

CLIMB YOUR MOUNTAIN

England & Wales · Charity number 1126004

Details

Status	Registered
Legal form	Charitable company
Company number	06652847
Registered	2008-09-23
Register	View on the Charity Commission register

Contact

Address	25 Acacia Way Edwalton Nottingham NG12 4DA
Phone	07970417867
Email	info@climbyourmountain.org
Website	www.climbyourmountain.org

Activities

Objects: THE CHARITY'S OBJECTS (THE "OBJECTS") ARE TO PROMOTE THE PHYSICAL AND MENTALHEALTH OF PERSONS SUFFERING FROM ANXIETY, DEPRESSION, STRESS, BEREAVEMENT ANDFINANCIAL HARDSHIP BY ENGAGING THEM IN CHALLENGING PHYSICAL ACTIVITY AND BYPROVIDING THEM WITH OTHER SUPPORT, ADVICE AND TRAINING TO HELP THEM COPE WITH ANDRECOVER FROM THEIR SYMPTOMS AND TO BUILD THEIR SELF-ESTEEM AND CONFIDENCE.

Activities: Climb Your Mountain helps people improve their mental and physical health through physical activities and education, where people feel they have their own personal mountain to climb in life (e.g. depression, stress, anxiety, low confidence). We offer free organised walks plus free books and talks on a range of health and wellbeing topics.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Amateur Sport, Economic/community Development/employment
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Buckinghamshire
- Central Bedfordshire
- Milton Keynes
- Northamptonshire
- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees	
2025-07-31		£140	£9,868	-	-
2024-07-31		£1,993	£8,304	-	-
2023-07-31		£7,907	£6,398	-	-
2022-07-31		£19,397	£10,431	-	-
2021-07-31		£6,370	£13,976	-	-
2020-07-31		£19,427	£19,456	-	-

Trustees

Name	Role	Appointed
CHARLIE WARDLE	Chair	
David Paul Brown		2023-10-05
Sarah Atkins		2017-08-17
Tracey Parnell		2016-07-26