foundation.

### Outdoor Therapy Immersion for referral agency staff

Each year, including 2021, we offer team building and training for our referral teams, such as domestic abuse support workers who will be referring new clients.

These immersions enabled staff to have a beneficial day outside for themselves, but also to understand more directly how we work and what we offer to their clients.

This in turn improves the referral process.

### Media

Sky Nature, in association with Persil's Dirt is Good Project, visited the Foundation's unique site in Chatham Green and met some of the amazing wildlife changemakers who have attended the Foundation's programmes including TurnAround, Out There and Chatham Green Project school workshops. These incredible kids helped explain to Ashley Banjo (dance and TV celebrity) why they were happy to get their hands dirty for a cause they believe in. They shared how young people who take action together in the fight against climate change can make amazing things happen. The advert was broadcast throughout the Sky channels for Persil's Dirt is Good promotion with the full video viewed online via the Persil website.

In addition we had several occasions where different project leads at the Foundation were interviewed on Radio Essex, BBC Essex, Rotary Club Round Up, and Chelmsford Community Radio.

Our CEO appeared on Andy Ramage's Let's Do It podcast series exploring the topic 'Finding your true self in the Wilderness'.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

*FOR THE YEAR ENDED 31 DECEMBER 2021*

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### Events and Fundraising

During 2021 the Foundation partnered with Home Farm Glamping (HFG) on the Aldenham Estate to provide Family Bushcraft Workshops run by some of our Bushcraft facilitators. HFG also put on an event called 'Dinner Under the Oaks' with all ticket sales and donations on the night in support of the foundation with an after dinner speech from our CEO Jo Roberts.

We were part of their Brambly Hedge Picnic providing a Wilderness Bug Hunt led by our Education officer Terri and provided bushcraft activities for a corporate wellbeing away day for Wahaca, a Mexican Restaurant Chain.

Open Farm Sunday was still able to take place on the Chatham Green site in 2021 due to it being completely outdoors with staggered arrival times organised through our online booking system allowing social distancing. Families gathered for picnics and craft activities in the woods along with a guided walk with the local farmer and photo opportunities on his tractor. The event was free with money raised through tea and cake sales.

Most outdoor music events were cancelled throughout the year with only a few allowed to go ahead. We were invited to have a stand in the Wild Wellbeing area of the Standon Calling music festival in Hertfordshire with Jo providing several talks in their Wellbeing Tent throughout the weekend along with craft activities encouraging people to visit our stand and talk with our volunteers about the Foundation's work.

Our Wilderness Golf Day at Benton Hall Golf Club took place in September after a very delayed start due to covid restrictions on group events. 16 teams of four players along with hole sponsorship, raffle ticket sales and donations helped us make it a huge success even beating the amount raised previously in 2019. Due to the success another golf day is already planned for 2022.

Community fundraisers in 2021 included amazing sporting challenges such as paddle boarding from Lands' End to John o'Groats, Cycling the Three Peaks Challenge and walking over 500 miles from Salisbury to Scotland. All of these incredible fundraising events helped support our work and inspire more people to get involved in 2022.

Online fundraising platforms including Crowdfunder, JustGiving, Virgin Money giving (now defunct) and also the Big Give helped us raise funds even during a pandemic. We had two successful Big Give Campaigns in 2021 raising over £25,000; Green Match Fund for environmental social action and also our Christmas Challenge for face to face nature therapy. We will be continuing to use these online platforms, even when restrictions are lifted, as it allows us to reach an even wider audience of potential new donors through our ever-growing digital audience on social media.

The last event of the year was our very successful Santa's Grotto which we hope to use as a template for future outdoor events throughout the coming years. An online booking system using staggered arrival times allowing us to provide a Covid safe event and keep a steady flow of people throughout the afternoon. The education team who facilitated the fun activities in the outdoors helped attract more than 150 people to the site where visitors got a first-hand experience of what we do and the beautiful location we are lucky to work within. The numbers of visitors continue to grow for each event as more people learn about us through word of mouth and marketing on social channels.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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### Future Plans

We will continue to deliver our purpose as a charity to demonstrate, advocate and apply the positive impact of wilderness and wild places on the wellbeing of the individual and society, within a spectrum from the most vulnerable to those with leadership potential.

To meet the growing interest in our work, during 2021 we worked on a range of growth assumptions for the Foundation through to 2024. These are to:

1. Double the number of people supported by our social benefit/therapy, educational and environmental programmes from approximately 6000 to 12000 per annum.
2. Extend the areas where our programmes are provided within Essex and Scotland focusing on areas of deprivation and environmental restoration programmes.
3. Develop our operations outside Essex and Scotland through carefully selected partnerships.
4. Increase our advocacy for nature, climate change mitigation and the crucial role of nature in improving mental health and wellbeing.
5. Build up our revenue from £550,000 to £1 million over the next three years whilst increasing our operational and financial strengths.

We will do this by activities that

- Educate and inspire people to experience and connect with wild places
- Provide an integrated service for improving the lives of the most vulnerable in our society, through the positive benefits of wilderness
- Grow natural leaders of the future through directly experiencing the positive benefits of wild nature
- Protect and enhance biodiversity and green spaces
- Continue to promote and support mental health and wellbeing across clients in Scotland and the rest of the UK
- Promote and practice solutions to meet the Climate Change Crisis
- To grow and strengthen our impact for environment and people

We will:

- Introduce people and children to nature
- Educate people how to love the natural world
- Change people's lives through nature
- Practise what we preach in caring for the earth and people

The charity will continue to advocate for its vision of a world where the needs of people and nature are balanced.

### Governance

#### Status and Objectives

The charity is a company limited by guarantee. Our governing document is a Memorandum and Articles of Association dated 20 November 2006 with an update to objects in 2010 and certain revisions in 2021. Our formal objects are set out below:

- To advance the education of the Public by increasing knowledge and understanding of wilderness and the conservation thereof and the interrelationship between wilderness and the environment generally by the provision of instruction and of opportunities for direct experience of wilderness;
- To initiate and manage social benefit programmes which use wilderness experience to enable vulnerable and disadvantaged people to play a fuller role in society (especially the young).

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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### Governing Body and Structure

The trustees, who are also the directors for the purpose of company law, who served during the year and up to the date of signature of the financial statements were:

GVB Thompson	
T Aykroyd	
AL J Gibbs	
P Grewal	
Dr P Hobson	Chair – Environment Committee
V Martin	
P Martin	Chair – Finance Committee
T Platts	(Appointed 24 August 2021)
EJ Posey	
JK Roberts	
JA Rogers (Fosh)	(Appointed 2 July 2021) Chair – Social Benefit Committee
A Sheepshanks	
MD Soutar	Chair – Scotland Committee
MA Williams	Chair – Governance Committee

During 2021 we continued with a comprehensive review of our governance, including policies, risk management, trustee recruitment, staff handbook and articles of association.

Our governing body is a Board of Directors of the charity and has an active Governance Committee made up of trustees including the Chair. As at 31 December 2021 there were 11 trustees, whose names appear above. Peter Martin resigned as Chair in 2020 and Vincent Thompson was recruited as our new Chair and came into post in January 2021. Peter Martin continued as a Trustee and heads up the Finance Committee

The Board of Directors is responsible for providing overall clarity for the vision, mission and strategic focus of the organisation. It also holds the Chief Executive to account against planned objectives. The Board meets four times over the course of the year and Directors are involved in other operational matters as needs dictate. Several committees are now established to offer more support to the overall governance, programme oversight, strategy and finance – and report back quarterly to the main Board.

The Wilderness Foundation UK forms part of the "Wilderness Foundation Global", a consortium of forward-thinking, like-minded independent organisations with different skill sets but all sharing a common past (each founded and/or inspired by Dr. Ian Player, South Africa game ranger and international conservationist and his Zulu mentor and "brother", the late Magqubu Ntombela).

The other members of the Wilderness Foundation Global are The WILD Foundation (USA) and the Wilderness Leadership School and Wilderness Foundation Africa. Senior staff meet annually to set shared objectives, agree ethics and working partnerships and projects. All members of the network are completely independent of each other but share a common past. They have no financial ties or obligations beyond goods or services provided (predominantly by the Wilderness Leadership School which facilitates wilderness trails in South Africa for UK beneficiaries and client groups) and these are charged at the time the liability is incurred.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

*FOR THE YEAR ENDED 31 DECEMBER 2021*

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### **Decision Making**

Responsibility for the day-to-day management of the organisation is delegated to the Chief Executive and the Senior Management Team. The Board of Directors focuses its attention on matters of policy and general strategy, the approval of plans, the monitoring of progress with projects and financial control.

New Directors are appointed by the Board based upon nominations and a safer recruitment process set up by the Governance committee and endorsed by the Board. Candidates are assessed as to their suitability and the benefits that their appointment would bring to the Foundation, in terms of additional skills, experience and opportunities for promotion of the Foundation's aims and objectives.

A full induction programme is carried out covering all aspects of the work of the charity, the governance, the memorandum and articles of association and a review of the latest accounts.

On occasion, the Board may extend invitations to individuals to attend meetings in an advisory or observational capacity, where it is felt that the individual concerned can bring insight to an issue, or matter under review.

An Ambassador programme invites people who can bring a benefit to the Foundation through their networks and are equally passionate about its objectives. They have no official role but abide by a set of principles and a formal agreement.

### **Risk Management**

The Foundation is exposed to financial as well as operational risks and through the valuable experience and knowledge of its Board, it proactively manages these through robust corporate governance and encouraging expert field-based awareness in all its endeavours.

A risk register is scrutinised quarterly by the Governance Committee and the main Board. This committee oversees a range of tasks and ensures that we are compliant. For example this includes our GDPR practice, our risk assessments, policies, health and safety, legal requirements, whistle-blowing, complaints etc.

We have a robust child protection policy, safer recruitment practice, and safeguarding procedures to ensure the safety and wellbeing of all the young people, staff and volunteers we work with.

We maintain a register to ensure that all essential training is up to date and in 2021 two Senior Safeguarding Officers were given refresher training and appointed to support our CEO, who is the Senior Safeguarding Officer. She also did refresher training during the year, alongside outdoor first aid with some of her colleagues due for updated training.

### **Scotland**

For reporting purposes to the Offices of the Scottish Charity Regulator (OSCR) we are required to make a separate statement of our work in Scotland.

In this document we outline our achievements in the delivery of the Treun Programme and our engagement with schools and estates across the country. This work provides public benefit for the people of Scotland, particularly young people. The programme includes our project management team headed by our CEO and an administrator, guides, volunteers, and facilitators. Due to covid our Wilderness Foundation Scotland Manager unfortunately had to relinquish his post during the year due to personal factors.

We work in partnership with Scottish Land & Estates and have benefitted from the kindness of a number of landowners who have given access to their land, including Atholl Estates, Angus and Douglas Estates and the Glenlivet Estate. Our participants have been involved in conservation volunteering at each of these locations as well as taking part in wilderness therapy and employability readiness.

Trails were re-started late in 2021 with 16 young people joining the Treun programme from schools in Perthshire and Falkirk.

The Foundation continues to work with the John Muir Trust, Institute of Outdoor Learning, Learning Outside the Classroom, Institute of Outdoor Learning, X-Adventures amongst other key partners and delivers the John Muir Award within programmes in both Scotland and England.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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### Financial Review

We started the year with reserves of £227,630 up from £126,446 the previous year, 2020.

Notwithstanding the difficulties resulting from the pandemic, 2021 proved to be a successful year both in terms of income generation and the scale of our activities.

Income improved significantly from 2020 with total income up from £359,334 to £621,938. Income from donations and legacies was strong, rising from £305,891 to £479,799 and included a one-off donation of £109k.

Expenses increased in line with income and totalled £439,733 for the year (2020: £258,150). Expenses from Unrestricted activities increased marginally from £139,369 to £151,826 but are expected to rise more significantly in the current year. Expenses on restricted activities rose from £104,803 to £287,907 reflecting increased demand for our various programmes.

Reserves increased from £277,630 to £409,835 of which £201,893 were Unrestricted and £207,942 Restricted. Part of the increase in Unrestricted from £90,481 to £201,893 will be deployed in the expansion of our activities highlighted in the Chief Executive's Report and will be reflected in the creation of a new Development Reserve, see below.

The charity received a bounce back loan of £50,000 during the year for support during COVID-19 (this is shown as income in the cash flow statement). This loan was repaid in full after the year end.

In line with the requirements of the SORP, £200,000 of the charity bank balances were shown as current asset investments in the Balance Sheet.

### Cost of Generating Voluntary Income

In analysing resources expended, the trustees recognise the cost of generating voluntary Income. Expenditure attributed to this category includes the operating costs of the charity where the costs incurred are not directly in support of a specific charitable activity but are beneficial or contributory to the mission of the charity as a whole. This will include salary costs of financial and general administrative staff, rental of office premises, utilities, telecommunications, travel costs, repairs and maintenance plus general administration expenses.

### Reserves

#### Unrestricted Reserves

The Wilderness Foundation UK needs cash reserves to:

- Meet liabilities should the organisation have to close. This includes redundancy pay, amounts due to creditors and commitments under rental lease.
- To meet unexpected costs such as the breakdown of essential office equipment, staff cover in case of illness, maternity or parental leave and legal costs.
- To provide working capital when funding is paid in arrears.

The Directors believe that in order to cover these eventualities, the charity should have unrestricted cash reserves equivalent to six months of core expenditure.

The organisation will strive to build and maintain this level of reserves by fundraising unrestricted income.

At year end free reserves stood at £201,893 which accounted for 16 months of unrestricted costs – see below Development Reserve

#### Restricted Reserves

Restricted reserves account for sums contributed by third parties for the provision of particular programmes which have yet to be spent. At the year end, this stood at £207,942 as compared to £137,149 the previous year reflecting the increased demand for our various programmes. However, it is to be expected that the level of this reserve will change significantly from one year to another.

#### Development Reserves

In light of the decision to expand the scale of the WF-UK activities and the high level of Unrestricted Reserves referred to above, the Trustees have decided to create a further reserve to hold resources to be deployed on development until such time as they are expended. It is envisaged that this reserve will be built and deployed over the three years to end 2025.

## WILDERNESS FOUNDATION UK

### TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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#### Guarantors

Every member promises, if the Charity is dissolved while he or she is a member or within twelve months after he or she ceases to be a member, to contribute such sum (not exceeding £10) as may be demanded of him or her towards the payment of the debts and liabilities of the Charity incurred before he or she ceases to be a member and of the costs and charges and expenses of winding up and the adjustment of the rights of the contributories among themselves.

#### Trustees' Responsibilities

The trustees (who are also directors of Wilderness Foundation UK for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved on behalf of the Directors:

Mrs Joanne Roberts  
Chief Executive Officer



G VB Thompson  
Chairman



Date: 09/06/2022

# WILDERNESS FOUNDATION UK

## INDEPENDENT AUDITOR'S REPORT

### TO THE TRUSTEES OF WILDERNESS FOUNDATION UK

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#### **Opinion**

We have audited the financial statements of Wilderness Foundation UK (the 'charity') for the year ended 31 December 2021 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2021 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

#### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustee's use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

# WILDERNESS FOUNDATION UK

## INDEPENDENT AUDITOR'S REPORT (CONTINUED)

### TO THE TRUSTEES OF WILDERNESS FOUNDATION UK

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#### Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report, which includes the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

#### Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustee's report; or
- sufficient and proper accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

#### Responsibilities of trustees

As explained more fully in the statement of trustee's responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

#### Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and report in accordance with the Acts and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

## **WILDERNESS FOUNDATION UK**

### **INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

#### **TO THE TRUSTEES OF WILDERNESS FOUNDATION UK**

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The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We identified areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements from our: general commercial and sector experience; through verbal and written communications with those charged with governance and other management; and via inspection of the charitable company's regulatory and legal correspondence.

We discussed with those charged with governance and other management the policies and procedures regarding compliance with laws and regulations.

We communicated identified laws and regulations to our team and remained alert to any indicators of non-compliance throughout the audit, we also specifically considered where and how fraud may occur within the charitable company. The potential effect of these laws and regulations on the financial statements varies considerably.

Firstly, the charitable company is subject to laws and regulations that directly affect the financial statements, including: the charitable company's constitution; relevant financial reporting standards; company law; the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102 (effective from 1 January 2019); and we assess the extent of compliance with these laws and regulations as part of our procedures on the related financial statement items.

Secondly the charitable company is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on the amounts or disclosures in the financial statements, for instance through the imposition of fines and penalties, or through losses arising from litigations. We identified the following areas as those most likely to have such an affect: legislation directly applicable to charities sector such as the Charities Act 2011, employment legislation; health and safety legislation; the regulatory requirements of the Charity Commission and OSCR; tax legislation particularly in relation to gift aid and making overseas donations, GDPR; anti-bribery and corruption legislation.

International Auditing Standards (UK) limit the required procedures to identify non-compliance with these laws and regulations to the procedures, and no procedures over and above those already noted are required. These limited procedures did not identify any actual or suspected non-compliance which laws and regulations that could have a material impact on the financial statements.

In relation to fraud, we performed the following specific procedures in addition to those already noted:

- Challenging assumptions made by management in its significant accounting estimates in particular: grant recognition;
- Identifying and testing journal entries, in particular any entries posted with unusual nominal ledger account combinations;
- Performing analytical procedures to identify unexpected movements in account balances which may be indicative of fraud;
- Ensuring that testing undertaken on both the Statement of Financial Activity (SoFA) and the Balance Sheet includes a number of items selected on a random basis;

These procedures did not identify any actual or suspected fraudulent irregularity that could have a material impact on the financial statements.

# WILDERNESS FOUNDATION UK

## INDEPENDENT AUDITOR'S REPORT (CONTINUED)

### TO THE TRUSTEES OF WILDERNESS FOUNDATION UK

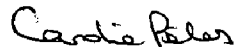
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Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with International Auditing Standards UK. For example, the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely the procedures that we are required to undertake would identify it. In addition, as with any audit, there remains a high risk of non-detection of irregularities, as these might involve collusion, forgery, intentional omissions, misrepresentation, or the override of internal controls. We are not responsible for preventing non-compliance with laws and regulations or fraud, and cannot be expected to detect non-compliance with all laws and regulations or every incidence of fraud.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

#### Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008 and regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



**Caroline Peters (Senior Statutory Auditor)**  
for and on behalf of Rickard Luckin Limited

9 June 2022

**Chartered Accountants**  
**Statutory Auditor**

1st Floor  
County House  
100 New London Road  
Chelmsford  
Essex  
CM2 0RG

# WILDERNESS FOUNDATION UK

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total Unrestricted funds 2021 £	Restricted funds 2020 £	Total 2020 £
<b>Income and endowments from:</b>						
Donations and legacies	4	236,178	243,621	479,799	178,233	305,891
Charitable activities	3	-	80,848	80,848	2,613	53,373
Other income	5	27,060	34,231	61,291	70	70
<b>Total income</b>		<u>263,238</u>	<u>358,700</u>	<u>621,938</u>	<u>180,916</u>	<u>359,334</u>
<b>Expenditure on:</b>						
Raising funds	6	-	-	-	10,378	13,978
Charitable activities	7	151,826	287,907	439,733	139,369	244,172
<b>Total expenditure</b>		<u>151,826</u>	<u>287,907</u>	<u>439,733</u>	<u>149,747</u>	<u>258,150</u>
<b>Net income for the year/ Net movement in funds</b>		111,412	70,793	182,205	31,169	101,184
Fund balances at 1 January 2021		90,481	137,149	227,630	67,134	126,446
<b>Fund balances at 31 December 2021</b>		<u>201,893</u>	<u>207,942</u>	<u>409,835</u>	<u>137,149</u>	<u>227,630</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

# WILDERNESS FOUNDATION UK

## BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
<b>Fixed assets</b>					
Tangible assets	12		-		-
			-		-
<b>Current assets</b>					
Stocks	14	1,640		1,640	
Debtors	15	17,344		29,052	
Investments	16	200,000		-	
Cash at bank and in hand		266,786		297,234	
		485,770		327,926	
<b>Creditors: amounts falling due within one year</b>	18	(34,268)		(100,296)	
Net current assets			451,502		227,630
<b>Creditors: amounts falling due after more than one year</b>	19		(41,667)		-
<b>Net assets</b>			409,835		227,630
<b>Income funds</b>					
Restricted funds	22	207,942		137,149	
Unrestricted funds		201,893		90,481	
		409,835		227,630	

# WILDERNESS FOUNDATION UK

## BALANCE SHEET (CONTINUED)

AS AT 31 DECEMBER 2021

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The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2021, although an audit has been carried out under section 144 of the Charities Act 2011.

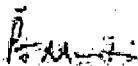
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 09/06/2022



G VB Thompson  
Trustee



P Martin  
Trustee

Company Registration No. 06003527

**WILDERNESS FOUNDATION UK**  
**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

	Notes	2021		2020	
		£	£	£	£
<b>Cash flows from operating activities</b>					
Cash (absorbed by)/generated from operations	27		(80,448)		170,789
<b>Net cash used in investing activities</b>					
<b>Financing activities</b>					
Receipt of bank loans		50,000		-	
<b>Net cash generated from/(used in) financing activities</b>					
			50,000		-
<b>Net (decrease)/increase in cash and cash equivalents</b>					
			(30,448)		170,789
Cash and cash equivalents at beginning of year					
			297,234		126,445
Cash and cash equivalents at end of year					
			266,786		297,234

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

---

### 1 Accounting policies

#### Charity information

Wilderness Foundation UK is a private company limited by guarantee incorporated in England and Wales. The registered office is Trinity House, 2 Whitbread's Business Centre, Whitbread's Farm Lane, Chatham Green, Chelmsford, Essex, CM3 3FE.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's memorandum and articles dated November 2006 (amended May 2021), the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Income tax recoverable in relation to donations received under gift aid are recognised at the time of the donation.

Income from government and other grants is recognised when the charity has entitlement to funds, any performance conditions attached to the grant have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

#### 1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been included under expenses categories that aggregate all costs for allocation to activities. Support costs, which cannot be directly attributed to particular activities, have been proportioned to the direct staff costs allocated to activities. Governance costs include the costs of servicing Trustees' meetings, audit and strategic planning.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

---

### 1 Accounting policies

#### 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% per annum straight line basis
Fixtures and fittings	20% per annum straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.7 Stocks

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

#### 1.8 Cash and cash equivalents

Cash, cash equivalents and current asset investments include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

#### 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

#### 1 Accounting policies

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

#### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

#### 3 Charitable activities

	Other 2021 £	Other 2020 £
Other income	<u>80,848</u>	<u>53,373</u>
Analysis by fund		
Unrestricted funds	-	2,613
Restricted funds	<u>80,848</u>	<u>50,760</u>

#### 4 Donations and legacies

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Donations and grants	<u>236,178</u>	<u>243,621</u>	<u>479,799</u>	<u>178,233</u>	<u>127,658</u>	<u>305,891</u>

Included within unrestricted grants is interest on the Bound tax loan of £1,042.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 5 Other income

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2021	2021	2021	2020
	£	£	£	£
Other income	27,060	34,231	61,291	70

### 6 Raising funds

	Total	Unrestricted funds	Restricted funds	Total
	2021	2020	2020	2020
	£	£	£	£
<u>Fundraising and publicity</u>				
Seeking donations, grants and legacies	-	10,378	3,600	13,978
	-	10,378	3,600	13,978

### 7 Charitable activities

	2021	2020
	£	£
Staff costs	323,099	163,045
Direct costs	47,501	29,154
	370,600	192,199
Grant funding of activities (see note 9)	4,200	1,500
Share of support costs (see note 8)	59,357	49,673
Share of governance costs (see note 8)	5,576	800
	439,733	244,172
<b>Analysis by fund</b>		
Unrestricted funds	151,826	139,369
Restricted funds	287,907	104,803
	439,733	244,172

# JESS FOUNDATION UK

## THE FINANCIAL STATEMENTS (CONTINUED)

YEAR ENDED 31 DECEMBER 2021

Costs	Support costs	Governance costs	2021 Support costs		Governance costs	2020	Basis of allocation
	£	£	£	£	£	£	
Support costs	24,966	-	24,966	23,841	-	23,841	
Administrative expenses	9,151	-	9,151	7,077	-	7,077	
Professional fees	14,225	-	14,225	6,621	-	6,621	
Travel	2,244	-	2,244	1,664	-	1,664	
Printing	2,332	-	2,332	4,244	-	4,244	
IT expenses	3,539	-	3,539	3,625	-	3,625	
Telephone expenses	2,900	-	2,900	2,601	-	2,601	
	-	3,941	3,941	-	800	800	Governance
Agency costs	-	200	200	-	-	-	Governance
Depreciation charges	-	1,435	1,435	-	-	-	Governance
	<u>59,357</u>	<u>5,576</u>	<u>64,933</u>	<u>49,673</u>	<u>800</u>	<u>50,473</u>	
Split between the activities	<u>59,357</u>	<u>5,576</u>	<u>64,933</u>	<u>49,673</u>	<u>800</u>	<u>50,473</u>	

Administrative costs includes payments to the auditors of £9,500 including VAT (2020: £800 independent examination) for audit fees.

Depreciation within rent and rates is rent payable under operating leases of £23,812.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 9 Grants payable

	2021	Staff costs 2020
	£	£
Grants to individuals	4,200	1,500
	<u>4,200</u>	<u>1,500</u>

### 10 Trustees

None of the trustees (or any persons connected with them) received benefits from the charity during the year. No trustees were reimbursed expenses during the year.

JK Roberts, the Chief Executive Officer, who is also a trustee, received remuneration for her role as an employee as agreed with the Charity Commission, this amounted to £46,600.

This amount also constitutes all compensation paid to key management personnel.

### 11 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
	9	7

#### Employment costs

	2021 £	2020 £
Wages and salaries	<u>323,099</u>	<u>163,045</u>

There were no employees whose annual remuneration was more than £60,000.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 12 Tangible fixed assets

	Plant and equipment £	Fixtures and fittings £	Total £
<b>Cost</b>			
At 1 January 2021	25,503	10,218	35,721
At 31 December 2021	25,503	10,218	35,721
<b>Depreciation and impairment</b>			
At 1 January 2021	25,503	10,218	35,721
At 31 December 2021	25,503	10,218	35,721
<b>Carrying amount</b>			
At 31 December 2021	-	-	-
At 31 December 2020	-	-	-

### 13 Financial instruments

	2021 £	2020 £
<b>Carrying amount of financial assets</b>		
Instruments measured at fair value through profit or loss	200,000	-

### 14 Stocks

	2021 £	2020 £
Raw materials and consumables	1,640	1,640

### 15 Debtors

	2021 £	2020 £
<b>Amounts falling due within one year:</b>		
Trade debtors	7,538	5,920
Other debtors	9,706	21,536
Prepayments and accrued income	100	1,596
	17,344	29,052

### 16 Current asset investments

	2021 £	2020 £
Unlisted investments	200,000	-

This includes monies held within accessible bank accounts but not used for everyday operating costs.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 17 Loans and overdrafts

	2021 £	2020 £
Bank loans	50,000	-
Payable within one year	8,333	-
Payable after one year	41,667	-
Amounts included above which fall due after five years:		
Payable by instalments	1,667	-

Subsequent to the year end this loan was repaid in full.

### 18 Creditors: amounts falling due within one year

	Notes	2021 £	2020 £
Bank loans	17	8,333	-
Deferred income	20	2,933	81,429
Trade creditors		3,146	13,849
Other creditors		11,871	4,218
Accruals and deferred income		7,985	800
		34,268	100,296

### 19 Creditors: amounts falling due after more than one year

	Notes	2021 £	2020 £
Bank loans	17	41,667	-

### 20 Deferred income

	2021 £	2020 £
Other deferred income	2,933	81,429

Deferred income is included in the financial statements as follows:

## WILDERNESS FOUNDATION UK

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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#### 20 Deferred income

	2021	2020
	£	£
Deferred income is included within:		
Current liabilities	2,933	81,429
	<u>2,933</u>	<u>81,429</u>
Movements in the year:		
Deferred income at 1 January 2021	81,429	41,418
Released from previous periods	(78,496)	40,011
	<u>2,933</u>	<u>81,429</u>
Deferred income at 31 December 2021	<u>2,933</u>	<u>81,429</u>

#### 21 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 22 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			
	Balance at 1 January 2021 £	Incoming resources £	Resources expended £	Balance at 31 December 2021 £
CGP	14,412	87,078	(70,237)	31,253
TRUEN	11,005	51,770	(31,637)	31,138
TurnAround Essex	55,932	36,350	(43,682)	48,600
Out There Academy	19,842	54,592	(40,544)	33,890
Wilderness and Nature Therapy	35,958	128,910	(101,807)	63,061
	<u>137,149</u>	<u>358,700</u>	<u>(287,907)</u>	<u>207,942</u>

Restricted funds have been disclosed within the requirements of the SORP. Included within each fund are individual grants for specific purposes that fit the nature and spirit of each fund disclosed.

Chatham Green Project (CGP)- an education initiative being delivered in partnership with Strutt and Parker (Farms) at Chatham Green in Essex

TREUN- this fund is for the delivery of a youth training programme in Scotland

TurnAround- launched by the Wilderness Foundation UK in October 2007. It is a multi-faceted, nature based programme enabling vulnerable young people to make positive changes to their lives. This is achieved by linking community mentors, wilderness therapy, skills workshops and support for employment and further education in 6-9 month cycles.

Out There- a programme for young people facing difficulties in school and home lives. Runs during term time offering a personal development curriculum for children aged 13-15 years.

Wilderness and Nature Therapy- this is a range of different programmes offering online or face to face therapy services. We work with individuals, families, couples and groups. The programme addresses the needs of children, adolescents and adults.

### 23 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 31 December 2021 are represented by:						
Current assets/(liabilities)	243,560	207,942	451,502	90,481	137,149	227,630
Long term liabilities	(41,667)	-	(41,667)	-	-	-
	<u>201,893</u>	<u>207,942</u>	<u>409,835</u>	<u>90,481</u>	<u>137,149</u>	<u>227,630</u>

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 24 Affiliate funds

At the year end, the client held affiliate funds of £121,796 (2020: £60,577) relating to Bush Heritage Australia and WF Africa. These amounts have been removed from the accounts as they do not belong to Wildlife Foundation UK. Incoming resources on these funds totalled £246,795 and outgoing expenditure totalled £185,576.

### 25 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).

### 26 Analysis of changes in net funds

	At 1 January 2021 £	Cash flows £	At 31 December 2021 £
Cash at bank and in hand	297,234	(30,448)	266,786
Loans falling due within one year	-	(8,333)	(8,333)
Loans falling due after more than one year	-	(41,667)	(41,667)
	<u>297,234</u>	<u>(80,448)</u>	<u>216,786</u>

### 27 Cash generated from operations

	2021 £	2020 £
Surplus for the year	182,205	101,184
Adjustments for:		
Cash on deposit, included within investments	(200,000)	-
Movements in working capital:		
(Increase) in stocks	-	(1,640)
Decrease/(increase) in debtors	11,708	(29,051)
Increase in creditors	4,135	18,867
(Decrease)/increase in deferred income	(78,496)	81,429
<b>Cash (absorbed by)/generated from operations</b>	<u>(80,448)</u>	<u>170,789</u>

**WILDERNESS FOUNDATION UK**

England & Wales - Charity number 1118493

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# Accounts

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Wilderness Foundation UK  
Registered Company No. 06003527  
Registered Charity in England No. 1118493  
Registered Charity in Scotland No. SC041697

# **WILDERNESS**

**FOUNDATION UK**

Report and Accounts  
31 December 2020



[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)

# WILDERNESS FOUNDATION UK

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# WILDERNESS FOUNDATION UK

## INTRODUCTION FOR THE YEAR ENDED 31 DECEMBER 2020

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The Directors, who are also the trustees of the charity for the purposes of Charity Law, present their annual report and the independently examined financial statements of the charity for the year ended 31 December 2020. The Directors have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in March 2005 in preparing the annual report and financial statements of the charity.

\*The Chief Executive has dispensation from the Charity Commission to serve as Founding Director on the board, alongside working as Chief Executive Officer.

This report represents the twelve months to 31 December 2020 and describes what the Wilderness Foundation UK achieved, explains our constitution and governance arrangements and outlines our future plans.

# WILDERNESS FOUNDATION UK

## REFERENCE AND ADMINISTRATIVE INFORMATION AS AT 31 DECEMBER 2020

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### Patrons

Sir Humphry Wakefield Bt  
Lord Petre  
Dr. John Hemming  
Bruce Little  
Nicky Rattray  
Simon Hall  
Cathy O'Dowd

### Trustees

Andrew Sheepshanks (Vice Chair)  
Toby Akyroyd (Vice Chair)  
Edward Posey OBE  
Jo Roberts (Founder Director)\* see page 1 for information  
Vance Martin  
Matt Adams Williams  
Olivia Shaw (resigned 22 September 2020)  
Peter Hobson  
Peter Martin (Chair)  
Myles Farnbank (resigned 21 September 2020)  
Andrew Gibbs  
Murray Souter  
Perdeep Grewel  
Gerald Vincent Thompson (appointed 16 November 2020)

The trustees are also directors and members of the charity.

The Wilderness Foundation UK (formerly the Wilderness Trust) was founded in 1976 by Dr. Ian Player DMS and Sir Laurens van der Post.

### Registered office:

Trinity House  
2 Whitbreads Business Centre  
Whitbreads Farm Lane  
Chatham Green  
Essex  
CM3 3FE

### Registered numbers:

Charity England:	1118493
Charity Scotland:	SC041697
Company:	06003527

### Reporting accountant:

Community360  
Winsley's House  
High Street  
Colchester  
Essex  
CO1 1UG

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## CHAIRMAN'S REPORT



The year to the 31 December 2020 must have been one of the most challenging years ever faced by the Wilderness Foundation UK (WFUK) as it was for every charity in the country. The huge effect of Covid 19 could not have been foreseen and cannot be overestimated.

We started the year in a really strong operating and financial position thanks to progress in recent years and a particularly successful year in 2019. We had a good first two months of the year for fundraising and then the pandemic hit us all in March. The charity had to react with great speed to the new restrictions imposed by government. All services were moved to an online method of working with two new campaigns - Wild Time and VitaminN - introduced to help people connect with nature and stay mentally well.

The office was closed until June, but we continued to deliver our services online and by telephone and in emergencies face to face working. We were able to support our community, particularly young people with therapy, coping strategies and practical help.

We were very fortunate to obtain funding from a number of sources, for example: the Essex County Council, Reaching Communities and the Essex Community Foundation, particularly to support our therapy and emergency response programmes addressing the issues around mental health. We ran a successful campaign in Scotland to grow a new programme called Treun which replaces our Imbewu programme. I am pleased to say that we ended the year in a strong financial position.

We also made use of the pandemic hiatus to strengthen our governance and financial systems. More detail in this is given in the Trustees Report on page 6.

Whilst we focused on wellbeing and human social care, we repurposed our education offer (which is usually available to school visits on site), to environmental advocacy and climate change. We worked creatively on a new online climate change education package that is widely available, especially for schools and children that were locked down. In addition, we benefited from working closely with the Essex Climate Action Commission, with a focus on promoting Green Infrastructure and Land Use to take us closer to a carbon net zero county here in Essex by 2050. We have renewed our efforts to reach everyone to understand the role that regenerative agriculture, biodiversity enhancement and community and individual action can make to this. As a charity we are deeply concerned about the crisis facing nature, species and ecosystems in the UK and globally.

I am sure that I speak for all Trustees when I say that I have been extremely impressed by the remarkable way that our excellent CEO Jo Roberts and her team reacted with such speed to the impact of the pandemic. Our programmes had to be redesigned and new therapy programmes developed. New funding had to be secured and our wonderful staff and volunteers had to work in entirely different ways – even accepting that they would need to work online and not be fixed on our usual outdoor face to face experiences. I extend a huge thank you to all of them.

This is my last report as Chairman of the Wilderness Foundation UK although I am pleased to say that I will remain as a Trustee. I am delighted that Vincent Thompson, the Vice Lord Lieutenant of Essex, has agreed to become our new Chair in 2021 and I know that he will lead the organisation on to greater achievements in the years to come. The Covid 19 pandemic has compounded the incidence of mental health problems and the demand for our services whilst the urgency of the climate emergency is increasingly recognised. The unique offering of the Wilderness Foundation UK, outlined in our Objectives on page 5, enables it to address both these priorities in parallel and so provides the basis for our plans for the development of our operations.



Peter Martin  
Chairman

## Trustees Annual Report

For the year ended 31 December 2020

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### OUR AIMS AND OBJECTIVES

Our charity's objectives as set out in the objects contained in the company's memorandum of association are:

To advance the education of the public by increasing knowledge and understanding of wilderness and the conservation thereof, the interrelationship between wilderness and the environment generally by the provision of instruction, and of opportunities, for direct experience of wilderness. To initiate and manage social benefit programmes which use wilderness experience to enable vulnerable and disadvantaged people to play a fuller role in society (especially the young).

The aims of our charity are to:

- raise the profile and value of wilderness areas through offering direct experience of wild places through our educational programmes for young people.
- deliver social projects that demonstrate how wilderness experience offers a vital key to the wellbeing of society and individuals, particularly the most vulnerable.
- initiate and support programmes for the continued protection of the last remaining wild land and wilderness areas in Britain and, through our partners, in Europe and Africa.

We refer to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and on planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

In spite of Covid 19, we continued to review our aims, objectives and activities internally and also externally in conjunction with the universities and internal research, in terms of monitoring and evaluating our work.

We once again had the benefit of The University of Cambridge Judge Business School's executive MBA students supporting the Foundation as part of their MBA training.

In 2020 we worked with four students from a range of professional backgrounds and their brief was to further develop previous work in 2019. They completed and wrote up a comprehensive analysis of unique selling points of the charity, strengthening the board, marketing and branding and areas that we could improve the efficiency and impact of the charity in line with our development aspirations.

During the year we have focused heavily on governance and advanced our processes in terms of risk analysis, financial procedures, board diversity and management and reviewed our Articles of Association. This is still work in progress and we have a very committed and thorough Governance Committee. We have also implemented a Finance Committee who meet regularly and, like the Governance Committee, report directly to the Board. Even though our work has been restricted through this year, we have

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maintained our Learning Outside the Classroom accreditation which is an important external measure in terms of compliance and focused on further training and development in First Aid, mentor training, health and safety and safeguarding.

We made use of the services of a film maker to produce a short documentary on the impact of lockdown on our TurnAround Graduates which was shared widely. Our social media and marketing online took a new life.

In order to be relevant and look at our impact, we consult all our participants through a structured and informal feedback process. This assesses our response to the external need for our programmes, our achievements and the outcomes of work completed in the previous 12 months. The review looks at key activities and the benefits they have brought to the groups of people we are set up to help. This is further supported by our longitudinal research and analysis by the University of Essex, alongside assessment of projects such as the Out There Academy which fall under our own monitoring processes.

We continue to seek ways to remain relevant to current trends for society and the environment and were fortunate for our CEO to be a commissioner on the Essex Climate Change Commission and for us to develop our own education tools for helping young people respond, advocate and understand the challenges of climate change globally and in the UK.

## **PUBLIC BENEFIT STATEMENT**

This statement complies with the duty set out in section 4 of the Charities Act 2006 to have due regard to public benefit as published by the Commission.

The charity was founded in 1976 by Dr. Ian Player DMS and Sir Laurens van der Post with the aim of raising the profile and value of wilderness areas, through offering direct experience of wild places to a wide range of the general public – with a focus on young people in particular.

We continue this work today, with our activities focused on three key areas – education and leadership development, social intervention and advocacy and awareness.

The charity was reconstituted in 2006 and changed its name from The Wilderness Trust to The Wilderness Foundation UK.

Our aims fully reflect the purposes that the charity was set up to further.

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### Leadership and Education

*We develop leaders for the future who truly understand the crucial need for a balance between humans and nature in order to ensure a sustainable future for all.*

Whilst protecting the environment, we also know that effective leadership and advocacy is enhanced through direct experience of the natural world facilitated by experts in their field, including team building and developing corporate social responsibility. We now live in a world where the disconnection with nature grows daily and there is urgency to address this as resources and biodiversity diminish. The increase in corporates and organisations looking to evidence their environmental and social responsibility dovetails into this work.

Participants are enabled to experience, learn and discover the spirit of wilderness, alongside growing their understanding of the essential relationships between humanity, nature, personal development and the practice of ecological principles.

All programmes include: building respect for the earth's rich but diminishing biodiversity, the value of simple and low impact experience of the outdoors and benefits of leaving no trace and an undisturbed environment. We incorporate leadership training across a range of programmes and offer tools and skills to lead and influence around issues related to a healthy planet and healthy people, as well as enhanced sustainability in their own organisations.

We also educate the public on matters of sustainable land use, balancing the needs of farming, nature and communities and the impacts of farming on nature.

### Social Intervention

*We work on key social issues in our communities that benefit from therapeutic wilderness programmes – providing experiential programmes that improve physical and mental wellbeing for the individual and society, often the most disadvantaged and vulnerable.*

In 2020 research showed a dramatic increase in mental health issues with lockdown affecting a wide range of people. Covid 19 also increased people experiencing isolation and loneliness, grief and financial insecurity alongside fear of being infected, as well as increased a desire to connect to nature.

Overall, this added to an already high mental health decline in our teenage population which in 2019 was already reporting almost one in four adolescents in the UK experiencing anxiety or depression. There is continued growth of County Lines and gang involvement across the country, with a 40% increase in domestic violence which has a big impact on children and young people in the household. Whilst many are

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focused on their futures and doing well, there are counterparts who are struggling with a wide range of challenges and setbacks.

All these increase the likelihood of young people struggling to finish school or find sustainable training or employment, thus significantly affecting their life chances. This insight drives the Foundation's social programmes with an aim to nurture the physical and psychological wellness of young people, whilst also developing a sense of belonging in, and care for, wild places with an embedded conservation ethic. Over the past 12 years, we have taken vulnerable youth to wilderness areas and wild spaces and developed ways not only to support mental health, but also include environmental education and address issues of youth unemployment.

Wilderness Foundation UK has developed a number of holistic skills and therapy interventions that harness the healing power of nature, to equip vulnerable youth to be economically active and environmentally responsible citizens.

At the core of these interventions are carefully developed physical and psychological wellness programmes which aim to provide specific support for our participants as they complete their programmes which include: employability, skills development or vocational training aspects. Furthermore, the Foundation has seen just how powerfully young people respond to spending time in wilderness areas. Based on a long history of using the healing power of nature for personal and social transformation, the Foundation has integrated various levels of Wilderness Trail activities into our holistic intervention projects.

Through our varied programmes, the measuring and monitoring of social and personal change, and improvements in mental health, we are able to share the positive findings that demonstrate the benefit and value that wilderness and wild places offer everyone in our communities, with a focus on those in particular need.

This supports the urgent need to protect our remaining wild and green spaces, not just for their biodiversity and landscape value but also to improve the wellbeing and mental health of society. We share our outcomes widely through a range of papers, conferences, documentaries and the media.

## Advocacy and Awareness

*We aim to protect wilderness and wild places by influencing policy makers and the public by highlighting measurable economic, social and biodiversity benefits of wild nature.*

We believe that government and business leaders have an inherent responsibility to act as responsible custodians of the environment and for healthy society through best practice. Sustained economic growth is seen as a necessary priority, but it will continue to put pressure on the Earth's natural resources unless it is carefully managed and monitored.

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Through 2020 we have focused more heavily on how biodiversity and rewilding can support the mitigation of climate change, but also what actions we all need to be taking to reduce our carbon impact on the planet. We developed our own Climate Change Education Programme and moved almost all education online to make the most of lockdown when this was a medium with a high percentage of followers.

Our communication has been focused on the impact of climate change, loss of biodiversity, increasing population, pressure on housing development and infrastructure on fragile and disappearing green spaces, the positive impact of wilderness and protected green space in climate mitigation and biodiversity decline.

We delivered two far reaching (up to 11,000 views) of social media and website-based nature and wellness education programmes – Wild Time and Vitamin N. General interest in the natural world increased during the 2020 lockdown with reports of over 2000% rise in searches for online nature-based activities. (Wildlife Trusts report 2021.)

We are one of the partners of the World Wilderness Congress which is a global gathering once every four years, bringing together a global collection of speakers on a range of subjects including practical conservation, community engagement with nature, wellbeing, training and some of the world's greatest voices for conservation, climate change, the spiritual dimension brought about by wilderness immersion, and community.

This year in 2020 the Congress was to be held in Jaipur, India, and was forced to cancel the month before due to Covid 19. Online conferencing became the best tool to use for this purpose and we made the most of the medium where we could.

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# Overview of 2020

We started 2020 with a Business Development Plan which was adopted by the Trustees. Our ambition was to enable and strengthen our finances, marketing and existing programmes - that successfully deliver service to the environment and people - in order to grow and develop our impact, and finally to expand the work of the Foundation to other parts of the UK where there was a natural fit and a selected partner or individual who could support this.

## ACHIEVEMENTS AND PERFORMANCE

Our main charitable activity during the year was the delivery of our flagship programmes:

- TurnAround
- Out There Wilderness Academy
- Chatham Green Project (including Down To Earth Allotments)
- Brave Futures
- Treun (replacing Imbewu in Scotland)
- Online and Face to Face Therapy
- Wilderness Therapy Training
- Partnership Support - Australia and South Africa

The year included new areas of growth including:

- Increased work with young people who have Special Educational Needs as part of the Chatham Green Project outreach, and also with groups that involved bespoke services designed with the referrer and delivered on site as part of the Out There Academy
- Working with online and other therapeutic support to a much wider group of beneficiaries
- Growing our Association of Outdoor Counsellors & Wilderness Therapists
- Wilderness Therapy training and counsellor professional development

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- ❑ Delivery of Wilderness Therapy immersions in Essex and Scotland
- ❑ Judge Business School engagement in reviewing our strategy and purpose
- ❑ Documentary of young peoples' experiences of Covid 19 and lockdown
- ❑ Speaking slots and video reflecting the impact and methodology of our work
- ❑ Increased online communication through social media and improvements to our website
- ❑ We support partners that share our values and commit resources to protecting the last of the world's wild places together with their native species of flora and fauna. This includes Bush Heritage Australia and their land and indigenous people programmes, and The Wilderness Foundation Africa supporting Forever Wild and Medivet programmes aimed at the protection of species under threat such as the White and Black Rhinoceros



## FUTURE PLANS

Our purpose is to demonstrate, advocate and apply the positive impact of wilderness and wild places on the wellbeing of the individual and society, within a spectrum from the most vulnerable to those with leadership potential.

The main areas of focus and development for the Foundation over the next three years are:

- ❑ To educate and inspire people to experience and connect with wild places

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- To provide an integrated service for improving the lives of the most vulnerable in our society, through the positive benefits of wilderness
- To grow natural leaders of the future through directly experiencing the positive benefits of wild nature
- To protect and enhance biodiversity and green spaces
- To continue to promote and support mental health and wellbeing across clients in Scotland and the rest of the UK
- To promote and practise solutions to meet the Climate Change Crisis
- To grow and strengthen our impact for environment and people

### We will:

- Introduce people and children to nature
- Educate people how to love the natural world
- Change people's lives through nature
- Practise what we preach in caring for the earth and people

The charity will continue to advocate for its vision of a world where the needs of people and nature are balanced.

## Review of Individual Programmes

### TURNAROUND



Our **TurnAround** intervention programme is aimed at vulnerable young people with complex emotional and behavioural needs between the ages of 15-21 years. Young people are referred by a range of sources including police, social services, colleges and schools and parents. They are selected on the basis of a willingness to make positive changes in their lives and are assessed by our professional team through interview and practical day workshops. Each step of the programme from introduction to graduation has a systemic, integrated set of experiences and learning tools embedded in them. For example, the entrance interview develops confidence in job seeking and understanding of the process of a structured interview.

**TurnAround** has continually achieved excellent results for the most vulnerable young people on the fringes of society, faced with a raft of social issues, family, emotional and behavioural problems.

We continue to see an escalation of young people with significant mental health problems and vulnerability to gangs and county lines, and who are dependent on a wide range of services, with negative impacts within families, poor education achievement and lack of personal resilience. We successfully address these issues through a longitudinal programme of regular outdoor, personal development workshops, social development evenings, weekly mentoring sessions with trained volunteer mentors and two wilderness therapy journeys.

We work with two intakes per year of ten young people in each. This enables us to offer close, personalised attention and direct engagement with our professional team including therapy, employability training, advocacy, personal growth and independence building support.

In early 2020 we graduated a cohort just before lockdown in February. They had been part of two major expeditions to Wales and also a final paddling expedition on Loch Lomond, alongside a range of other intervention activities and workshops. We included meals out, inspiring speakers and general social activities as part of the programme.

The experiences delivered during the wilderness journey, together with the natural splendour around them, alongside challenges of being away from home and out of their

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comfort zones kickstarts the transformation process. We measure significant improvements in self-esteem, connectedness to nature, resilience, mindfulness and wellbeing in a very short space of time. In addition, it builds coping skills, social skills and practical skills such as cooking, map reading, camping, and self-care. Our research and feedback evidences that these journeys have the longest lasting impact over several years. We believe this is due to the relationships built on the journey with other participants and the professional staff and volunteers, alongside the sense of achievement.

This personal development work is reinforced by the second journey and a final challenge where the group step forward to take the lead and use the skills they have learned during the programme. Several step forward in leadership roles and support others in new intakes.

We train and support a dedicated and regular team of volunteer mentors who work one to one with participants on a weekly basis. This is the backbone of the programme, and the strong, supportive relationships that are in place for our participants with mentors is critical to the programme. Having a person dedicated to you with values such as reliability, patience, a sense of humour, having one's back and talking straight, can be life changing for participants.

Safeguarding remains a top priority for the Foundation and all staff, mentors and volunteers are safeguard trained and we follow Safer Recruitment Practices.

Celebration of participants' achievements take place continually throughout the programme, and we held the graduation for our TA11 in February just before lockdown. This was as always a moving and emotional ending to a close and bonded programme – with the challenges and benefits all rolled into one major sense of pride and accomplishment.

Once Covid 19 struck, we activated our mentors and staff into supporting a wide range of graduates from across a range of programmes but included applicants to the TA12 programme that was on hold through Covid 19.

As soon as we were able to meet in person of smaller groups outside we engaged our TA12 programme which started at the end of August. During lockdown we had also employed an experienced outdoor facilitator to support the programme alongside the programme lead.

Not being able to go on trail meant that we had to be extremely creative and flexible, finding other things to do that would give a stretching opportunity for the individuals and create group solidarity.

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This included long walks, canoeing, archery, bushcraft, outdoor cooking, tree climbing. Mentors were exceptional glue to the programme and supported through all weathers, moods and moments.

The TA12 intake graduated in April 2021. We continue to monitor and evaluate the progress of the TurnAround beneficiaries. The evaluation provides strong evidence for funders to demonstrate the true value of investing in our young people.



## Outcomes

- 19 young people engaged in the programmes in 2020.
- On the whole they joined the programme with presenting issues of drug and alcohol dependency, suspected drug dealing and gang engagement, social isolation, anxiety and depression, self-harm, abuse, anti- social behaviours and struggles with peer and family relationships. This year saw an increase in those experiencing domestic violence, grief and loss, and loneliness.
- Research from the last wilderness trail of the TA12 cohort showed the following outcomes:
  - 5 categories showed an increase in all or over 80% of participants
  - Working / Studying**
  - Trust and love**
  - Respect for nature**
  - Happiness and mood (100%)**
  - Do I like myself**In addition, 50% or more of the group reported improvements in
  - Family and other relationships**
  - How confident I feel**
  - How angry I feel**
  - Independent living skills**
- Significant barriers to success such as drugs and alcohol use and offending showed lesser but still significant improvements.

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- We continue to evidence our long-term outcomes that the more connected the participants feel to nature, the higher their improvements in self-esteem and confidence.
- The programme is supported by a Steering Group made up of specialists in the field of youth intervention and they meet every quarter.  
As ever we are grateful to our funders and we thank our volunteer mentors, guides and referrers, and the young people who place their trust in us.

*When I came to TurnAround I was too nervous and had to have a special one to one to build my confidence. I was nervous, anxious, not sociable and didn't have many friends. I was also grieving for a cousin who had passed away. When I look back I can see how far I have come. I now see myself as a person with courage. I now don't waste my life and want to make the most of it. I see it as short and I am grateful for so many things – such as being able to see and hear, and to appreciate nature. I am now studying and doing well. I don't think I need regular support any more, but think that I can work through my problems and not collapse. I know the Foundation is there if I need something. VM18*

## OUT THERE ACADEMY

The Academy serves 60 young people per year who are aged between 13 and 15. Clients generally experience educational, mental health and behavioural problems and are referred by schools and social services.

We continued to work weekly with a group of young adults and adolescents who have Special Educational Needs from the Community College Initiative in Chelmsford. This programme has been highly successful and once safe to attend the Foundation the group were back in force. They are currently working on building a Saxon shelter, making underground furnaces, learning a wide range of bushcraft and social skills, and confidence whilst on site.

During 2020 we were able to deliver 36 weeks of support for our groups. The programme provides overall outcomes of improvements in school attendance (in 2019, 71% of our graduates reported improvements in this).

Other outcomes were in social skills, confidence, respect for self, mood and independent living skills amongst others.



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The Out There Academy is assessed as a positive environment for managing conflict resolution, reducing stress and anxiety, school avoidance or exclusions, and successful in helping young people turn things around to develop positive relationships with each other, family and referrers, whilst also returning or progressing at school.

Many come from challenging backgrounds and engagement with school, relationships, family and others is difficult. Out There overcomes these barriers to progress. This is because the programme, being totally nature based, offers an alternative way of engaging with young people, with the outdoors creating a less threatening environment and our staff adopting a tough love approach which focuses on group cohesion, values, self-awareness, choice and consequence, cooperation and kindness. Many young people ask to remain in the programme on completion and we seek ways to pathway them through ongoing mentoring or joining TurnAround when they reach 15.

This year, Covid 19 increased the stress of these young people and we have noticed a marked increase in young people who are in contact with domestic violence impact, gangs and/or county lines with more noticeable drug issues for such a young age. The team have had to adapt around this and we had to increase our ratio of staff to young people during the programme, within guidelines, to ensure we could offer enough personalised attention and also maintain boundaries and safety.

Participants are with us one day a week for six weeks and offer follow up support as needed. This year we have a school group who have commissioned work for a whole cohort of Out There which was halted due to Covid 19 and is now due to start again in 2021, as well as funding from individual referrers. We have also successfully raised funds through the Big Give Match Funding campaign and other sources so that we can offer Out There to a wide range of young people put forward and continue to offer a subsidised service even when groups were smaller than usual.

We could not have done this work without our mentor team who offer role modeling, team support, one to one support and are just good fun to be with too. Essential in our work! The programme is supported by a Steering Group made up of specialists in the field of youth intervention and they meet every quarter. Support for reviewing the programme and continual performance and outcome analysis is part of the responsibilities of the group.



We thank our funders and referrers for this programme.

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### Illustrative Outcome

HR joined the programme at 13 and was on the edge of being excluded from school for his risky behaviours, outbursts of anger, and self-harm. He was bright and engaging and hid major issues behind a charming exterior. His mother had abandoned the family – 3 boys – when H was only 2. He was raised by his Dad as a single parent who himself was wracked with grief and overwhelm and his only survival strategy was a military run operative with little warmth. H struggled with trust and deep-set pain around emotional abandonment and longed for maternal care and support. He would attach to female staff members, unsafe relationships with girls and had a poor and frightened relationship with his father. Whilst on the Out There programme, he slowly started to share the issues he was facing with the team and others. He was able to show his athletic abilities and fitness and lead our long walks, tree climbing and outdoor games. He was also always ready to help others and nurture weaker members in the group, eventually sharing openly in group discussions.

With the results of positive relationships, feedback, therapy, mentoring and long-term support after the project ended he completed his GCSEs, applied for college, won an award for young entrepreneurship ideas and plans, supported others in his school who were struggling as a young leader on a school holiday programme.

The team who supported him worked closely with his father and finally helped him to develop the confidence to let H reconnect with his absent mother and to let that relationship take its natural course. Prior to that his father was fearful that H would leave him too. We still stay in touch with H, giving him support when he needs, giving him well deserved references for jobs and remain as a backstop for whenever he needs a boost or gentle push in the right direction.

### Endorsement

*Through our partnership with the Wilderness Foundation, we have developed a programme designed to help students reconnect to society and themselves through outdoor facilitation, adventures and mentoring. The programme highlights the positive impact of nature on personal and social wellbeing. The programme creates opportunities to learn more about their relationship with the natural world and what they can do to protect it. The content of the Wilderness programme aims to equip and enable people to acquire skills from within themselves to navigate their futures safely and successfully. We are working with the Wilderness Foundation to keep people healthy and our planet wild!*

KW21 – Teacher at Community College Initiative

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# Chatham Green Project 2020

## Environmental Education

2020 as we all know was a very different year. 2020 did give many the opportunity to rediscover the outside and reconnect with nature. With schools closed for most of 2020, this meant that we only saw school visits from our Special Educational Needs groups through 4 out of 12 months of 2020. We also were not able to go into schools for any outreach projects. This however did not mean work came to a stand-still, in true Wilderness Foundation style we continued on!

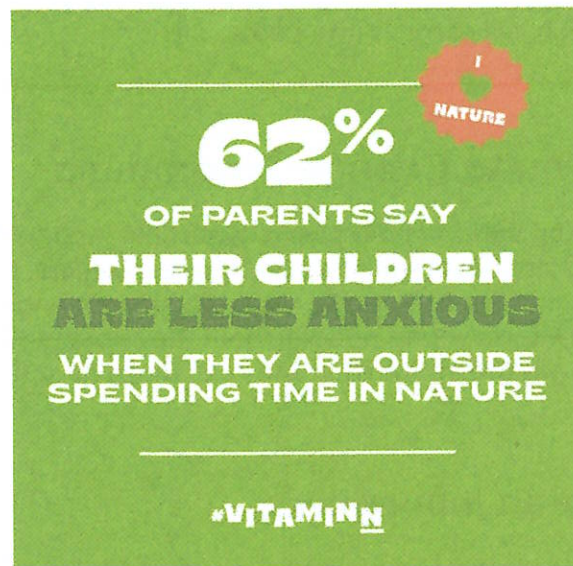


## Wildtime, VitaminN and Badger Cam

The role of our Education Officer took quite an exciting turn. As we all hid inside and only escaped for our hour's exercise, she started work on our social media channels and of course, our website.

Just before we were all put in our makeshift home offices, as a team we created Wildtime, which essentially carried us throughout the lockdowns. An online space with information about nature activities and mental health tips and advice.

Using social media and mailing out to those we knew, we shared our knowledge of mental health and the outdoors for the first time completely through our screens.



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Through Spring, when outside was blooming, our social media channels were increasing with people connecting with us and sharing our passion for nature and the outdoors. We were then whisked up by Green House PR, to join organisations including RSPB, WWF, Mental Health Coalition, National Trust, Nature friendly farming network, and Jordans on a fantastic social media campaign: VitaminN.



From the Easter weekend through to the Summer, we shared content across our social channels. Our social channels increased in volume as we were connected to organisations with much larger social followings than us. It was brilliant for our profile. Now my week as Education Officer consisted of scheduling 4/5 posts a day, from VitaminN, Wildtime, our programmes and without forgetting 'Badger Cam'.

Luckily, something we could continue, was filming our on-site Badgers. Creating weekly videos to share with our followers but also share with schools and teachers who would show our family of badgers on their virtual screens.

Although we missed a lot in 2020, we gained so much through our online presence which will carry us into 2021.

## Climate Change Programme

During 2020 we did spend more time indoors not only working on social media content but also working on a brand-new Climate Change programme. This new outreach programme is currently made up of three engaging presentations. The aim is to engage and inform young people about the impacts of climate change and then to increase their knowledge about what they can do to save the planet and be more sustainable.

## Green Influencers

Towards the end of 2020 we were delighted to hear that we had gained funding from The Ernest Cook Trust and were going to be part of the Green Influencers scheme. The Green Influencers scheme enables a Green Mentor to support groups of young people in their environmental and social action. The scheme enables young people to make a real difference to their environment. It is incredibly exciting for the Education Officer to be taking the role of Green Mentor and to be going into schools and organising groups of young people that want to get involved with positive projects for the environment.

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### Wilderness Rangers Camps

2020 got off to a great start with February camps taking in 105 young people in just one week. We then all plummeted into lockdown part one which meant we missed out on both Easter and May camps, however that didn't stop us in the Summer. With reduced numbers and increased precautions, we took a total of 224 children over the Summer holidays and, including October holidays, we took a total of 399 children for 2020. The demand for our camps has increased and we now have a large mailing list and following of parents putting us in a strong position for 2021.

#### *Feedback from parents:*

*'I just wanted to thank you and your team for giving the boys such a great experience again this summer! They have loved their time with you and never fail to come home thrilled by the day's activities.'*

*'Thank you so much Terri!! Max had the best time and will definitely be there again in October.'*

### Birthday Parties and External Groups Onsite

Due to Covid 19 restrictions, numbers of external group visits have been extremely low but when it was allowed we were able to run two birthday parties in 2020. During the restricted months we were also able to run two zoom sessions for a Beaver group all about Badgers and our night vision cameras. The birthday parties have also increased knowledge of the work we do and have resulted in an increase of bookings for our camps.

#### *Feedback from a parent:*

*'I just wanted to say from us all, thank you so much to you and your team for giving the kids (and to be honest me!) the best time. We have had so much positive feedback from kids and parents and couldn't have wished for a better party experience. Thank you so much again and looking forward to seeing you again really soon.'*

### Biodiversity

Surveys for Biodiversity were unfortunately on hold for 2020 but throughout 2021 we will be working on having more comprehensive surveys on the Chatham Green Site and also at Mann Wood. We aim to work closely with Essex Field Club and their expertise to achieve this for 2021 and beyond. These have an ecological rationale to evaluate change across the site over time.

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### Challenges for Education

The challenges of last year go without saying, but with our heads turned towards the virtual world; what we gained from 2020 we can take forward into the future. Our challenges in 2020 were centered around staffing and volunteers but our 2020 volunteer team was strong and we increased our staffing levels which enabled us to continue our work at a high standard and, in time, this will increase our growth.

### Down To Earth Allotments



Our Down to Earth Allotments work across six plots and has a distinct variety of growing areas and indeed natural spaces. Apart from the vegetables, fruit and various poly tunnels, there is also a log pile or 'beetle hotel' and a wetland area.

This year we had a good start to the programme with activity from our volunteers in the first quarter and then Covid struck. We adapted to having small family units do the upkeep on a voluntary basis, during the week and on weekends. This offered families in lockdown a chance to make a difference, collect fresh produce and be together in a positive environment. Once the groups of up to 15 were able to return, we have been running the allotment as normal but with much more attention on Covid 19 safety and social distancing as many volunteers are vulnerable.

The allotments are situated in one of the areas of Chelmsford, and indeed in Essex, which has disadvantage and fits within the poverty index regions of deprivation. In addition, we chose this location as it is close to our main centre at Chatham Green, and took over from a council run project in 2008.

We are motivated to make growing food more accessible to a wider audience, or for those with less time and financial resource to run their own allotments. It is also an additional means to create a connection to nature and through healthy food and activity, also a means to boost mental health and wellbeing.



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The Down to Earth Allotment programme is open to a range of community groups and schools. Most of our young adult volunteers are living with mental or physical disability and also use the allotment to engage recovery clients from Open Road (Drugs & Alcohol charity), MENCAP and Columbus School & College, catering for young people with complex and severe learning difficulties. There is also a regular, voluntary support team of allotment gardeners and New Hall School (DofE) who simply support those who come from the above client groups and offer the Project Manager, Jonathan Barker, some of the 'heavy lifting' gardening often associated with a site this big.

During lockdown, unfortunately, many of the schools' programmes did not run which was disappointing but understandable. Currently the food grown at the allotment is shared amongst those growing it as the best way to learn where our food comes from and engage people with the subjects of nutrition and cooking. We also donate food to the Chelmsford Food Bank to support others in the community in need. The allotments create a hub for people to feel safe, carry out constructive and tangible work, break cycles of loneliness or social isolation and are an important part of the local community.

During last year we ran 50 days of engagement for participant volunteer gardeners and support gardeners, including family hub days. Most clients attend 4 hours minimum each session.

We continue to be grateful to our funders and support given to the project by all involved.

## Treun – (Imbewu Scotland)

During 2020 we made a change to the project. After a review we decided that our outcomes for our graduates were more along the lines of wellbeing, as well as employability skills, but we were not doing enough for rural skills and rural jobs as the project had originally been designed for. We then launched a fundraising campaign with the new mission over the period of 2020 which served us very well as we were not in a position to offer trails due to lockdown restrictions.

During the year we have raised almost all the funds we needed from a range of generous funders, were able to appoint a new Scotland Manager and to rebuild the programme. The new programme, which means 'Brave' in Gaelic, will follow a similar programme to Imbewu as an intergenerational 7-day programme for young people aged 13 -17 years, some of whom are living in urban areas and experiencing disadvantage or poverty of opportunity.

Young people in areas of high youth unemployment, who display an interest in the environment and are experiencing difficulties with their mental health are targeted to take part. The project provides nature-based experiences that focus on personal development and offer leadership and skills-based learning opportunities within wild, rural areas.

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At the heart of the programme there is a three-day wilderness journey and wild camping on rural estates, led by wilderness guides and personal development facilitators. During the journey, participants explore the area, camp in remote locations and use the time to learn about the landscape and its wildlife and flora, alongside embedding a love for spending time in nature. Throughout the rest of the week the participants carry out a volunteering programme. In the course of the programme, participants earn the John Muir Award and Leave No Trace accreditation.

Towards the end of the programme, the groups deliver a presentation sharing all they have learnt. This is often the part of the week the group dread the most, the thought of standing up in front of people and presenting can be terrifying, however through the design of the programme where the young people are supported each day to take on leadership roles, by the time the presentation happens, they surpass expectation and deliver a presentation that captures what they have learnt, how they have grown as individuals and their highlights from the experience.

## Outcomes for Treun

Participants gain new skills and access to both life and work experience. Our team offers support and addresses the need for educational attainment and self-sufficiency, working with participants to think about and take actions for their future and career. Outcomes from the project include:

### Improved mental health and employability:

- Develop and improve personal and social skills for life including confidence, overall wellbeing, self-esteem, self-care and self-reflection
- Improve resilience and mental wellbeing
- Improve physical and emotional health
- Develop emotional coping strategies that can be used for life

### Increased nature connection and tools for helping the environment:

- Increase their connection to nature, Scottish Access Code/Leave No Trace Principles
- Increase their knowledge of Scotland's wildlife and natural heritage
- Increase their understanding of Scotland's rural heritage
- Encourage and learn about volunteering
- Learn camp craft and how to access nature and the outdoors

### Increased employability and leadership pathways:

- Improve aspiration and confidence to seek work or further studies
- Learn and apply new communication skills

## Trustees Annual Report

For the year ended 31 December 2020

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- Improve and learn new employability skills
- For those who show interest and aptitude there will be a leadership development pathway
- Development of an alumni group for ongoing mutual support and personal growth

## Alumni

In 2020 we have maintained contact with our alumni mainly through social media. We had planned to have a celebration event this year to launch the new focus of Treun, invite alumni to attend as well as referrers and funders but this had to be postponed. We aim to engage them more and to have their input as we grow and develop the Treun programme with its new emphasis.



## Partnerships

We continued in 2020 to build and maintain partnerships with a range of people in Scotland including:

- Scottish Land and Estates
- The Glenlivet Estate
- The Douglas and Angus Estate
- Denny High School
- Biggar High School
- Pitlochry High School
- Crieff High School
- Jedburgh Grammar
- Greenfaulds High School
- Edinburgh University (Outdoor Learning Department)

## Volunteers – Scotland

Alongside our other programmes, we have an established group of volunteers in Scotland, who support both on and off our programs. With experience in counselling, therapy, the outdoors and facilitation we wouldn't be able to operate without them. In 2019 our volunteers put in over 350 hours, helping to ensure our programmes could run. Additionally, they spent several days renovating our base in Lanarkshire – transforming our cottage to a welcome haven for when we next return. This was not possible in 2020 but we hope to renew this work in 2021/22 with continual volunteer engagement through social media and the website in the meanwhile.

## Trustees Annual Report

For the year ended 31 December 2020

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# Wilderness Therapy



During 2020, the Foundation realised that we needed to take on a different stance to our support and therapy – it was not possible to serve enough people face-to-face during the pandemic, or indeed at times to do this safely – even though we are outdoors. We therefore moved to offer online or telephone counselling across Essex to families, parents and children and young people. We were commissioned to offer around 630 hours of counselling which by August we had almost reached our capacity due to demand. This was funded by The Family Innovation Fund at Essex County Council.

In addition, we applied for face-to-face therapy funding (for those who could not meet online – and received further donations including Sport England to offer this service. During the year other small grants to support this were reached. We have been running consistent outdoor therapy throughout the year depending on the safety, current regulations, weather and client uptake. This has been very rewarding in 2020 where we all know we are making a real difference in people's lives and that we can respond relatively quickly to their needs.

Ages were between 5 and 60 and we reached in total during the year 144 clients.

62 clients FIF-Xtra

18 clients for Local Services Fund

40 clients for Sports England

12 clients for Bespoke

12 clients for Employability

We were able to make use of our team of associate therapists, grow this group through training and outreach and offer as much of an outside/inside theme by offering tips and ideas to find connection with nature either during or in between sessions. Some therapists conducted their sessions with clients physically outside but on their phones.

All therapists receive informal supervision on a regular basis and we have meetings to support the team with new ideas and thinking and group supervision.

*B thinks very highly of his counsellor. I, too, cannot thank your counsellor enough for the lift he has given to my son and for the work and compassion he has shown. It has really helped and made a difference.*

Mum of year 8 boy

## Trustees Annual Report

For the year ended 31 December 2020

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*We have been receiving such positive feedback from our families about the service they have received from the Wilderness Foundation. We have found it incredibly efficient and easy to work with the Foundation, which is why we have continued to access therapy for our students through you.*

SENCO of Primary School in Harlow

## Therapy Camps

All our scheduled programmes were cancelled in 2020 due to Covid 19 and the restrictions on overnight programmes.



## Therapy Expeditions

During August when there was a break in restrictions we were able to run one therapy expedition to Scotland, and to conduct one to one support for a client. This included a sea kayaking journey on the West Coast of Scotland for seven days, weekend camping in Essex and online and face to face therapy and individual support. The programme was self-funded.

## Brave Futures

This programme was funded by Reaching Communities as part of their emergency funding, to offer eight weeks of mental health support to two separate groups of adults and a group of adolescents during lockdown. We were able to support smaller groups of up to 15 in the outdoors.

## Trustees Annual Report

For the year ended 31 December 2020

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Each group had a therapist and outdoor facilitator and weeks focused on a range of presenting issues within the group and individuals and the therapists were able to offer regular, long sessions to support their coping skills, unburdening themselves of past trauma and issues, whilst building their resilience.

Both programmes reported excellent outcomes relating to mood, calm, self efficacy and awareness and coping strategies were reported, as well as a connection to nature.



## Association of Outdoor Counsellors and Therapists

We continue to consolidate and support our team of 30 Associate Outdoor Therapists who have a focus on outdoor work but also deliver our work online and by telephone.

They are all recruited through Safer Recruitment Practice, safeguarding trained and DBS vetted to work with younger clients and vulnerable adults. The aim, to make sure we have regular Continuing Professional Development opportunities, form part of a vibrant team of outdoor specialists and are able to share resources, support and learning with each other. This service is offered across England, Scotland and Wales. We collectively support over 200 clients either in groups or individually, families or couples.



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For the year ended 31 December 2020

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# Wilderness Therapy and Mentor Training

In 2020 we were able to offer one therapy training programme which had nine attendees and it was run in our beautiful 100 acre wood in Essex. The camp ran for three days and two nights and attracted a wide diversity of specialists interested in extending their knowledge in terms of outdoor working.

Unfortunately, due to Covid 19, we were not able to offer more than this. We delivered online training for Palacky University in the Czech Republic who ran a summer programme online where Wilderness Therapy was one of the offers.

Our previous work with delivering our Wilderness Therapy training in conjunction with European universities has been affected by Brexit, as the Erasmus scheme which funded much of our joint work has been suspended. We will continue to seek ways to maintain these programmes and the exchange of students who spend up to six months a year with us to train. They cannot afford this work experience without the Erasmus grants that were available – but we believe we can try to fundraise for this exchange of learning when the time is right and Covid 19 is settled enough to travel comfortably and safely again.

## Referral Professionals

During the break in lockdown, we offered team building and training for a group of referrers from Family Solutions who are key to putting young people through our wellbeing programmes. This was a brilliant day and enabled staff to have a beneficial day outside for themselves, but also to understand more directly how we work and what we offer to their clients. This, in turn, will improve the referral process.

## Mentor Training

During lockdown, we made use of re-designing some of our training and moving it online and we have now found a mentor training which has been tailor made for the Foundation.

This has meant that we can train mentors as soon as they are vetted and they don't have to wait for a group with a minimum size to make the training viable. We are very reliant on the high calibre of our mentors and have a support network, CPD engagement and group support online and when possible, in person.

## Trustees Annual Report

For the year ended 31 December 2020

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Mentors will serve young people on our Treun Programme in Scotland, TurnAround, Out There, Brave Futures and some climate change work as well, so are key to our organisation.

Other volunteers support our administrative side of the Foundation.

## WILDERNESS LEADERSHIP JOURNEYS



In 2020 we had a range of Wilderness Leadership Trails in place but due to Covid 19 and restrictions on travel these were all cancelled. We have been in regular contact with our schools and partners to see how best we can serve their students and have been developing Scotland based programmes to launch in 2021 in response.

The Wilderness Foundation UK has been organising wilderness expeditions in South Africa for young people since 1976. Groups of young people fundraise for their programme over a period of two years to eighteen months. The programme includes a primitive wilderness journey on foot in Big Five territory, carrying all food, personal clothing, and communal equipment. Sleeping wild without tents includes night watch which, for many, is a life changing experience in terms of being responsible for the group safety and meeting our own fears of wild animals and the dark. Walking during the day offers direct experience with a range of wildlife and, in particular both Black and White Rhino. This enables us to teach and develop understanding of the tragedy of rhino poaching and the threats to these iconic animals and developing our young people to become advocates for their protection, and to value wilderness for the wellbeing of all species.

We take tremendous care to ensure that each participant enjoys the maximum benefit and derives the maximum value from our wilderness journeys, experiences that often prove to be life changing. Through our programmes, participants are able to embrace the spirit of wilderness. Importance is placed on personal development, respect of diversity, togetherness, simplicity of experience and learning about the richness of an undisturbed natural environment.

## Trustees Annual Report

For the year ended 31 December 2020

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Participant safety is our top priority in all that we do. Our reputation as a leading provider of environmental and educational visits has been built on our attention to detail and ensuring that the needs of all our travellers are not only met – but exceeded. Trails are transformative and knowledge is the key to transformation. A trail is not an endurance performance or a lesson in the Latin name of the apex predator or its prey. It is a time to exist for that period in a wild place; that itself opens up a vista of opportunity for knowledge and recognition of our primordial past and our DNA and that we actually belong in nature.

Time and time again, we see the change in people occurring over the period of time in the wilderness, so it comes as no surprise that trailists are reluctant to leave. It requires some adjustment to return to the 'normal' world but the lessons of the wild remain and are transferred to life in leadership decision making, interpersonal behaviours, responsible environmental advocacy, team building and respect for all living organisms.

That almost all trailists become ambassadors for a natural experience is embellished in the trail journals that each trailist is encouraged to keep and the communication that we receive regularly from people who went on trail decades ago and who today recognise this as a turning point in their lives.

*'In an age where technology dominates everything, being at one with nature, and being able to resort to just being human again was a priceless experience.'*  
Nihal, Haberdashers' Schools 2019

*'I have a greater appreciation of conservation efforts. I feel renewed and have a new appreciation for the things I have. It has given me more of a focus on what I want to do in conservation and how I am going to go about doing it. It helped me to stop living in the past and future and start living in the present.'*  
Eton College Students, 2019

*'Wilderness is an incredible space, and it can never be replaced with anything more amazing so making sure that it is protected is very important. Also, it can provide a safe space for so many creatures that it is almost unthinkable that we could take it away.'*  
Brentwood School, 2019

## OTHER ACTIVITY IN 2020

### Climate Change, Biodiversity and Environment



During the year, we have placed much focus on climate change. Jo Roberts, CEO, has been appointed a Commissioner with the Essex Climate Action Commission. Jo served on the Communications and Land Use and Green Infrastructure Special Interest Groups amidst highly respected academics, practitioners, farmers, County Council officers and other organisations. The Foundation has valued this engagement as it has helped ensure we stay on track with climate issues being at the forefront of our environmental advocacy, particularly around where wilderness, green space and biodiversity can make a significant contribution to mitigations and reach a carbon net zero world by 2050.

The Education Team, in parallel to the higher-level work, have developed and grown a climate change outreach education programme to deliver to local schools in practice or online. This also opens up the scope to offer the programme online to anywhere else in the British Isles, Europe or globally. This is anticipated to launch in 2021.

The Education Team have also launched a successful WildTime campaign and contributed to a wider national campaign called VitaminN – which helped people during lockdown engage with nature, support biodiversity and boost their own wellbeing by getting outside. Part of the campaign has been the regular Badger Cam posts on YouTube of our badger community on site. This has proved very popular with our children and other visitors. It also serves to support our goal to connect people to nature, even if only through the media during the lockdowns we experienced.

## Trustees Annual Report

For the year ended 31 December 2020

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# Domestic Violence Recovery for Adults and Adolescents

Two programmes, ten weeks duration for each one, were funded in 2020 but were scheduled for delivery in 2021 once lockdown was eased. This was funded by the Essex Fire and Police Crime Commissioner.



During 2020 however, in partnership with our research partner the University of Essex, we conducted a co-creative group of survivors of domestic violence who helped us develop and design the delivery content and process. This included alumni from our TurnAround programme. There were regular meetings throughout the second half of 2020. A proposal document including this feedback was created and forms the basis for the later delivery. The intention is to develop a handbook for providers who wish to take this key work for survivors outdoors, as most work is still traditionally indoor work.

We also put in a large joint working bid with Open Road to the Green Recovery Fund to continue our work from 2018 and 2019 with drug and alcohol recovery/probation clients, but were unsuccessful.

## Leave No Trace



We continue to promote Leave No Trace values throughout all our programmes and several staff are accredited as Leave No Trace Awareness instructors. Through our outreach over the years, we have delivered LNT Awareness training for hundreds of

children and adults. This teaches the values and ethics of respecting nature and the outdoors, managing your personal impact on the earth and learning not to leave litter or traces of ourselves wherever we travel outdoors.

## Trustees Annual Report

For the year ended 31 December 2020

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### Media

During lockdown we were offered a free documentary to be made by a filmmaker to understand the implications of lockdown in young people. A brilliant film was made with the help of five of our TurnAround graduates and this was shown widely on our social media and other networks. It continues to be available on our website for viewing and is a sober yet inspiring watch.

We also took part in the summer school education training with Palacky University in the Czech Republic and presented at the European Wilderness Society online conference during the year. Radio and other interviews were also conducted through the year to grow awareness of our work.

### Events and Fundraising

Due to Covid 19, all our fundraising events were cancelled. However, we have made good use of online appeals where possible, boosted social media, our Friends' subscription appeal and donor appeals.

During the year we followed the advice of Judge Business School and doubled our fundraising capacity to two days a week with three days of marketing support. We appointed a full-time staff member to take on this work in October and her work has been to boost all aspects of fundraising and marketing outreach.

We have made full use of the emergency support for Covid 19 this year in terms of maintaining the Foundation's outreach and fundraising remains a very high priority as each year we have to maintain services, whilst also increasing our income and growing the organisation and its impact.



## Trustees Annual Report

For the year ended 31 December 2020

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# GOVERNANCE

## Status and Objects



The charity is a company limited by guarantee. Our governing document is a Memorandum and Articles of Association dated 20 November 2006 with an update to objects in 2010. Our formal objects are set out below:

- To advance the education of the Public by increasing knowledge and understanding of wilderness and the conservation thereof and the interrelationship between wilderness and the environment generally by the provision of instruction and of opportunities for direct experience of wilderness;
- To initiate and manage social benefit programmes which use wilderness experience to enable vulnerable and disadvantaged people to play a fuller role in society (especially the young).

## Governing Body and Structure

Our governing body is a Board of Directors of the charity and has an active Governance Committee made up of the CEO and four trustees including the Chairman. As at 31 December 2020 there were ten trustees, whose names appear on page 2. Peter Martin served as Chairman in 2020 with Andrew Sheepshanks and Toby Aykroyd as deputy Chairs. Three trustees resigned in 2020. Jo Roberts CEO resigned her post on the advice of the Governance Committee to maintain separation of CEO operational and board functions. Resignations were for personal or professional reasons.

The Board of Directors is responsible for providing overall clarity for the vision, mission and strategic focus of the organisation. It also holds the Chief Executive to account against planned objectives. The Board meets four times over the course of the year and Directors are involved in other operational matters as needs dictate. Several committees are now established to offer more support to the overall governance and finance report back to the main Board.

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The Wilderness Foundation UK forms part of the "Wilderness Foundation Global", a consortium of forward-thinking, like-minded independent organisations with different skill sets but all sharing a common past (each founded and/or inspired by Dr. Ian Player, South Africa game ranger and international conservationist and his Zulu mentor and "brother", the late Magqubu Ntombela).

The other members of the Wilderness Foundation Global are The WILD Foundation (USA) and the Wilderness Leadership School and Wilderness Foundation Africa. Senior staff meet annually to set shared objectives, agree ethics and working partnerships and projects. All members of the network are completely independent of each other but share a common past. They have no financial ties or obligations beyond goods or services provided (predominantly by the Wilderness Leadership School which facilitates wilderness trails in South Africa for UK beneficiaries and client groups) and these are charged at the time the liability is incurred.

## Decision Making

Responsibility for the day-to-day management of the organisation is delegated to the Chief Executive and the Senior Management Team. The Board of Directors focuses its attention on matters of policy and general strategy, the approval of plans, the monitoring of progress with projects and financial control.

New Directors are appointed by the Board based upon nominations and a recruitment process set up by the Governance committee and endorsed by the Board. Candidates are assessed as to their suitability and the benefits that their appointment would bring to the Foundation, in terms of additional skills, experience and opportunities for promotion of the Foundations aims and objectives. Enquiries may be made to verify suitability and then appointment would be subject to agreement by a quorum of Directors. A full induction programme is carried out covering all aspects of the work of the charity, the governance, the memorandum and articles of association and a review of the latest accounts.

On occasion, the Board may extend invitations to individuals to attend meetings in an advisory or observational capacity, where it is felt that the individual concerned can bring particular insight to an issue or matter under review.

An Ambassador programme invites people who can bring a benefit to the Foundation through their networks and are equally passionate about its objectives. They have no official role but abide by a set of principles and a formal agreement.

## Trustees Annual Report

For the year ended 31 December 2020

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### Risk Management

The Foundation is exposed to financial as well as participatory risks and through the valuable experience and knowledge of its Board, it proactively manages these through robust corporate governance and encouraging expert field-based awareness in all its endeavours.

Risk management continues to be reviewed every six months for operational matters and a new risk register has been created in 2020, which is reviewed at each Board meeting. We continue to work with the requirements and adjustments to be GDPR compliant.

We have a robust child protection policy and safeguarding procedure to ensure the safety and wellbeing of all the young people, staff and volunteers we work with, as well as registration of others such as site health and safety for example. We maintain a register to ensure that all essential training is up to date and two Senior Safeguarding Officers were trained and appointed to support our CEO, who is the Senior Safeguarding Officer.



### Scotland

For reporting purposes to the Offices of the Scottish Charity Regulator (OSCR) we are required to make a separate statement of our work in Scotland.

We refer to page 24 of this document which outlines our achievements in the delivery of the Treun Programme. This work provides public benefit for the people of Scotland and both the direct and indirect beneficiaries reside in Scotland. The programme includes employment for our Wilderness Foundation Scotland Manager, who resides in Scotland, as well as freelance guides and other members of the team, including volunteers. We work in partnership with Scottish Land & Estates and have benefitted from the kindness of a number of landowners who have given access to their land, including Atholl Estates,

## Trustees Annual Report

For the year ended 31 December 2020

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Angus and Douglas Estates and the Glenlivet Estate. Our participants have been involved in conservation volunteering at each of these locations.

The property on Douglas and Angus Estate that we have previously used for trails, is now in too great a state of disrepair but we are keen to continue to work on the Estate and our Manager is in touch with the team – albeit meetings have been held back by Covid 19.

The Foundation continues to work with the John Muir Trust, Institute of Outdoor Learning, Learning Outside the Classroom, Institute of Outdoor Learning, X-Adventures amongst other key partners and delivers the John Muir Award within programmes in both Scotland and England.

## Financial Review

### Charitable Expenditure

Following a strong year in 2019, we started the year with reserves of £126,446 up from £63,781 the previous year. This was followed by a successful first two months. Thereafter, inevitably, the financial performance in 2020 was heavily impacted by the Covid pandemic with total income down from £435,339 to £359,335 due to a drop in income from charitable activities from £152,680 to £53,373. However, income from donations and legacies was strong rising from £270,544 to £305,891 partly thanks to significant support from Essex Country Council, Reaching Communities and the Essex Community Foundation referred to in the Chairman's Report.

Expenses were carefully managed reducing from a total of £372,674 to £258,150 largely due to a reduction in Charitable activities from £350,529 to £244,172. We did not furlough staff during the main part of the year and only took some relief in December. As a result, we were able to increase our reserves from £126,446 to £277,630 of which £90,481 were Unrestricted and £137,149 Restricted.

We have made a promising start to the current year and hence are confident that, notwithstanding the continuing difficulties arising from the pandemic, our progress will continue through the year.

## Income and Fundraising

### Cost of Generating Voluntary Income

In analysing resources expended, the trustees recognise the Cost of Generating Voluntary Income. Expenditure attributed to this category includes the operating costs of the charity where the costs incurred are not directly in support of a specific charitable activity, but are beneficial or contributory to the mission of the charity as a whole. This will include salary costs of financial and general administrative staff, rental of office premises, utilities,

## Trustees Annual Report

For the year ended 31 December 2020

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telecommunications, travel costs, repairs and maintenance plus general administration expenses.

A portion of these costs will also relate to fundraising and publicity work undertaken by the charity, including communications with supporters through advertising, printed materials and our online presence. Resources expended on fundraising and publicity for the year totaled £13,978.

## Reserves

The Wilderness Foundation UK needs cash reserves to:

- Meet liabilities should the organisation have to close. This includes redundancy pay, amounts due to creditors and commitments under rental lease.
- To meet unexpected costs such as the breakdown of essential office equipment, staff cover in case of illness, maternity or parental leave and legal costs.
- To provide working capital when funding is paid in arrears.

The Directors believe that in order to cover these eventualities, the charity should have unrestricted cash reserves equivalent to six months of core expenditure.

The organisation will strive to build and maintain this level of reserves by fundraising unrestricted income.

At year end free reserves stood at £90,481.

## Guarantors

Every member promises, if the Charity is dissolved while he or she is a member or within twelve months after he or she ceases to be a member, to contribute such sum (not exceeding £10) as may be demanded of him or her towards the payment of the debts and liabilities of the Charity incurred before he or she ceases to be a member and of the costs and charges and expenses of winding up and the adjustment of the rights of the contributories among themselves.

## TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of Wilderness Foundation UK for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

## Trustees Annual Report

For the year ended 31 December 2020

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Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved on behalf of the Directors:



Mrs Joanne Roberts

Chief Executive Officer



Mr Peter Martin

Chairman

Date: 29 June 2021.

# WILDERNESS FOUNDATION UK

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted funds 2020 £	Restricted funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources</b>					
<b>from generated funds:</b>					
Donations & Legacies	2	178,233	127,658	305,891	270,544
Other income from trading activities	3	-	-	-	11,808
Investment income		70	-	70	306
<b>Incoming resources</b>					
<b>from charitable activities:</b>					
Resources from charitable activities	4	2,613	50,760	53,373	152,680
<b>TOTAL INCOMING RESOURCES</b>		<b>180,916</b>	<b>178,418</b>	<b>359,334</b>	<b>435,338</b>
<b>RESOURCES EXPENDED</b>					
Cost of raising funds	6	10,378	3,600	13,978	22,145
Charitable activities	6	139,369	104,803	244,172	350,529
<b>TOTAL RESOURCES EXPENDED</b>		<b>149,747</b>	<b>108,403</b>	<b>258,150</b>	<b>372,674</b>
Exceptional Expenditure		-	-	-	-
<b>Net (outgoing)/incoming resources before transfers</b>		<b>31,169</b>	<b>70,015</b>	<b>101,184</b>	<b>62,664</b>
Transfers between funds		-	-	-	-
<b>Net (outgoing)/incoming resources before other gains and losses</b>		<b>31,169</b>	<b>70,015</b>	<b>101,184</b>	<b>62,664</b>
<b>Balances brought forward</b>					
As at 1 January 2020		59,312	67,134	126,446	63,781
<b>Balances carried forward</b>					
As at 31 December 2020		<b>90,481</b>	<b>137,149</b>	<b>227,630</b>	<b>126,445</b>

The notes on pages 43 - 49 form part of these financial statements

# WILDERNESS FOUNDATION UK

## BALANCE SHEET AS AT 31 DECEMBER 2020

	Note	£	2020 Total Funds £	£	2019 Total Funds £
<b>FIXED ASSETS</b>					
Tangible assets	10	-	-	-	-
<b>CURRENT ASSETS</b>					
Stocks and trademarks	11	1,640	1,640	1,640	1,640
Debtors	12	29,052	11,541	11,541	11,541
Cash at bank and in hand		297,234	200,749	200,749	200,749
		327,926	213,930	213,930	213,930
<b>LIABILITIES</b>					
Creditors: amounts falling due within one year	13	100,296	87,484	87,484	87,484
<b>NET CURRENT ASSETS</b>					
		227,630	126,446	126,446	126,446
<b>TOTAL NET ASSETS</b>					
			227,630	126,446	126,446
<b>FUNDS</b>					
Unrestricted funds	14	90,481	59,312	59,312	59,312
Restricted Funds	14	137,149	67,134	67,134	67,134
			227,630	126,446	126,446
			227,630	126,446	126,446


For the year ended 31 December 2020 the Company was entitled to exemption from Audit under section 477 of the Companies Act 2006.

The Members have not required the Company to obtain an Audit in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to Companies subject to small Companies regime.

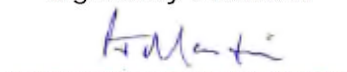
The directors declare that they have approved the accounts above.



Signed by J Roberts

29 June 2021

Date



Signed by P Martin

29th July 2021

Date

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

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### 1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the proceeding year.

#### 1.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities Statement on Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)- (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Wilderness Foundation UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

#### Company Status

Wilderness Foundation UK is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

#### Cash Flow

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard 1 "Cash flow statements".

#### 1.2 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objects of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds that are to be used in accordance with specific restrictions imposed by donors which have been raised by the Charity for particular purposes. The cost of administering such funds are charges against each specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements. Statutory grants which are given as contributions towards the Charity's core services are treated as unrestricted.

#### 1.3 Incoming resources

All incoming resources are included in the Statement of Financial Activities when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Income tax recoverable in relation to investment income or Gift Aid donations is recognised at the time the relevant income is receivable.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2020

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**1.4 Expenditure**

All expenditure is accounted for on an accruals basis and has been included under expenses categories that aggregate all costs for allocation to activities. Support costs, which cannot be directly attributed to particular activities, have been proportioned proportionately to the direct staff costs allocated to activities. Governance costs include the costs of servicing Trustees' meetings, audit and strategic planning.

**1.5 Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

**1.6 Creditors**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

**1.7 Financial instruments**

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Trade and other debtors are recognised at the settlement value before any trade discounts are due. Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts.

**1.8 Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**1.9 Depreciation**

Depreciation is provided on fixed assets at the following rates based on the estimated useful life of such assets

Office and Project Equipment, Fixtures and Fittings	20% per annum straight line basis
Motor Vehicles	20% per annum straight line basis

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

### 2 VOLUNTARY INCOME

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Donations	64,375	9,863	74,238	97,571
Grants	111,087	117,795	228,882	172,973
Legacy	-	-	-	-
Retention Scheme Grants	2,771	-	2,771	-
Other voluntary income	-	-	-	-
	<u>178,233</u>	<u>127,658</u>	<u>305,891</u>	<u>270,544</u>

### 3 ACTIVITIES FOR GENERATING FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Events	-	-	-	11,808
Other	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>11,808</u>

### 4 INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Trails Income	-	-	-	71,803
Therapeutic Services	0	18,984	18,984	9,039
Other	2,612	31,776	34,388	71,839
	<u>2,613</u>	<u>50,760</u>	<u>53,373</u>	<u>152,680</u>

### 5 GOVERNANCE COSTS

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Trustee expenses	-	-	-	-
Accountant's fees	800	-	800	800
	<u>800</u>	<u>-</u>	<u>800</u>	<u>800</u>

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

### 6 RESOURCES EXPENDED

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Charitable expenditure	93,501	100,198	193,699	287,780
Costs of generating funds	10,378	3,600	13,978	22,145
Support costs (see note 7)	45,868	4,605	50,473	62,748
	<u>149,747</u>	<u>108,403</u>	<u>258,150</u>	<u>372,674</u>

### 7 SUPPORT COSTS

	Total 2020	Total 2019
	£	£
Travel & Subsistence	3,625	7,632
Marketing	4,244	8,901
Depreciation	-	724
Office expenses	6,360	5,038
Finance & Professional fees	5,821	6,155
Premises	25,082	27,111
Communications and other	717	2,566
Insurance	1,664	2,316
Bank charges	483	718
Sundry Expenses	1,677	788
Governance (see note 5)	800	800
	<u>50,473</u>	<u>62,748</u>

### 8 STAFF NUMBERS AND COSTS

	Total 2020	Total 2019
	£	£
Wages and salaries	122,180	91,591
Social security costs	-	10,515
Sessional instructors and consultants	40,865	60,205
Training costs	-	734
Recruitment	-	-
	<u>163,045</u>	<u>163,045</u>

#### Key Management Personnel

There were a total of two key management personnel during the whole financial period and two for part of the year. Their salaries totalled £75,426.25 (2019 - £64,041.67) for the whole period.

No staff received more than £60,000 per annum.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

### 9 TRUSTEES

During the year 2019, Trustees received no remuneration.

Trustees expenses for attending board meetings were reimbursed £137 (£Nil).

### 10 TANGIBLE FIXED ASSETS

	Computer Equipment £	Project Equipment £	Office Equipment £	Total £
<b>Cost</b>				
At 1 January 2020	3,998	25,503	6,220	35,721
Additions	-	-	-	-
At 31 December 2020	<u>3,998</u>	<u>25,503</u>	<u>6,220</u>	<u>35,721</u>
<b>Depreciation</b>				
At 1 January 2020	3,998	25,503	6,220	35,721
Charge for the year	-	-	-	-
At 31 December 2020	<u>3,998</u>	<u>25,503</u>	<u>6,220</u>	<u>35,721</u>
<b>Net book values</b>				
At 31 December 2020	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
At 31 December 2019	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

### 11 STOCKS AND TRADEMARKS

	Total 2020 £	Total 2019 £
Marketing Stock	1,640	1,640
	<u>1,640</u>	<u>1,640</u>

### 12 DEBTORS: DUE WITHIN ONE YEAR

	Total 2020 £	Total 2019 £
Trade debtors	5,920	3,266
Prepayments	1,596	1,132
Other debtors	21,537	7,142
	<u>29,053</u>	<u>11,541</u>

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2020

13 CREDITORS: DUE WITHIN ONE YEAR

	Total 2020 £	Total 2019 £
Creditors	13,849	21,926
Grants received in advance	81,429	41,418
Other creditors	4,218	397
Accruals	800	4
	<u>100,296</u>	<u>63,745</u>

14 STATEMENT OF FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers £	Carried Forward £
<b>UNRESTRICTED FUNDS</b>	<u>59,312</u>	<u>180,916</u>	<u>(149,747)</u>	-	<u>90,480</u>
<b>RESTRICTED FUNDS</b>					
CGP Local Food (D2E)	23,393	23,353	(32,334)	-	14,412
TREUN	1,566	14,400	(4,961)	-	11,005
TurnAround Essex	35,002	44,850	(23,920)	-	55,932
Out There Academy	7,173	22,451	(9,782)	-	19,842
Therapy	-	73,363	(37,405)	-	35,958
Subtotal	<u>67,134</u>	<u>178,417</u>	<u>(108,402)</u>	-	<u>137,149</u>

<b>SUMMARY OF FUNDS</b>	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers £	Carried Forward £
Restricted Funds	67,134	178,417	(108,402)	-	137,149
General Funds	<u>59,312</u>	<u>180,916</u>	<u>(149,747)</u>	-	<u>90,480</u>
	<u><u>126,446</u></u>	<u><u>359,333</u></u>	<u><u>(258,149)</u></u>	-	<u><u>227,629</u></u>

Purposes of Restricted Funds

- TREUN - This fund is for the delivery of a youth training programme in Scotland.
- Chatham Green Project - An education initiative being delivered in partnership with Strutt and Parker (Farms) at Chatham Green in Essex.
- Out There - A programme for young people facing difficulties in school and home lives. Runs during term time offering a personal development curriculum for children aged 13 to 15 years.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

- TurnAround - Launched by the Wilderness Foundation UK in October 2007. It is a multi-faceted, nature based programme enabling vulnerable young people to make positive changes to their lives. This is achieved by linking community mentors, wilderness therapy, skills workshops and support for employment and further education in 6 to 9 month cycles.
- Wilderness and Nature Therapy - This is a range of different programmes offering online, or face to face therapy services. We work with individuals, families, couples and groups. The programme addresses the needs of children, adolescents and adults.

### 15 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Unrestricted Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	-	-	-
Net current assets	90,481	137,149	227,630
	<u>90,481</u>	<u>137,149</u>	<u>227,630</u>

### 16 AFFILIATE FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Carried Forward £
Bush Heritage Australia	27,634	68,548	(73,593)	22,589
IAPF	5,000	-	(1,176)	3,824
WF Africa	105,207	120,807	(177,877)	48,137
WF Global	515	-	-	515
	<u>138,356</u>	<u>189,355</u>	<u>(252,646)</u>	<u>75,065</u>

The funds above are held by Wilderness Foundation UK on behalf of the affiliates above in designated bank accounts. These funds are not Wilderness Foundation UK monies, therefore the income and expenditure is not included in the accounts. Wilderness Foundation UK charges a management fee for handing these funds, which is included in these accounts.

# WILDERNESS FOUNDATION UK

## INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

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I report on the accounts of Wilderness Foundation UK for the year ended 31 December 2020 which are set out on pages 41 - 49.

### **Respective responsibilities of trustees and examiner**

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed. The charities gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Accounting Technicians.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

### **Basis of independent examiner's Statement**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

### **Independent examiner's statement**

In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair' view which is not a matter considered as part of an independent examination.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Shelley-Marie Rudling FMAAT AATQB for and on behalf of:

Community360

Winsley's House, High Street, Colchester, Essex



Date 7<sup>th</sup> July 2021

You were not born a statue  
Nor rooted like a tree  
You were born a wild one  
A spirit pure and free

No cage should hold you captive  
No title should define  
You're flexible and fluid  
So can change at any time

With nothing set in stone  
And so much to explore  
Wander down a million paths  
And rattle every door

Never stop adventuring  
Embrace your inner child  
Stay fearless & stay curious  
Stay positive, Stay wild

**WILDERNESS FOUNDATION UK**

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