

CLIMBING OUT

England & Wales · Charity number 1145023

Details

Status Registered

Legal form Other

Registered 2011-12-13

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

Contact

Address 21 Aston Pigott
Westbury
Shrewsbury
Shropshire
SY5 9HH

Phone 07977 574785

Email keldawood@climbingout.org.uk

Website www.climbingout.org.uk

Activities

Objects: - TO ADVANCE AND ASSIST WITH THE MENTAL RECOVERY OF INDIVIDUALS IN THE UK WHO ARE IN NEED OF SUPPORT AS A RESULT OF THEIR EXPERIENCE OF MENTAL OR PHYSICAL TRAUMA.- TO IMPROVE THEIR EXPECTATIONS OF LIFE FOLLOWING THE IMPACT OF THEIR TRAUMATIC EXPERIENCES, THROUGH:A) THE PROVISION OF RECREATIONAL AND OUTDOOR ACTIVITIES OF APPROPRIATE LEVELS OF CHALLENGE WITH THE AIM OF REBUILDING SELF-CONFIDENCE;B) THE PROVISION OF PERSONAL DEVELOPMENT COACHING WITH THE AIM OF PROVIDING TOOLS FOR SELF-RELIANCE, DEVELOPMENT, MOTIVATION AND SELF ESTEEM;C) THE PROVISION OF OPPORTUNITIES TO DEVELOP SOCIAL NETWORKS WITH INDIVIDUALS WHO HAVE FACED SIMILAR CHALLENGES SO THEY CAN BUILD A NETWORK OF LONG TERM FRIENDSHIP AND SUPPORT.

Activities: Climbing Out runs 5 day residential outdoor activity programmes working with people facing life changing injury or illness. We aim to help restore their confidence and self esteem through challenging activities, coaching and peer support networks.

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Recreation
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** NATIONAL
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£348,674	£266,317	-	-
2023-12-31	£160,244	£184,443	-	-
2022-12-31	£233,081	£180,047	-	-
2021-12-31	£220,070	£136,100	-	-
2020-12-31	£93,884	£84,201	-	-

Trustees

Name	Role	Appointed
John Redmond		2017-02-15
Jonathan Astley Boase		2023-11-30
Mark Harris		2023-08-30

CLIMBING OUT

England & Wales - Charity number 1145023

Accounts

CLIMBING OUT
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

CLIMBING OUT

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FOR THE YEAR ENDED 31 DECEMBER 2024

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CLIMBING OUT

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2024

TRUSTEES	J Redmond C Felton (resigned 1.5.25) G Aston (resigned 6.11.24) L C Howard (resigned 30.5.25) M Harris J Boase H Knight (appointed 22.1.25, resigned 12.6.25)
PRINCIPAL ADDRESS	21 Aston Pigott Westbury Shrewsbury SY5 9HH
REGISTERED CHARITY NUMBER	1145023
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP Third Floor 21 St Mary's Street Shrewsbury Shropshire SY1 1ED
CHIEF EXECUTIVE	Kelda Wood

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity, as set out in the governing document are:

To advance and assist with the mental recovery of individuals in the UK who are in need of support as a result of their experience of mental or physical trauma.

To improve their expectations of life following the impact of their traumatic experiences, through:

- a) the provision of recreational and outdoor activities of appropriate levels of challenge with the aim of rebuilding self-confidence;
- b) the provision of personal development coaching with the aim of providing tools for self-reliance, development, motivation and self esteem; and
- c) the provision of opportunities to develop social networks with individuals who have faced similar challenges so they can build a network of long-term friendship and support.

The aim of Climbing Out is to rebuild confidence and self-esteem in people facing life changing injury, illness or trauma through using outdoor activities and coaching as tools for personal development and growth. Long term support, friendship and development is then available through the Climbing Out Club.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

OBJECTIVES AND ACTIVITIES

Significant activities

We had just under 100 people through our 8 programmes in 2024 and continued to offer opportunities to 15 years' worth of past participants through the Climbing Out Club, including an overseas expedition to the Alps. We also ran 13 Walk and Talk days, 2 training weekends, a fundraising hike, and a Charity Ball and Awards. The programmes continue to give participants the tools to feel able to move forwards in life, and to empower them to feel in control of their own mindset, emotions, and actions. The ethos of Climbing Out is not to fix people, but to give people the confidence, motivation, and tools to fix themselves.

Core Programmes

In 2024 we ran 6 core programmes, made up of four in the Lake District, one in Anglesey, and one in the Peak District.

We had 72 people take part in the core programmes, with participants coming from the Emergency Services and military, survivors of cancer, abuse, crime and bullying, some have been in recovery from a life changing injury, others from a life changing trauma.

Overseas Expedition

In July, a team of 10 participants attempted the Italian Haute Route, a seven-day glaciated trek circumnavigating the Monte Rosa Massif, which crosses from Switzerland into Italy, including a potential summit of six 4,000m peaks. This was our first Alps expedition, and without a doubt it exceeded all expectations, providing the opportunity for growth, learning and development for all the team.

Level 2 Scotland Expedition

Our Level 2 programme for 2024 was a canoeing expedition in Scotland, paddling the Great Glen. This was a 6 day expedition, which proved to be much tougher than participants expected. The team were wild camping for 6 nights, and weather conditions resulted in a number of additional challenges and some cold, soggy nights around the campfire. Finishing a tough day to then have to pitch tents, build fires and cook tea, meant participants had to dig incredibly deep to complete the challenge.

But it's when we're challenged that we grow stronger, and to see the group come together as a team and keeping going to complete the journey was something truly special. All of the team learnt so much about themselves through this trip, and it provided them with significant steps forward in their own personal recovery journey.

Walk and Talk Days

Climbing Out isn't just about big expeditions or residential programmes, we also run our Walk and Talk days which are single day activities giving past participants the opportunity to keep topping up their 'Climbing Out family' glass and also giving potential participants the opportunity to find out what we're all about. We've run thirteen walks this year of varying levels of challenge, taking place in Shropshire, Powys and the Peak District.

Ambassadors

Our team of ambassadors is made up of previous participants and they've been doing an amazing job of spreading the word about Climbing Out. They've been helping with fundraising, doing talks, making referrals and manning stands at various roadshows. Their work also helps make sure we reach and support the people who need it most.

Climbing Out Club (COC)

The Climbing Out Club continues to be as active as ever. The COC is open to anyone who's taken part in one of our 5 day programmes and is a place to continue to build friendship and support. The words we keep hearing are that it's a place to feel part of the Climbing Out family, part of a community. We regularly see members at walk and talks, attending our fundraising events and taking part in the Level 2 and expedition programmes. They also support each other on a daily basis through What's App groups and a closed facebook page.

Charity Ball and Awards

In May it was time for our bi-annual Charity Ball and Awards.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

OBJECTIVES AND ACTIVITIES

12 participants from Climbing Out received awards recognising their outstanding achievements, and over £4,000 was raised through the raffle and promise auction.

2024 Fundraising Hike

Our second fundraising event of the year was our annual fundraising hike in October. Over 40 people took part in the Castle to Castle Coastal challenge, walking up to 26 miles along the Northumbrian coastline. We were blessed with amazing weather which kept spirits high, and everyone's impressive efforts meant we raised over £7,000.

Public benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

ACHIEVEMENT AND PERFORMANCE

Main achievements during 2024

Summary of our Main Achievements in 2024

- Six core Programmes
- One Level 2 Programme
- One Expedition Programme
- A series of 13 Walk and Talk Days
- The Climbing Out Club continued to support each other
- The Biennial Ball and Awards
- The annual Fund-Raising Hike
- Continuing to develop our network of partner organisations and extending links via Ambassadors.
- Completion and premiere of the documentary 'Breaking Waves' telling the story of Climbing Out founder Kelda Wood's struggles for achievement in the face of adversity.
- Research Project with Shrewsbury and Chester University - The long-term research project looking at the impact of the 5-day programmes has continued throughout 2024. The impact of these findings will enable us to evidence just how much impact the 5-day programmes are having and will as a result will hopefully lead onto accessing additional funding and support from further partner organisations.

Funding

Funding was successfully secured for all the services that Climbing Out was able to run this year through a number of grant making organisations including funding of £5k and above from National Lottery Community fund, The Prudence Trust, IGY Foundation, The Britford Bridge Trust, Team Army and Microsoft, The 4814 Trust, The David Family Foundation and The David and Ruth Lewis Family Charitable Trust.

- £230,201 was raised through funding letters to trusts and foundations.
- The annual Fundraising Hike raised £14,766 before expenditure.
- Funds raised by participants on Level 2 and expeditions Programmes totalled £18,652.
- Funds have also continued to be raised for Climbing Out through independent fundraising and small donations, totalling £34,786 in 2024.

Governance and Structure

The Board of Trustees established in 2018 has continued to work well together over 2024, sharing areas of expertise and supporting Climbing Out with individual strengths. One Trustee stepped down in 2024 due to other commitments, and one new Trustee began the recruitment process, with the expectation of being appointed at the AGM in January 2025.

The part time administrator appointed in 2019 has continued to successfully support the CEO, with hours worked as needed and maintained at a maximum of 15 per week.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

FINANCIAL REVIEW

Financial review

Funds raised by the charity are used to pay the running costs and provision of the programmes. All funds are held in Bank Accounts with HSBC Bank and Skipton Building Society in the name of Climbing Out. We have no funds in deficit.

The charity's principal source of funds:

Funding Bids

£230,201 was generated through funding bids in 2024 and through letters sent to trusts and foundations asking for donations.

Individual fundraising/Just Giving

£34,786 was raised by individual fundraisers and Just Giving.

£14,766 was raised by the annual Fund-Raising Hike

Key expenditure and how this has supported the objectives of the charity:

Funds raised by the charity are used to pay the running costs and provision of the programmes and Walk and Talk days. A total of £134,167 has been spent on programme and Walk and Talk Day delivery in 2024.

Other expenditure includes logistical running costs of the charity including accounting, bid writing, staff salary and PR.

How this has supported the objectives of the charity:

The key objective of the charity is to deliver our 5-day programmes and Walk and Talk Days. At a cost of £134,167 (2023: £124,146) in relation to our total expenditure of £266,317 (2023: £184,443), 50% of our expenditure has been used to achieve this. This includes the logistical planning and preparation associated with enabling the programme to happen.

The remaining 50% of expenditure has been used for the fundraising, running costs and development of the charity, without which Climbing Out would not continue to function, grow and ultimately be in a position to support a growing number of people.

Reserves policy

Climbing Out Reserves policy aims to ensure our work is protected from the risk of disruption at short notice to a lack of funds, whilst at the same time ensuring we do not retain funds for longer than required.

The reserves policy takes into account the overall sustainability of the charity and the underlying aim is to retain sufficient funds in reserve to allow the charity to continue to operate for at least 6 months. The intention is to build this over time to 12 months running costs.

In addition, and due to the timing of our programmes, our aim is to ensure that we hold at least 12 months running costs by the year end date. At 31st December 2024 this was estimated at £252,687, based on expected costs to run 8 planned programmes and 13 Walk and Talk Days, plus Staff and Ambassadors training and the setting up of our new Online Programmes, and to ensure no significant disruption to our charitable activities.

Our reserves policy is monitored and reviewed on an ongoing basis.

The free reserves of the charity at the year end, calculated as the unrestricted fund less designated funds and tangible fixed assets were £36,461 (2023: £14,657).

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

FUTURE PLANS

Plans for 2025:

Our plans for 2025 include:

- 6 core Programmes planned throughout the year, starting in March.
- 1 Level 2 Programme in Scotland for past participants.
- One core programme will be held at Duke's Barn in the Peak District where we can accommodate participants requiring greater physical support.
- 13 Walk and Talk days - groups will be meeting at venues in Shropshire, Wales and the Peak District and heading out for a day's walking with an instructor leading the walk. Members of the Climbing Out team will be there too to offer personal development conversations for anyone that needs a bit of support or guidance.

Other

We continue to have a part time role of up to 15 hours per week to manage the administrative and financial running of Climbing Out. This role has developed to take on Governance responsibilities such as policy review, staff training on policies, working with Health and Safety Consultant to develop a staff handbook, GDPR review. In 2025 this role will therefore be re-designated as Charity Manager and the rate of pay reviewed by Trustees.

The freelance position providing support and technical advice to the CEO in return for a monthly retainer fee continued in 2024.

A budget has again been set aside to provide for follow up counselling/coaching with external providers for participants who need this, within a controlled budget.

Following the completion of the documentary, 'Breaking Waves' on the story that led to Kelda Wood's rowing across the Atlantic, Kelda will be attending relevant film festivals or events to give talks and raise awareness of Climbing Out.

PR and social media management continues to be outsourced for a monthly fee and due to positive results this will continue into 2025.

Governance and Structure

We will continue to develop the roles and responsibilities of the trustees creating a stronger foundation for the charity.

We aim to offer governance training for all our trustees.

We will continue to identify the roles required for Climbing Out to function successfully and to recruit people for these various roles. This includes trying to build in contingency plans for any unforeseen absence of Kelda Wood.

In 2024 we have worked with service providers to help manage our governance and structure, especially focusing on policies, procedures and other aspects of HR. We will continue to refine this in 2025 to maintain the highest standards possible.

Annual budgeting

An annual budgeting meeting will be held to plan the budget for the forthcoming year at the AGM in January.

A budget for 2025 has now been put in place. This will create financial security for Climbing Out reducing any chance of overspending.

A regular review of budget and spending will take place at quarterly Trustee meetings.

We will continue to use an accountant to do our end of year accounts. Hollies bookkeeping will continue to record the day-to-day finances and TCA Accountants will be used to prepare and independently examine our year end accounts.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

Account one and account two - Two bank accounts are still in place. Account One will continue to be used solely as a programme account to manage all finances connected to the 5-day programmes. Account Two will be used to manage all money not connected to programmes and include running costs. We have opened an interest paying account with Skipton Building Society to hold reserve funds.

Funding and Fundraising

Funding Applications - We will continue to make applications to both repeat funders and new funders throughout the year to ensure a steady flow of funds both for the coming year and then for use in 2025.

Previous participants will be fundraising through the Level 2 Programme.

We continue to develop long term relationships with funding bodies bringing us in a sustainable annual income.

A Fund-raising Hike is planned in Shropshire in 2025.

Climbing Out Club

The Climbing Out Club continues to offer long term support and guidance to any member in addition to fundraising opportunities such as the fundraising hike.

The Club continues to provide a network of friendship and support for members with other members, creating long term sustainability of the impact of the 5-day programmes.

The continuation of Level two and expedition Programmes to support the continued growth and development of members.

We continue to support a group of 'Ambassadors' from past participants, both to give them opportunities for personal growth and to increase our reach to future participants.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Climbing Out is a registered charity and is governed by it's constitution dated 2 November 2011, as amended on 9th November 2021.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

TRUSTEES' RESPONSIBILITY STATEMENT - continued

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 21/8/2025 and signed on its behalf by:


.....
M Harris - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CLIMBING OUT

Independent examiner's report to the trustees of Climbing Out

I report to the charity trustees on my examination of the accounts of Climbing Out (the Trust) for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of 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 no concerns and 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.

C Moelwyn-Williams

C Moelwyn-Williams, BSc FCA

TCA (Shrewsbury) LLP
Third Floor
21 St Mary's Street
Shrewsbury
Shropshire
SY1 1ED

Date: *22nd August 2025*

CLIMBING OUT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	118,223	198,422	316,645	150,062
Other trading activities	3	29,320	-	29,320	10,182
Investment income	4	<u>2,709</u>	<u>-</u>	<u>2,709</u>	<u>-</u>
Total		<u>150,252</u>	<u>198,422</u>	<u>348,674</u>	<u>160,244</u>
EXPENDITURE ON					
Raising funds		23,017	31,681	54,698	9,100
Charitable activities					
General	5	<u>93,050</u>	<u>118,569</u>	<u>211,619</u>	<u>175,343</u>
Total		<u>116,067</u>	<u>150,250</u>	<u>266,317</u>	<u>184,443</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	13	34,185 <u>51,050</u>	48,172 <u>(51,050)</u>	82,357 <u>-</u>	(24,199) <u>-</u>
Net movement in funds		85,235	(2,878)	82,357	(24,199)
RECONCILIATION OF FUNDS					
Total funds brought forward		126,280	115,820	242,100	266,299
TOTAL FUNDS CARRIED FORWARD		<u>211,515</u>	<u>112,942</u>	<u>324,457</u>	<u>242,100</u>

CONTINUING OPERATIONS

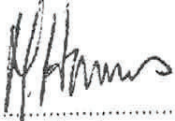
All income and expenditure has arisen from continuing activities.

CLIMBING OUT

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	9	9,809	-	9,809	12,643
CURRENT ASSETS					
Debtors	10	20,756	3,356	24,112	17,772
Cash at bank		<u>200,273</u>	<u>109,586</u>	<u>309,859</u>	<u>223,636</u>
		221,029	112,942	333,971	241,408
CREDITORS					
Amounts falling due within one year	11	(19,323)	-	(19,323)	(11,951)
NET CURRENT ASSETS		<u>201,706</u>	<u>112,942</u>	<u>314,648</u>	<u>229,457</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>211,515</u>	<u>112,942</u>	<u>324,457</u>	<u>242,100</u>
NET ASSETS		<u>211,515</u>	<u>112,942</u>	<u>324,457</u>	<u>242,100</u>
FUNDS	13				
Unrestricted funds:					
General fund				46,270	27,300
Designated Fund - Programmes				139,745	98,980
Designated Fund - New branded kit				10,500	-
Designated Fund - Online programmes project				<u>15,000</u>	-
				<u>211,515</u>	<u>126,280</u>
Restricted funds				<u>112,942</u>	<u>115,820</u>
TOTAL FUNDS				<u>324,457</u>	<u>242,100</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 21/8/2025 and were signed on its behalf by:


.....
M Harris - Trustee

The notes form part of these financial statements

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Grants from the government and other agencies have been included as 'Grants' in furtherance of the charity's objects.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Cash at bank and in hand

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.

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES - continued

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.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Operating Leases

Rentals under operating leases are charged to the statement of financial activities on a straight line basis over the lease term.

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Activity Programmes	19,977	7,878
Donations	34,786	13,770
Grants Receivable	31,681	-
Trusts & Foundations	<u>230,201</u>	<u>128,414</u>
	<u>316,645</u>	<u>150,062</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Documentary Funding	<u>31,681</u>	<u>-</u>

3. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
The Hike	14,766	9,962
Charity ball income	13,734	-
Sale of hoodies	<u>820</u>	<u>220</u>
	<u>29,320</u>	<u>10,182</u>

4. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	<u>2,709</u>	<u>-</u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
General	<u>169,568</u>	<u>42,051</u>	<u>211,619</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the year ended 31 December 2023.

7. STAFF COSTS

	2024 £	2023 £
Wages and Salaries	62,630	56,522
Social Security costs	252	1,602
Other pension costs	<u>1,505</u>	<u>1,289</u>
	<u>64,387</u>	<u>59,413</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Climbing Out Staff	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	50,797	99,265	150,062
Other trading activities	<u>10,182</u>	<u>-</u>	<u>10,182</u>
Total	<u>60,979</u>	<u>99,265</u>	<u>160,244</u>
EXPENDITURE ON			
Raising funds	9,100	-	9,100
Charitable activities			
General	<u>36,220</u>	<u>139,123</u>	<u>175,343</u>
Total	<u>45,320</u>	<u>139,123</u>	<u>184,443</u>
NET INCOME/(EXPENDITURE)	15,659	(39,858)	(24,199)

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	110,621	155,678	266,299
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>126,280</u>	<u>115,820</u>	<u>242,100</u>
9. TANGIBLE FIXED ASSETS	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2024 and 31 December 2024	<u>17,835</u>	<u>4,850</u>	<u>22,685</u>
DEPRECIATION			
At 1 January 2024	6,746	3,296	10,042
Charge for year	<u>1,773</u>	<u>1,061</u>	<u>2,834</u>
At 31 December 2024	<u>8,519</u>	<u>4,357</u>	<u>12,876</u>
NET BOOK VALUE			
At 31 December 2024	<u>9,316</u>	<u>493</u>	<u>9,809</u>
At 31 December 2023	<u>11,089</u>	<u>1,554</u>	<u>12,643</u>
10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2024	2023
		£	£
Other debtors		3,100	3,700
Prepayments		<u>21,012</u>	<u>14,072</u>
		<u>24,112</u>	<u>17,772</u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	14,987	6,098
Social security and other taxes	937	935
Other creditors	288	262
Accruals and deferred income	<u>3,111</u>	<u>4,656</u>
	<u>19,323</u>	<u>11,951</u>

12. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2024	2023
	£	£
Within one year	3,660	3,660
Between one and five years	<u>1,260</u>	<u>4,920</u>
	<u>4,920</u>	<u>8,580</u>

13. MOVEMENT IN FUNDS

	At 1.1.24	Net movement	Transfers	At
	£	in funds	between	31.12.24
		£	funds	£
Unrestricted funds				
General fund	27,300	34,185	(15,215)	46,270
Designated Fund - Programmes	98,980	-	40,765	139,745
Designated Fund - New branded kit	-	-	10,500	10,500
Designated Fund - Online programmes project	<u>-</u>	<u>-</u>	<u>15,000</u>	<u>15,000</u>
	126,280	34,185	51,050	211,515
Restricted funds				
Programmes	<u>115,820</u>	<u>48,172</u>	<u>(51,050)</u>	<u>112,942</u>
TOTAL FUNDS	<u>242,100</u>	<u>82,357</u>	<u>-</u>	<u>324,457</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	150,252	(116,067)	34,185
Restricted funds			
Programmes	166,741	(118,569)	48,172
Documentary Funding	<u>31,681</u>	<u>(31,681)</u>	<u>-</u>
	<u>198,422</u>	<u>(150,250)</u>	<u>48,172</u>
TOTAL FUNDS	<u>348,674</u>	<u>(266,317)</u>	<u>82,357</u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	51,299	15,659	(39,658)	27,300
Designated Fund - Programmes	<u>59,322</u>	<u>-</u>	<u>39,658</u>	<u>98,980</u>
	110,621	15,659	-	126,280
Restricted funds				
Programmes	<u>155,678</u>	<u>(39,858)</u>	<u>-</u>	<u>115,820</u>
TOTAL FUNDS	<u><u>266,299</u></u>	<u><u>(24,199)</u></u>	<u><u>-</u></u>	<u><u>242,100</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	60,979	(45,320)	15,659
Restricted funds			
Programmes	<u>99,265</u>	<u>(139,123)</u>	<u>(39,858)</u>
TOTAL FUNDS	<u><u>160,244</u></u>	<u><u>(184,443)</u></u>	<u><u>(24,199)</u></u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	51,299	49,844	(54,873)	46,270
Designated Fund - Programmes	59,322	-	80,423	139,745
Designated Fund - New branded kit	-	-	10,500	10,500
Designated Fund - Online programmes project	<u>-</u>	<u>-</u>	<u>15,000</u>	<u>15,000</u>
	110,621	49,844	51,050	211,515
Restricted funds				
Programmes	<u>155,678</u>	<u>8,314</u>	<u>(51,050)</u>	<u>112,942</u>
TOTAL FUNDS	<u><u>266,299</u></u>	<u><u>58,158</u></u>	<u><u>-</u></u>	<u><u>324,457</u></u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2024

13. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	211,231	(161,387)	49,844
Restricted funds			
Programmes	266,006	(257,692)	8,314
Documentary Funding	<u>31,681</u>	<u>(31,681)</u>	<u>-</u>
	<u>297,687</u>	<u>(289,373)</u>	<u>8,314</u>
TOTAL FUNDS	<u>508,918</u>	<u>(450,760)</u>	<u>58,158</u>

Restricted Funds

Programmes

The restricted fund relates to money received specifically for use on the programmes.

Documentary Funding

This relates to funding received to support with the production of "Breaking Waves" a film about the charity's founder and CEO Kelda Wood. This has been spent in full throughout 2024. The film premiered in November 2024.

Designated funds

Programmes

The board have designated funds of £139,745 to ensure that, together with the restricted programme funding, funds of £252,687 are held for the following year's programme running costs.

New Kit and Equipment

In 2024, the charity received funding which it intends to spend on new branded kit and equipment. The board anticipate that this will be spent in full in 2025.

Online programme project

In 2025, Climbing Out will offer a new Online Programme, a self-directed online course that provides all the mind management content that the residential programmes offer. The programme aims to give people the tools to empower them to feel in control of their own mindset and behaviour.

To support with funding this project, the board have designated funds of £15,000, anticipated to be spent in full in 2025.

Transfers between funds

The Trustees continue to hold at least the following year's programme running costs in reserves.

The restricted fund totalled £112,942 at the year end and so the Board have designated £139,745 to ensure that funds of £252,687 are held for the following year's programme running costs.

In 2024, a detailed review of restricted funding identified £51,050 of funding incorrectly classified as restricted funds. These funds have been released to unrestricted funds in the year ended 31 December 2024.

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

14. EMPLOYEE BENEFIT OBLIGATIONS

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund and amounted to £1,505 (2023: £1,289) Contributions totalling £288 (2023: £262) were payable to the fund at the balance sheet date.

15. RELATED PARTY DISCLOSURES

During the year £113 was paid to G Aston, Trustee for work carried out on research, discussion and completion of Strategy document, future planning for roles and responsibilities, and a Climbing Out Organigram. G Aston resigned as a Trustee on 6 November 2024.

Included within Other Debtors is a balance of £3,100 (2023: £3,700) in relation to a loan to Kelda Wood, CEO of the Charity.

CLIMBING OUT

England & Wales - Charity number 1145023

Accounts

CLIMBING OUT
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

CLIMBING OUT

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

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CLIMBING OUT

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2023

TRUSTEES	J Redmond C Felton G Aston S Collins (resigned 30.8.23) D Hughes-Beddows (resigned 7.3.23) L C Howard M Harris (appointed 30.8.23) J Boase (appointed 30.11.23)
PRINCIPAL ADDRESS	21 Aston Pigott Westbury Shrewsbury SY5 9HH
REGISTERED CHARITY NUMBER	1145023
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP Third Floor 21 St Mary's Street Shrewsbury Shropshire SY1 1ED
CHIEF EXECUTIVE	Kelda Wood

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity, as set out in the governing document are:

To advance and assist with the mental recovery of individuals in the UK who are in need of support as a result of their experience of mental or physical trauma.

To improve their expectations of life following the impact of their traumatic experiences, through:

- a) the provision of recreational and outdoor activities of appropriate levels of challenge with the aim of rebuilding self-confidence;
- b) the provision of personal development coaching with the aim of providing tools for self-reliance, development, motivation and self esteem; and
- c) the provision of opportunities to develop social networks with individuals who have faced similar challenges so they can build a network of long-term friendship and support.

The aim of Climbing Out is to rebuild confidence and self-esteem in people facing life changing injury, illness or trauma through using outdoor activities and coaching as tools for personal development and growth. Long term support, friendship and development is then available through the Climbing Out Club.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

OBJECTIVES AND ACTIVITIES

Significant activities

We had over 100 people through our 9 programmes in 2023 and continued to offer opportunities to 14 years' worth of past participants through the Climbing Out Club, including our first ever overseas expedition. We also ran 7 Walk and Talk days, 4 training weekends, a fundraising hike, had over 200 referrals, did over 30 talks and developed our past participant team of ambassadors.

The overwhelming feeling from participants is that of becoming part of a family. They build a network of friendship and support on the programmes, and then have the opportunity to extend that Climbing Out family if they choose to get involved in other Climbing Out activities such as the Walk and Talk days, Climbing Out Club events, the fundraising hike and social activities. Feeling part of something is one of our basic human requirements and is recognised as a powerful treatment for anxiety and depression.

Core Programmes

This year we've run 7 core programmes, including three in the Lake District, two in Anglesey, one in Shropshire and one in the Peak District.

We've had over 80 people take part in the core programmes, with participants coming from the Emergency Services and military, survivors of cancer, abuse, crime and bullying, some have been in recovery from a life changing injury, others from a life changing trauma.

Level 3 Expedition

In September, after 4 years of postponing and rearranging thanks to Covid, we finally set off on our first overseas expedition; A wilderness Canoeing expedition in Sweden.

The aim of the expedition programmes is to provide participants with the next step in their recovery journey through an increased level of challenge, responsibility and ownership.

The team were involved with fundraising, training, raising awareness and planning and preparations in the lead up to the trip.

This expedition incorporated challenge, friendship, adventure, hardship, teamwork and fun.....a recipe that changes lives.

Level 2 Expedition

Our second expedition of the year was our Level 2 programme in Scotland. 12 previous participants took part and the aim was to climb some of Scotland's most iconic mountains, including Ben Nevis.

Again the week involved an increased level of challenge and responsibility, with early starts, late finishes, LOTS of rain and thousands of feet in elevation climbed.

Walk and Talk Days

Climbing Out isn't just about big expeditions or residential programmes, we also run our Walk and Talk days which are single day activities giving past participants the opportunity to keep topping up their 'Climbing Out family' glass and also giving potential participants the opportunity to find out what we're all about. We've run seven walks this year of varying levels of challenge, taking place in Shropshire, Powys and the Peak District. We've been out and about on the Longmynd, Caer Caradoc, Lake Vyrnwy, Lady Bower Reservoir and Llangollen. We're also incredibly proud that 3 of our ambassadors are now attending the walks in a volunteer role, helping to support and encourage newer members taking part.

Ambassadors

Our team of ambassadors is made up of previous participants and they've been doing an amazing job of spreading the word about Climbing Out. They have been helping with fundraising, doing talks, making referrals and manning stands at various roadshows.

Their work also helps make sure we reach and support the people who need it most.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

OBJECTIVES AND ACTIVITIES

Climbing Out Club

The Climbing Out Club (COC) continues to be as active as ever. The COC is open to anyone who's taken part in one of our 5 day programmes and is a place to continue to build friendship and support. The words we keep hearing are that it's a place to feel part of the Climbing Out family, part of a community. We regularly see members at walk and talks, attending our fundraising events and taking part in the Level 2 and expedition programmes. They also support each other on a daily basis through What's App groups and a closed Facebook page.

Some of our Climbing Out Club members have been up to some pretty incredible things, including a charity football match and running the Welsh Three Peaks.

2023 Fundraising Hike

Our annual fundraising hike has become one of the highlights of the Climbing Out fundraising calendar, and this year, on October 1st, 42 people set out to conquer the Langdale Peaks Challenge.

The weekend is always a great social event as well as a physical challenge and this year was no different.

Public benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

ACHIEVEMENT AND PERFORMANCE

Main achievements during 2023

Summary of our main achievements during 2023

- Seven core Programmes
- One Level 2 Programme
- One Level 3 Expedition Programme
- A series of 7 Walk and Talk Days were run.
- The Climbing Out Club continued to support each other
- The annual Fund-Raising Hike was held in the Lake District and was supported by nearly 40 participants.
- Continuing to develop our network of partner organisations, including further establishing links with the Emergency Services and the Armed Forces Community and extending links via Ambassadors.
- Research Project with Shrewsbury and Chester University - The long-term research project looking at the impact of the 5-day programmes has continued throughout 2023. The impact of these findings will enable us to evidence just how much impact the 5-day programmes are having and will as a result will hopefully lead onto accessing additional funding and support from further partner organisations.
- Growing financial stability.

Funding

Funding was successfully secured for all the services that Climbing Out was able to run this year through a number of grant making organisations including funding of £5k and above from The IGY Foundation, the David and Ruth Lewis Family Charitable Trust, Team Forces, the Nagle Family Foundation, and UKH Foundation.

£128,414 was raised through funding letters to trusts and foundations.

The annual Fundraising Hike raised £9,962 before expenditure.

Funds raised by participants on Level 2 and 3 Programmes totalled £7,658.

Funds have also continued to be raised for Climbing Out through independent fundraising and small donations, totalling £12,384 in 2023.

Governance and Structure

The Board of Trustees established in 2018 has continued to work well together over 2023, sharing areas of expertise and supporting Climbing Out with individual strengths. Two Trustees stepped down in 2023 due to other commitments, and two new Trustees were appointed.

The part time administrator appointed in 2019 has continued to successfully support the Charity Manager, with hours worked as needed and maintained at a maximum of 15 per week.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

FINANCIAL REVIEW

Financial review

Funds raised by the charity are used to pay the running costs and provision of the programmes. All funds are held in Bank Accounts with HSBC Bank and Skipton Building Society in the name of Climbing Out. We have no funds in deficit.

The charity's principal source of funds:

Funding Bids - £128,414 was generated through funding bids in 2023 and through letters sent to trusts and foundations asking for donations.

Individual fundraising/Just Giving - £20,043 was raised by individual fundraisers and Just Giving. £9,962 was raised by the annual Fund-Raising Hike

Key expenditure and how this has supported the objectives of the charity:

Funds raised by the charity are used to pay the running costs and provision of the programmes and Walk and Talk days. A total of £124,146 (2022: £102,470) has been spent on nine programmes (2022: eight) and seven Walk and Talk Days (2022: twelve) delivery in 2023.

Other expenditure includes logistical running costs of the charity including accounting, bid writing, staff salary and PR.

How this has supported the objectives of the charity:

The key objective of the charity is to deliver our 5-day programmes and Walk and Talk Days. At a cost of £124,146 (2022: £102,470) in relation to our total expenditure of £184,443 (2022: £180,047), 67% of our expenditure has been used to achieve this. This includes the logistical planning and preparation associated with enabling the programme to happen. The remaining 33% of expenditure has been used for the fundraising, running costs and development of the charity, without which Climbing Out would not continue to function, grow and ultimately be in a position to support a growing number of people.

Reserves policy

Climbing Out Reserves policy aims to ensure our work is protected from the risk of disruption at short notice to a lack of funds, whilst at the same time ensuring we do not retain funds for longer than required.

The reserves policy takes into account the overall sustainability of the charity and the underlying aim is to retain sufficient funds in reserve to allow the charity to continue to operate for at least 6 months. The intention is to build this over time to 12 months running costs.

In addition, and due to the timing of our programmes, our aim is to ensure that we hold at least 12 months running costs by the year end date. At 31st December 2023 this was estimated at £239,800, based on expected costs to run 8 planned programmes and 11 Walk and Talk Days plus Staff and Ambassador training, and to ensure no significant disruption to our charitable activities.

Our reserves policy is monitored and reviewed on an ongoing basis.

The free reserves of the charity at the year end, calculated as the unrestricted fund less designated funds and tangible fixed assets were £14,657 (2022: £36,993).

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

FUTURE PLANS

Plans for 2024:

6 core Programmes planned throughout the year, starting in March.

A Level 2 Programme in Scotland for past participants.

An expedition Programme trekking in the Alps for past participants.

One core programme will be held at Duke's Barn in the Peak District where we can accommodate participants requiring greater physical support.

We plan to run 11 Walk and Talk days - groups will be meeting at venues in Shropshire, Wales and The Peak District and heading out for a day's walking with an instructor leading the walk. Members of the Climbing Out team will be there too to offer personal development conversations for anyone that needs a bit of support or guidance.

Other

We continue to have a part time role of up to 15 hours per week to manage the administrative and financial running of Climbing Out.

The freelance position providing support and technical advice to the CEO in return for a monthly retainer fee continued in 2023.

A budget has again been set aside to provide for follow up counselling/coaching with external providers for participants who need this, within a controlled budget.

Plans to continue the benefits to Climbing Out stemming from Kelda's Atlantic row by:

1. Developing and launching a feature documentary based around the Atlantic row. This will be used as an inspirational and motivational resource for Climbing Out.
2. Further talks delivered by Kelda sharing her story.

PR and social media management continues to be outsourced for a monthly fee and due to positive results this will continue into 2024. This now provided by a freelancer on a more cost-effective basis.

Governance and Structure

We will continue to develop the roles and responsibilities of the trustees creating a stronger foundation for the charity.

We aim to offer governance training for all our trustees.

We will continue to identify the roles required for Climbing Out to function successfully and to recruit people for these various roles.

Working with service providers to help manage our governance and structure, especially focusing on policies, procedures and other aspects of HR.

Annual budgeting - An annual budgeting meeting will be held to plan the budget for the forthcoming year. A budget for 2024 has now been put in place. The meeting will be held in March, so we have time to prepare and raise the required finances for the forthcoming year. This will create financial security for Climbing Out reducing any chance of overspending.

We will continue to use an accountant to do our end of year accounts. Hollies bookkeeping will continue to record the day-to-day finances and TCA Accountants will be used to prepare and Independently Examine our year end accounts.

Account one and account two - Two bank accounts are still in place. Account One will continue to be used solely as a programme account to manage all finances connected to the 5-day programmes. Account Two will be used to manage all money not connected to programmes and include running costs.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

We have opened an interest paying account with Skipton Building Society to hold reserve funds.

Funding and Fundraising

Funding Applications - We will continue to make applications to both repeat funders and new funders throughout the year to ensure a steady flow of funds both for the coming year and then for use in 2024.

Previous participants will be fundraising through the Level 2 and expedition Programmes.

We continue to develop long term relationships with funding bodies bringing us in a sustainable annual income.

A Fund-raising Hike is planned in Northumberland in 2024.

Climbing Out Club

The Climbing Out Club will continue to organise social events and fundraising activities.

The Climbing Out Club continues to offer long term support and guidance to any member.

The club continues to provide a network of friendship and support for members with other members, creating long term sustainability of the impact of the 5-day programmes.

The continuation of Level two and expedition Programmes to support the continued growth and development of members.

We continue to support a group of 'Ambassadors' from past participants, both to give them opportunities for personal growth and to increase our reach to future participants.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Climbing Out is a registered charity and is governed by it's constitution dated 2 November 2011, as amended on 9th November 2021.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

CLIMBING OUT

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 12th June 2024 and signed on its behalf by:



.....
J Redmond - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CLIMBING OUT**

Independent examiner's report to the trustees of Climbing Out

I report to the charity trustees on my examination of the accounts of Climbing Out (the Trust) for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of 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 no concerns and 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.

C Moelwyn-Williams

C Moelwyn-Williams, BSc FCA

TCA (Shrewsbury) LLP
Third Floor
21 St Mary's Street
Shrewsbury
Shropshire
SY1 1ED

Date: *4th July 2024*

CLIMBING OUT

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	60,979	99,265	160,244	218,630
Other trading activities	3	-	-	-	14,451
Total		<u>60,979</u>	<u>99,265</u>	<u>160,244</u>	<u>233,081</u>
EXPENDITURE ON					
Raising funds		9,100	-	9,100	18,227
Charitable activities	4				
General		<u>36,220</u>	<u>139,123</u>	<u>175,343</u>	<u>161,820</u>
Total		<u>45,320</u>	<u>139,123</u>	<u>184,443</u>	<u>180,047</u>
NET INCOME/(EXPENDITURE)		15,659	(39,858)	(24,199)	53,034
RECONCILIATION OF FUNDS					
Total funds brought forward		110,621	155,678	266,299	213,265
TOTAL FUNDS CARRIED FORWARD		<u>126,280</u>	<u>115,820</u>	<u>242,100</u>	<u>266,299</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

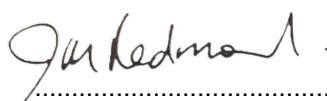
The notes form part of these financial statements

CLIMBING OUT

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2023

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	8	12,643	-	12,643	14,328
CURRENT ASSETS					
Debtors	9	17,772	-	17,772	9,420
Cash at bank		<u>107,566</u>	<u>116,070</u>	<u>223,636</u>	<u>249,777</u>
		125,338	116,070	241,408	259,197
CREDITORS					
Amounts falling due within one year	10	<u>(11,701)</u>	<u>(250)</u>	<u>(11,951)</u>	<u>(7,226)</u>
NET CURRENT ASSETS		<u>113,637</u>	<u>115,820</u>	<u>229,457</u>	<u>251,971</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>126,280</u>	<u>115,820</u>	<u>242,100</u>	<u>266,299</u>
NET ASSETS		<u>126,280</u>	<u>115,820</u>	<u>242,100</u>	<u>266,299</u>
FUNDS	11				
Unrestricted funds:					
General fund				27,300	51,299
Designated fund				<u>98,980</u>	<u>59,322</u>
				<u>126,280</u>	<u>110,621</u>
Restricted funds				<u>115,820</u>	<u>155,678</u>
TOTAL FUNDS				<u>242,100</u>	<u>266,299</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12 June 2024 and were signed on its behalf by:


.....
J Redmond - Trustee

CLIMBING OUT

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Cash at bank and in hand

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.

CLIMBING OUT

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

1. ACCOUNTING POLICIES - continued

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.

2. DONATIONS AND LEGACIES

	2023 £	2022 £
Donations and legacies	<u>160,244</u>	<u>218,630</u>

3. OTHER TRADING ACTIVITIES

	2023 £	2022 £
Charity ball income	<u>-</u>	<u>14,451</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
General	<u>141,246</u>	<u>34,097</u>	<u>175,343</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

6. STAFF COSTS

	2023 £	2022 £
Wages and Salaries	56,522	53,155
Social Security costs	1,602	5,120
Other pension costs	<u>1,289</u>	<u>1,220</u>
	<u>59,413</u>	<u>59,495</u>

The average monthly number of employees during the year was as follows:

	2023	2022
Climbing Out Staff	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

CLIMBING OUT

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	106,305	112,325	218,630
Other trading activities	<u>14,451</u>	<u>-</u>	<u>14,451</u>
Total	<u>120,756</u>	<u>112,325</u>	<u>233,081</u>
EXPENDITURE ON			
Raising funds	18,227	-	18,227
Charitable activities			
General	<u>82,574</u>	<u>79,246</u>	<u>161,820</u>
Total	<u>100,801</u>	<u>79,246</u>	<u>180,047</u>
NET INCOME	19,955	33,079	53,034
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>90,666</u>	<u>122,599</u>	<u>213,265</u>
TOTAL FUNDS CARRIED FORWARD	<u>110,621</u>	<u>155,678</u>	<u>266,299</u>

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2023	17,835	3,371	21,206
Additions	<u>-</u>	<u>1,479</u>	<u>1,479</u>
At 31 December 2023	<u>17,835</u>	<u>4,850</u>	<u>22,685</u>
DEPRECIATION			
At 1 January 2023	4,973	1,905	6,878
Charge for year	<u>1,773</u>	<u>1,391</u>	<u>3,164</u>
At 31 December 2023	<u>6,746</u>	<u>3,296</u>	<u>10,042</u>
NET BOOK VALUE			
At 31 December 2023	<u>11,089</u>	<u>1,554</u>	<u>12,643</u>
At 31 December 2022	<u>12,862</u>	<u>1,466</u>	<u>14,328</u>

CLIMBING OUT

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

9.	DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2023	2022
		£	£
	Other debtors	3,700	4,250
	Prepayments	<u>14,072</u>	<u>5,170</u>
		<u>17,772</u>	<u>9,420</u>

10.	CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2023	2022
		£	£
	Social security and other taxes	935	1,213
	Other creditors	262	237
	Accruals and deferred income	<u>10,754</u>	<u>5,776</u>
		<u>11,951</u>	<u>7,226</u>

11.	MOVEMENT IN FUNDS	Net movement in funds	Transfers between funds	At
		£	£	31.12.23 £
	Unrestricted funds			
	General fund	51,299	(39,658)	27,300
	Designated fund	<u>59,322</u>	<u>39,658</u>	<u>98,980</u>
		110,621	-	126,280
	Restricted funds			
	Restricted fund	155,678	-	115,820
		<u>266,299</u>	<u>(24,199)</u>	<u>242,100</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	60,979	(45,320)	15,659
Restricted funds			
Restricted fund	99,265	(139,123)	(39,858)
	<u>160,244</u>	<u>(184,443)</u>	<u>(24,199)</u>

CLIMBING OUT

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

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
General fund	69,265	19,955	(37,921)	51,299
Designated fund	<u>21,401</u>	<u>-</u>	<u>37,921</u>	<u>59,322</u>
	90,666	19,955	-	110,621
Restricted funds				
Restricted fund	122,599	33,079	-	155,678
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>213,265</u>	<u>53,034</u>	<u>-</u>	<u>266,299</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	120,756	(100,801)	19,955
Restricted funds			
Restricted fund	112,325	(79,246)	33,079
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>233,081</u>	<u>(180,047)</u>	<u>53,034</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	69,265	35,614	(77,579)	27,300
Designated fund	<u>21,401</u>	<u>-</u>	<u>77,579</u>	<u>98,980</u>
	90,666	35,614	-	126,280
Restricted funds				
Restricted fund	122,599	(6,779)	-	115,820
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>213,265</u>	<u>28,835</u>	<u>-</u>	<u>242,100</u>

CLIMBING OUT

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

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	181,735	(146,121)	35,614
Restricted funds			
Restricted fund	211,590	(218,369)	(6,779)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>393,325</u>	<u>(364,490)</u>	<u>28,835</u>

The restricted fund relates to money received specifically for use on the programmes.

Transfers between funds

The Trustees continue to hold at least the following year's programme running costs in reserves.

The restricted fund totalled £115,820 at the year end and so the Board have designated £98,980 to ensure that funds of £214,800 are held for the following year's programme running costs.

12. EMPLOYEE BENEFIT OBLIGATIONS

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund and amounted to £1,289 (2022: £1,220) Contributions totalling £262 (2022: £237) were payable to the fund at the balance sheet date.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

CLIMBING OUT

England & Wales - Charity number 1145023

Accounts

CLIMBING OUT
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

CLIMBING OUT

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FOR THE YEAR ENDED 31 DECEMBER 2022

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CLIMBING OUT

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2022

TRUSTEES	J Redmond M James (resigned 3.9.22) S Shepherd (resigned 7.9.22) J Edwards (resigned 14.3.22) C Felton G Aston S Collins D Hughes-Beddows (resigned 7.3.23) L C Howard (appointed 3.11.22)
PRINCIPAL ADDRESS	21 Aston Pigott Westbury Shrewsbury SY5 9HH
REGISTERED CHARITY NUMBER	1145023
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP Third Floor 21 St Mary's Street Shrewsbury Shropshire SY1 1ED
CHIEF EXECUTIVE	Kelda Wood

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity, as set out in the governing document are:

To advance and assist with the mental recovery of individuals in the UK who are in need of support as a result of their experience of mental or physical trauma.

To improve their expectations of life following the impact of their traumatic experiences, through:

- a) the provision of recreational and outdoor activities of appropriate levels of challenge with the aim of rebuilding self-confidence;
- b) the provision of personal development coaching with the aim of providing tools for self-reliance, development, motivation and self esteem; and
- c) the provision of opportunities to develop social networks with individuals who have faced similar challenges so they can build a network of long-term friendship and support.

The aim of Climbing Out is to rebuild confidence and self-esteem in people facing life changing injury, illness or trauma through using outdoor activities and coaching as tools for personal development and growth. Long term support, friendship and development is then available through the Climbing Out Club.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

OBJECTIVES AND ACTIVITIES

Significant activities

Climbing Out runs 5-day residential Programmes aimed at rebuilding confidence and self-esteem in people facing life changing injury, illness or trauma.

The plan for 2022 was to run eight programmes, including a level 2 expedition Programme in North Wales; a series of monthly Walk and Talk Days; our Covid delayed 10th Anniversary Ball; and a fundraising hike.

The activities on the 5-day residential Programmes followed a similar format to previous years, offering a wide range of activities. All activities are adapted to meet the needs and capabilities of the group and individual.

The personal development sessions continued to run throughout the week, at the start and end of each day, and through coaching conversations that take place throughout the day's activities where appropriate. The sessions aim to help participants to understand their thoughts, feelings and behaviours and to provide them with the tools to help them manage these areas more effectively in life outside of the 5-day Programme.

Evening activities taking place included an inspirational talk, quiz and BBQ, as well as a chance to try an expedition meal of freeze-dried food as a demonstration of how easy it can be to carry provisions for mini expeditions. The aim of the evening activities is to create the opportunity for the participants to engage socially with other people who have been through similar challenges, as many have become detached from their peer groups following treatment.

The combination of outdoor activities, personal development session, teamwork, camaraderie, fresh air, one to one support, banter and mental resilience tools lead to an outstanding and life changing week.

There were almost 100 participants in the Programmes which supported the police, fire and ambulance service, members of the NHS and the military as well as working with individuals facing challenges such as bereavement, abuse, bullying, visual impairments, cancer, acquired disability and PTSD.

In July a Level 2 programme in North Wales was run. The Level 2 programmes aim to give participants an increased level of challenge and responsibility. Over the 5 days we tackled as many of the Welsh 3000m peaks as we could, including a sunrise summit of Tryfan. Each participant was also asked to do a short presentation about something linked to mental wellbeing that had helped them in their own recovery. It was incredible to see individuals learning from each other and sharing their own tools.

The Climbing Out Club began to increase activity following the lull caused by Covid, with some past participants organising their own walks and inviting Club members to join them. The closed Facebook has been a place for past participants to continue to support each other. This year's Fund-Raising Hike took place along Hadrian's Wall and was supported by many previous participants, giving them the opportunity to meet up and build bonds.

Public benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

CLIMBING OUT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2022

ACHIEVEMENT AND PERFORMANCE

Main achievements during 2022

Covid Adaptations which we have carried forward

The podcasts and videos that were developed during Covid to support people with explanations about the mental resilience tools taught on the Programmes have been retained and added to our website, so that they are freely available to anyone. They have proved useful both in providing a taster of Climbing Out's approach and also a reminder for past participants. We also find that participants share them with friends or family as a way of deepening understanding in those supporting them.

Summary of our main achievements during 2022

Core Activities

Seven core Programmes

One Level 2 Programme

A programme of 12 Walk and Talk Days were run, starting in January and going right through to December.

The Climbing Out Club continued to support each other

The annual Fund-Raising Hike was held on Hadrian's Wall and was supported by about 40 participants, raising over £3,000.

Charity Ball and Awards in May. This event was well attended with almost 200 guests. The individual stories of Award winners were shared and celebrated, making for a powerful and uplifting event. Funds of almost £6,000 were raised.

After piloting it in 2018, we have continued to use the structure of signposting individuals to the relevant counselling or therapy. Climbing Out has established a team of coaches and funds between 4 and 8 sessions for relevant individuals.

Significantly developing our network of partner organisations, including further establishing links with the Emergency Services and the Armed Forces Community

Research Project with Shrewsbury and Chester University - The long-term research project looking at the impact of the 5-day programmes has continued throughout 2022. The impact of these findings will enable us to evidence just how much impact the 5-day programmes are having and will as a result will hopefully lead onto accessing additional funding and support from further partner organisations.

Growing financial stability

Development of the part time admin position

Funding

Funding was successfully secured for all the services that Climbing Out was able to run this year through a number of grant making organisations including funding of £5k and above from The 4814 Trust, The IGY Foundation, The Nagle Family CT, St James Place Foundation, The Prudence Trust and Team Army.

£196,180 was raised through funding letters to trusts and foundations.

The annual Fundraising Hike raised £8,550 before expenditure.

A Charity Ball and Awards was held in May 2022, raising £14,451 before expenditure.

Funds have also continued to be raised for Climbing Out through independent fundraising and small donations, totalling £10,039 in 2022.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

Governance and Structure

The Board of Trustees established in 2018 has continued to work well together over 2022, sharing areas of expertise and supporting Climbing Out with individual strengths. Three Trustees stepped down in 2022 due to other commitments, and one new Trustee was appointed. An additional Trustee stepped down in March 2023.

The part time administrator appointed in 2019 has continued to successfully support the Charity Manager, with hours worked as needed and maintained at a maximum of 15 per week.

Accounts

Hollies Bookkeeping continue to successfully manage our accounts and keep all details on a Cloud accounting system.

TCA Accountants prepare our statutory accounts and undertake our Independent Examination.

Climbing Out Club

Members continue to support each other, and lifelong friendships are being developed.

We continue to see a large amount of interaction between past participants through the closed Climbing Out Club Facebook group. This helps to maintain the strong network of friendship and peer support which plays a vital part in the continued recovery and growth of our participants. Members have organised their own walks and shared an open invitation to other members. Members have also organised their own fundraising events.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

FINANCIAL REVIEW

Financial review

Funds raised by the charity are used to pay the running costs and provision of the programmes. All funds are held in Bank Accounts with HSBC Bank in the name of Climbing Out. We have no funds in deficit.

The charity's principal source of funds:

Funding Bids - £196,180 was generated through funding bids in 2021 and through letters sent to trusts and foundations asking for donations.

£41,000 of which was from grant making organisations that have offered long term support to Climbing Out

Individual fundraising/Just Giving - £10,039 was raised by individual fundraisers and Just Giving

£8,550 was raised by the annual Fund-Raising Hike

Key expenditure and how this has supported the objectives of the charity:

Funds raised by the charity are used to pay the running costs and provision of the programmes and Walk and Talk days.

A total of £126,050 has been spent on programme delivery in 2022.

Other expenditure includes logistical running costs of the charity including accounting, bid writing, staff salary and PR.

How this has supported the objectives of the charity:

The key objective of the charity is to deliver our 5-day programmes. At a cost of £126,050 in relation to our total expenditure of £180,047, 70% of our expenditure has been used to achieve this. This includes the logistical planning and preparation associated with enabling the programme to happen.

The remaining 30% of expenditure has been used for the running costs and development of the charity, without which Climbing Out would not continue to function, grow and ultimately be in a position to support a growing number of people.

Reserves policy

Climbing Out Reserves policy aims to ensure our work is protected from the risk of disruption at short notice to a lack of funds, whilst at the same time ensuring we do not retain funds for longer than required.

The reserves policy takes into account the overall sustainability of the charity and the underlying aim is to retain sufficient funds in reserve to allow the charity to continue to operate for at least 6 months, running a minimum of 2 programmes.

In addition, and due to the timing of our programmes, our aim is to ensure that we hold at least 12 months running costs by the year end date. At 31st December 2022 which was estimated at £215,000, based on expected costs to run 9 planned programmes and to ensure no significant disruption to our charitable activities.

Our reserves policy is monitored and reviewed on an ongoing basis.

The free reserves of the charity at the year end, calculated as the unrestricted fund less designated funds and tangible fixed assets were £36,993 (2021: £61,416).

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

FUTURE PLANS

Plans for 2023:

7 core Programmes planned throughout the year, starting in March.

A Level 2 Programme in the Lake District for past participants.

An expedition Programme Wilderness Canoeing in Sweden for past participants.

One core programme will be held at Duke's Barn in the Peak District where we can accommodate participants requiring greater physical support.

One programme will cater predominantly for the emergency services, NHS and armed Forces.

We plan to continue Walk and Talk days - groups will be meeting at venues in Shropshire, Wales and The Peak District and heading out for a day's walking with an instructor leading the walk. Members of the Climbing Out team will be there too to offer personal development conversations for anyone that needs a bit of support or guidance. But the most important thing is we'll be getting active, having fun and will have the chance to meet and chat with others.

Other

We continue to have a part time admin role of up to 15 hours per week to help support the logistical running of Climbing Out. The role now includes management of administration, funding and finance.

The use of volunteers on Programmes has been discontinued as it was not found to be beneficial.

The freelance position providing support and technical advice to the CEO in return for a monthly retainer fee continues.

A budget has again been set aside to provide for follow up counselling/coaching with external providers for participants who need this, within a controlled budget.

Plans to continue the benefits to Climbing Out stemming from Kelda's Atlantic row by:

1. Developing and launching a feature documentary based around the Atlantic row. This will be used as an inspirational and motivational resource for Climbing Out.
2. Further talks delivered by Kelda sharing her story.

PR and social media management continues to be outsourced for a monthly fee and due to positive results this will continue into 2023. This now provided by a freelancer on a more cost-effective basis.

Governance and Structure

We will continue to develop the roles and responsibilities of the trustees creating a stronger foundation for the charity.

We aim to offer governance training for all our trustees.

We will continue to identify the roles required for Climbing Out to function successfully and to recruit people for these various roles.

Working with service providers to help manage our governance and structure, especially focusing on policies, procedures and other aspects of HR.

Accounts

Financial reports - the administrator is taking on responsibility for making financial reports to the Trustees at their meetings.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

Annual budgeting - An annual budgeting meeting will be held to plan the budget for the forthcoming year. A budget for 2023 has now been put in place. The meeting will be held in March, so we have time to prepare and raise the required finances for the forthcoming year. This will create financial security for Climbing Out reducing any chance of overspending.

We will continue to use an accountant to do our end of year accounts. Hollies bookkeeping will continue to record the day-to-day finances and TCA Accountants will be used to prepare and Independently Examine our year end accounts.

Account one and account two - Two bank accounts are still in place. Account One will continue to be used solely as a programme account to manage all finances connected to the 5-day programmes. Account Two will be used to manage all money not connected to programmes and include running costs.

We plan to research and open a separate, interest paying account in which to deposit reserves set aside for emergencies.

Funding and Fundraising

Funding Applications - We will continue to make applications to both repeat funders and new funders throughout the year to ensure a steady flow of funds both for the coming year and then for use in 2024.

We have developed relationships with further Forces funders to broaden what we can offer to veterans and serving personnel.

We also successfully secured £25,000 per annum for the foreseeable future through the IGY Foundation to fund staff costs. Both parties are keen to develop a long-term relationship to ensure the sustainability of Climbing Out

Previous participants will be fundraising through the Level 2 and expedition Programmes.

We continue to develop long term relationships with funding bodies bringing us in a sustainable annual income.

A Fund-raising Hike is planned in the Lake District for 2023.

Climbing Out Club

The Climbing Out Club will continue to organise social events, fundraising activities and training and development opportunities.

The Climbing Out Club continues to offer long term support and guidance to any member.

The club continues to provide a network of friendship and support for members with other members, creating long term sustainability of the impact of the 5-day programmes.

The introduction of Level two and expedition Programmes to support the continued growth and development of members.

We have begun developing a group of 'Ambassadors' from past participants, both to give them opportunities for personal growth and to increase our reach to future participants.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Climbing Out is a registered charity and is governed by it's constitution dated 2 November 2011, as amended on 9th November 2021.

CLIMBING OUT

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on25/5/23..... and signed on its behalf by:



.....
J Redmond - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CLIMBING OUT**

Independent examiner's report to the trustees of Climbing Out

I report to the charity trustees on my examination of the accounts of Climbing Out (the Trust) for the year ended 31 December 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of 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 no concerns and 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.

C Moelwyn-Williams

C Moelwyn-Williams, BSc FCA

TCA (Shrewsbury) LLP
Third Floor
21 St Mary's Street
Shrewsbury
Shropshire
SY1 1ED

Date: 22nd June 2023

CLIMBING OUT

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds £	Restricted fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	106,305	112,325	218,630	220,070
Other trading activities	3	14,451	-	14,451	-
Total		<u>120,756</u>	<u>112,325</u>	<u>233,081</u>	<u>220,070</u>
EXPENDITURE ON					
Raising funds		18,227	-	18,227	5,856
Charitable activities	4				
General		82,574	79,246	161,820	130,244
Total		<u>100,801</u>	<u>79,246</u>	<u>180,047</u>	<u>136,100</u>
NET INCOME		19,955	33,079	53,034	83,970
RECONCILIATION OF FUNDS					
Total funds brought forward		90,666	122,599	213,265	129,295
TOTAL FUNDS CARRIED FORWARD		<u>110,621</u>	<u>155,678</u>	<u>266,299</u>	<u>213,265</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

CLIMBING OUT

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2022

	Notes	Unrestricted funds £	Restricted fund £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	7	14,328	-	14,328	7,870
CURRENT ASSETS					
Debtors	8	9,420	-	9,420	18,649
Cash at bank		94,099	155,678	249,777	194,569
		<u>103,519</u>	<u>155,678</u>	<u>259,197</u>	<u>213,218</u>
CREDITORS					
Amounts falling due within one year	9	(7,226)	-	(7,226)	(7,823)
		<u>96,293</u>	<u>155,678</u>	<u>251,971</u>	<u>205,395</u>
NET CURRENT ASSETS					
		<u>96,293</u>	<u>155,678</u>	<u>251,971</u>	<u>205,395</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>110,621</u>	<u>155,678</u>	<u>266,299</u>	<u>213,265</u>
NET ASSETS		<u>110,621</u>	<u>155,678</u>	<u>266,299</u>	<u>213,265</u>
FUNDS	10				
Unrestricted funds:					
General fund				51,299	69,265
Designated fund					
				<u>59,322</u>	<u>21,401</u>
				<u>110,621</u>	<u>90,666</u>
Restricted funds				<u>155,678</u>	<u>122,599</u>
TOTAL FUNDS				<u>266,299</u>	<u>213,265</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 25/5/23 and were signed on its behalf by:



.....
J Redmond - Trustee

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

2. DONATIONS AND LEGACIES

	2022 £	2021 £
Donations and legacies	218,630	220,070

3. OTHER TRADING ACTIVITIES

	2022 £	2021 £
Charity ball income	14,451	-

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
General	126,050	35,770	161,820

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	99,320	120,750	220,070
EXPENDITURE ON			
Raising funds	5,856	-	5,856
Charitable activities			
General	62,489	67,755	130,244
Total	68,345	67,755	136,100
NET INCOME	30,975	52,995	83,970
RECONCILIATION OF FUNDS			
Total funds brought forward	59,691	69,604	129,295
TOTAL FUNDS CARRIED FORWARD	90,666	122,599	213,265

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2022	10,410	1,667	12,077
Additions	7,425	1,704	9,129
	<hr/>	<hr/>	<hr/>
At 31 December 2022	17,835	3,371	21,206
	<hr/>	<hr/>	<hr/>
DEPRECIATION			
At 1 January 2022	3,200	1,007	4,207
Charge for year	1,773	898	2,671
	<hr/>	<hr/>	<hr/>
At 31 December 2022	4,973	1,905	6,878
	<hr/>	<hr/>	<hr/>
NET BOOK VALUE			
At 31 December 2022	12,862	1,466	14,328
	<hr/>	<hr/>	<hr/>
At 31 December 2021	7,210	660	7,870
	<hr/>	<hr/>	<hr/>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Other debtors	4,250	4,850
Prepayments	5,170	13,799
	<hr/>	<hr/>
	9,420	18,649
	<hr/>	<hr/>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Social security and other taxes	1,213	1,120
Other creditors	237	258
Accruals and deferred income	5,776	6,445
	<hr/>	<hr/>
	7,226	7,823
	<hr/>	<hr/>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

10. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
General fund	69,265	19,955	(37,921)	51,299
Designated fund				
	<u>21,401</u>	<u>-</u>	<u>37,921</u>	<u>59,322</u>
	90,666	19,955	-	110,621
Restricted funds				
Restricted fund	122,599	33,079	-	155,678
	<u>213,265</u>	<u>53,034</u>	<u>-</u>	<u>266,299</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	120,756	(100,801)	19,955
Restricted funds			
Restricted fund	112,325	(79,246)	33,079
	<u>233,081</u>	<u>(180,047)</u>	<u>53,034</u>

Comparatives for movement in funds

	At 1.1.21 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	1,295	30,975	36,995	69,265
Designated fund				
	<u>58,396</u>	<u>-</u>	<u>(36,995)</u>	<u>21,401</u>
	59,691	30,975	-	90,666
Restricted funds				
Restricted fund	69,604	52,995	-	122,599
	<u>129,295</u>	<u>83,970</u>	<u>-</u>	<u>213,265</u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	99,320	(68,345)	30,975
Restricted funds			
Restricted fund	120,750	(67,755)	52,995
TOTAL FUNDS	<u>220,070</u>	<u>(136,100)</u>	<u>83,970</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.21 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
General fund	1,295	50,930	(926)	51,299
Designated fund	58,396	-	926	59,322
	<u>59,691</u>	<u>50,930</u>	<u>-</u>	<u>110,621</u>
Restricted funds				
Restricted fund	69,604	86,074	-	155,678
TOTAL FUNDS	<u>129,295</u>	<u>137,004</u>	<u>-</u>	<u>266,299</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	220,076	(169,146)	50,930
Restricted funds			
Restricted fund	233,075	(147,001)	86,074
TOTAL FUNDS	<u>453,151</u>	<u>(316,147)</u>	<u>137,004</u>

The restricted fund relates to money received specifically for use on the programmes.

Transfers between funds

The Trustees continue to hold at least the following year's programme running costs in reserves. The restricted fund totalled £155,678 at the year end and so the Board have designated £59,322 to ensure that funds of £215,000 are held.

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022.

CLIMBING OUT

England & Wales - Charity number 1145023

Accounts

CLIMBING OUT
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

CLIMBING OUT

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FOR THE YEAR ENDED 31 DECEMBER 2021

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CLIMBING OUT

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2021

TRUSTEES	J Redmond M James (resigned 3.9.22) S Shepherd (resigned 7.9.22) J Edwards (resigned 14.3.22) P Elias (resigned 30.4.21) C Felton G Aston S Collins D Hughes-Beddows
PRINCIPAL ADDRESS	21 Aston Pigott Westbury Shrewsbury SY5 9HH
REGISTERED CHARITY NUMBER	1145023
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP Third Floor 21 St Mary's Street Shrewsbury Shropshire SY1 1ED
CHIEF EXECUTIVE	Kelda Wood

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity, as set out in the governing document are:

To advance in life and help young people in the United Kingdom through:

a - The provision of recreational and outdoor activities provided in the interest of social welfare for young people who are in need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving their conditions of life.

b - Providing support and activities which have a positive influence on young people and develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

Significant activities

Climbing Out runs 5 day outdoor activity programmes aimed at rebuilding confidence and self-esteem in people facing life changing injury, illness or trauma.

The plan for 2021 was to run eight programmes, including a Sweden wilderness canoeing expedition that had to be cancelled in 2020 due to Covid; Covid delayed our 10th Anniversary Ball and a fundraising hike. Due to further Covid restrictions on travel in 2021, the Sweden trip was instead held on Anglesey, but all other programmes went ahead, albeit with the start delayed until the end of May.

The activities on the 5 day residential outdoor activity programme followed a similar format to previous years, offering a wide range of activities, but adapted to stay within social distancing and hygiene restrictions as laid out by the government at the time of the programmes. All activities are adapted to meet the needs and capabilities of the group and individual.

The personal development sessions continued to run throughout the week, at the start and end of each day, and through coaching conversations that take place throughout the day's activities where appropriate. The sessions aim to help participants to understand their thoughts, feelings and behaviours and to provide them with the tools to help them manage these areas more effectively in life outside of the 5 day programme.

Evening activities taking place included an inspirational talk, quiz and BBQ, as well as a chance to try an expedition meal of freeze dried food as a demonstration of how easy it can be to carry provisions for mini expeditions. The aim of the evening activities is to create the opportunity for the participants to engage socially with other people who have been through similar challenges, as many have become detached from their peer groups following treatment.

The combination of outdoor activities, personal development session, teamwork, camaraderie, fresh air, one to one support, banter and mental resilience tools lead to an outstanding and life changing week.

The Climbing Out Club has been severely limited by Covid restrictions, but the closed Facebook group has been a place for past participants to continue to support each other through these difficult times. It was also possible to run a Fund-Raising Hike in North Wales, which was supported by many previous participants, giving them the opportunity to meet up and build bonds.

Public benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

ACHIEVEMENT AND PERFORMANCE

Main achievements during 2021

Covid Adaptations which we have carried forward:

Podcasts and videos that were developed during Covid to support people with explanations of the mental resilience tools taught on the Programmes have been retained and added to our website, so that they are freely available to anyone. They have proved useful both in providing a taster of Climbing Out's approach and also a reminder for past participants. We also find that participants share them with friends or family as a way of deepening understanding in those supporting them.

Other Achievements throughout 2021

- The annual Fund-Raising Hike was able to be reinstated. It was held in North Wales and was supported by almost 50 participants, raising over £6,000.
- Programme of 8 Walk and Talk Days run once restrictions reduced in second half of year.
- Holding one programme fully funded by the Armed Forces Covenant Trust (AFCT) and another to be held in early 2022. Places were also offered on mixed Forces and civilian programmes under Covenant Funding. The success of the projects was reported back to the AFCT and excess funding agreed to be carried over into 2022.
- Increased places available to Emergency services and NHS staff affected by trauma.
- Research Project with Shrewsbury and Chester University - The long term research project looking at the impact of the 5 day programmes has continued throughout 2021. The impact of these findings will enable us to evidence just how much impact the 5 day programmes are having and will as a result will hopefully lead onto accessing additional funding and support from further partner organisations
- Achieved financial stability
- Trialled an Operations Manager role
- Developed relationship with a company to manage all our press, PR and social media
- Took active steps towards creating a consistent flow of referrals
- Set up a partner organisation mailing list to help create a constant flow of referrals
- Put our referral process online
- Began development of a team of Climbing Out ambassadors made up of previous participants to help raise awareness and signpost others to our support services

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

Summary of our main achievements during 2021:

Core Activities

- Five core Programmes
- One Level 2 Programme
- One Level 3 Programme
- One taster Programme to educate referring organisations as to what Climbing Out offers
- Closing of online workshops and transfer of podcasts and videos to website
- Eight Walk and Talk Days run from June to December
- The Climbing Out Club continued to support each other through the closed Climbing Out Club Facebook group
- Fund Raising Hike in North Wales
- After piloting it in 2018, we have continued to use the structure of signposting individuals to the relevant counselling or therapy. Climbing Out has established a team of coaches and funds between 4 and 8 sessions for relevant individuals.
- Significantly developing our network of partner organisations, including further establishing links with the Emergency Services and the Armed Forces Community
- Research project with Chester University
- Growing financial stability
- Development of the part time admin position

Funding

Funding was successfully secured for all the services that Climbing Out was able to run this year through a number of grant making organisations including funding of £5k and above from The 4814 Trust, The IGY Foundation, The Armed Forces Covenant Trust, The UKH Foundation, The AL Green Charitable Trust and The National Lottery Fund.

£172,850 was raised through funding letters to trusts and foundations.

The annual Fundraising Hike raised £6,000.

Despite restrictions, funds have still been raised for Climbing Out through independent fundraising and small donations.

Governance and Structure

The Board of Trustees established in 2018 has continued to work well together over 2021, sharing areas of expertise and supporting Climbing Out with individual strengths.

The part time administrator appointed in 2019 has continued to successfully support the Charity Manager, with hours worked as needed and increased to a maximum of 15 per week.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

Accounts

Hollies BookKeeping continue to successfully manage our accounts and keep all details on a Cloud accounting system

The appointment of an accountant to put together our end of year accounts has been very successful. We now feel we have a good structure in place to manage our accounts and financial budgeting.

Climbing Out Club

Members continue to support each other, and lifelong friendships are being developed.

We continue to see a large amount of interaction between past participants through the closed Climbing Out Club facebook group. This helps to maintain the strong network of friendship and peer support which plays a vital part in the continued recovery and growth of our participants.

FINANCIAL REVIEW
Financial review

Funds raised by the charity are used to pay the running costs and provision of the programmes. All funds are held in Bank Accounts with HSBC Bank in the name of Climbing Out. We have no funds in deficit.

The charity's principal source of funds:

Funding Bids - £172,850 was generated through funding bids in 2021 and through letters sent to trusts and foundations asking for donations

£16,000 of was from grant making organisations that have offered long term support to Climbing Out

Individual fundraising/Just Giving - £16,469 was raised by individual fundraisers and Just Giving.

£6,000 was raised by the annual Fund Raising Hike

Key expenditure and how this has supported the objectives of the charity:

Funds raised by the charity are used to pay the running costs and provision of the programmes and Walk and Talk days.

A total of £103,618 has been spent on programme delivery in 2021

Other expenditure includes logistical running costs of the charity including accounting, bid writing, and PR

How this has supported the objectives of the charity:

The key objective of the charity is to deliver our 5 day programmes. At a cost of £103,618 in relation to our total expenditure of £136,100, 76% of our expenditure has been used to achieve this. This includes the logistical planning and preparation associated with enabling the programme to happen.

The remaining 24% of expenditure has been used for the running costs and development of the charity, without which Climbing Out would not continue to function, grow and ultimately be in a position to support a growing number of young people.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

Reserves policy

Climbing Out Reserves policy aims to ensure our work is protected from the risk of disruption at short notice to a lack of funds, whilst at the same time ensuring we do not retain for longer than required.

The reserves policy takes into account the overall sustainability of the charity and the aim is to retain sufficient funds in reserve to allow the charity to continue to operate for at least 6 months, running a minimum of 2 programmes.

Our aim is to increase this to at least 12 months full running costs over the next 2 to 3 years to ensure no significant disruption to our charitable activities; approximately £144,000 based on the following projected costs for 2022:

- £104k for programmes (8 programmes at £13k each)
- £20k running costs;
- £5k walk and talk; and
- £15k for a kit-store and kit.

Our reserves policy is monitored and reviewed on an ongoing basis.

FUTURE PLANS

As restrictions have lifted during the year we have planned 8 programmes running from March through until October.

We'll be running a Level 2 Programme in North Wales again.

One programme will be specifically for Forces veterans under Armed Forces Covenant Trust funding

One programme will be held at Duke's Barn in the Peak District where we can accommodate participants requiring greater physical support

One programme will cater predominantly for the emergency services, NHS and armed Forces

We plan to continue to offer monthly Walk and Talk days - groups will be meeting at venues in Shropshire, Wales and The Peak District and heading out for a day's walking with an instructor leading the walk. Members of the Climbing Out team will be there too, to offer personal development conversations for anyone that needs a bit of support or guidance. But the most important thing is we'll be getting active, having fun and will have the chance to meet and chat with others.

Other

We continue to have a part time admin role to help support the logistical running of Climbing Out. This role continues to develop. The hours have extended to up to 15 per week and Management of budgeting and financial reporting has been taken on.

We plan to trial the use of volunteer previous participants on programmes as an extra support and perspective for participants.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

The Mental Health Technical Advisor has stepped down and the Ops manager role has evolved from a salaried role to a freelance position providing support and technical advice to the CEO rather than hands on logistical responsibilities, in return for a monthly retainer fee.

A budget has been set aside to provide for follow up counselling/coaching with external providers for participants who need this, within a controlled budget.

Plans to continue the benefits to Climbing Out stemming from Kelda's Atlantic row by:

1. Supporting the creation, by volunteers, of a children's picture book, inspired by Kelda's row and the creatures that she encountered. Using the theme of supporting one another to replace "I can't," with "How can I?", this project will create a resource to both fundraise and spread the central message of Climbing Out.
2. Developing and launching a feature documentary based around the Atlantic row. This will be used as an inspirational and motivational resource for Climbing Out.
3. Further talks delivered by Kelda sharing her story.

PR and social media management has been outsourced to Shropshire Festivals for a monthly fee and due to positive results this will continue into 2022.

Governance and Structure

We will continue to develop the roles and responsibilities of the trustees creating a stronger foundation for the charity.

We aim to offer governance training for all our trustees.

We will continue to identify the roles required for Climbing Out to function successfully and to recruit people for these various roles.

Working with service providers to help manage our governance and structure, especially focusing on policies, procedures and other aspects of HR.

Accounts

Financial reports - the administrator is taking on responsibility for making financial reports to the Trustees at their meetings.

Annual budgeting - An annual budgeting meeting will be held to plan the budget for the forthcoming year. A budget for 2022 has now been put in place. The meeting will be held in March so we have time to prepare and raise the required finances for the forthcoming year. This will create financial security for Climbing Out reducing any chance of over spending.

We will continue to use an accountant to do our end of year accounts. Hollies bookkeeping will continue to manage the day-to-day finances and TCA accountants and business advisors will be used to create and submit our end of year accounts.

Account one and account two - Two accounts are still in place. Account One will continue to be used solely as a programme account to manage all finances connected to the 5 day programmes. Account Two will be used to manage all money not connected to programmes and include running costs and free reserves.

CLIMBING OUT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

Funding and Fundraising

Funding Applications - We will continue to make applications to both repeat funders and new funders throughout the year to ensure a steady flow of funds both for the coming year and then for use in 2023.

We have developed relationships with further Forces funders to broaden what we can offer to veterans and serving personnel.

We also successfully secured £25,000/per annum for the foreseeable future through the IGY Foundation to fund staff costs. Both parties are keen to develop a long-term relationship to ensure the sustainability of Climbing Out.

Previous participants will be fundraising through the Level 2 programme.

We continue to develop long term relationships with funding bodies bringing us in a sustainable annual income.

The Climbing Out Ball and Awards - The Ball will now be taking place on 21st May 2022 having been postponed as a result of the Coronavirus.

A Fund-raising Hike is planned for a length of Hadrian's Wall in October 2022.

Climbing Out Club

The Climbing Out Club will continue to organise Social events, fundraising activities and training and development opportunities.

The Climbing Out Club continues to offer long term support and guidance to any member.

The club continues to provide a network of friendship and support for members with other members, creating long term sustainability of the impact of the 5 day programmes.

The introduction of Level two and three programmes to support the continued growth and development of members.

We plan to develop a group of 'Ambassadors' from past participants, both to give them opportunities for personal growth and to increase our reach to future participants.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Climbing Out is a registered charity and is governed by it's constitution dated 2 November 2011.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

CLIMBING OUT

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on1.1th.October.2022..... and signed on its behalf by:



.....
J Redmond - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CLIMBING OUT

Independent examiner's report to the trustees of Climbing Out

I report to the charity trustees on my examination of the accounts of Climbing Out (the Trust) for the year ended 31 December 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of 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 no concerns and 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.

C Moelwyn-Williams

C Moelwyn-Williams, BSc FCA
ICAEW
TCA (Shrewsbury) LLP
Third Floor
21 St Mary's Street
Shrewsbury
Shropshire
SY1 1ED

Date: 13th October 2022

CLIMBING OUT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted funds £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	<u>99,320</u>	<u>120,750</u>	<u>220,070</u>	<u>93,884</u>
EXPENDITURE ON					
Raising funds		6,426	-	6,426	6,622
Charitable activities	3				
General		<u>61,919</u>	<u>67,755</u>	<u>129,674</u>	<u>77,579</u>
Total		<u>68,345</u>	<u>67,755</u>	<u>136,100</u>	<u>84,201</u>
NET INCOME		30,975	52,995	83,970	9,683
RECONCILIATION OF FUNDS					
Total funds brought forward		59,691	69,604	129,295	119,612
TOTAL FUNDS CARRIED FORWARD		<u>90,666</u>	<u>122,599</u>	<u>213,265</u>	<u>129,295</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

CLIMBING OUT

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2021

	Notes	Unrestricted funds £	Restricted fund £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	6	7,870	-	7,870	8,465
CURRENT ASSETS					
Debtors	7	18,649	-	18,649	23,528
Cash at bank		<u>71,970</u>	<u>122,599</u>	<u>194,569</u>	<u>128,000</u>
		90,619	122,599	213,218	151,528
CREDITORS					
Amounts falling due within one year	8	(7,823)	-	(7,823)	(30,698)
NET CURRENT ASSETS		<u>82,796</u>	<u>122,599</u>	<u>205,395</u>	<u>120,830</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>90,666</u>	<u>122,599</u>	<u>213,265</u>	<u>129,295</u>
NET ASSETS		<u>90,666</u>	<u>122,599</u>	<u>213,265</u>	<u>129,295</u>
FUNDS	10				
Unrestricted funds:					
General fund				69,265	1,295
Designated				<u>21,401</u>	<u>58,396</u>
				<u>90,666</u>	<u>59,691</u>
Restricted funds				<u>122,599</u>	<u>69,604</u>
TOTAL FUNDS				<u>213,265</u>	<u>129,295</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 11th October 2022 and were signed on its behalf by:


.....
J Redmond - Trustee

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

2. DONATIONS AND LEGACIES

	2021 £	2020 £
Donations and legacies	<u>220,070</u>	<u>93,884</u>

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
General	<u>103,618</u>	<u>26,056</u>	<u>129,674</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2021 nor for the year ended 31 December 2020.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>29,162</u>	<u>64,722</u>	<u>93,884</u>
EXPENDITURE ON			
Raising funds	6,622	-	6,622
Charitable activities			
General	<u>38,655</u>	<u>38,924</u>	<u>77,579</u>
Total	<u>45,277</u>	<u>38,924</u>	<u>84,201</u>
NET INCOME/(EXPENDITURE)	(16,115)	25,798	9,683
RECONCILIATION OF FUNDS			
Total funds brought forward	75,806	43,806	119,612
TOTAL FUNDS CARRIED FORWARD	<u>59,691</u>	<u>69,604</u>	<u>129,295</u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2021	10,410	677	11,087
Additions	<u>-</u>	<u>990</u>	<u>990</u>
At 31 December 2021	<u>10,410</u>	<u>1,667</u>	<u>12,077</u>
DEPRECIATION			
At 1 January 2021	2,170	452	2,622
Charge for year	<u>1,030</u>	<u>555</u>	<u>1,585</u>
At 31 December 2021	<u>3,200</u>	<u>1,007</u>	<u>4,207</u>
NET BOOK VALUE			
At 31 December 2021	<u>7,210</u>	<u>660</u>	<u>7,870</u>
At 31 December 2020	<u>8,240</u>	<u>225</u>	<u>8,465</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	-	62
Other debtors	4,850	5,550
Prepayments	<u>13,799</u>	<u>17,916</u>
	<u>18,649</u>	<u>23,528</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Bank loans and overdrafts (see note 9)	-	3,397
Social security and other taxes	1,120	763
Other creditors	258	197
Accruals and deferred income	<u>6,445</u>	<u>26,341</u>
	<u>7,823</u>	<u>30,698</u>

9. LOANS

An analysis of the maturity of loans is given below:

	2021 £	2020 £
Amounts falling due within one year on demand:		
Bank overdrafts	<u>-</u>	<u>3,397</u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

10. MOVEMENT IN FUNDS

	At 1.1.21 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	1,295	30,975	36,995	69,265
Designated	<u>58,396</u>	<u>-</u>	<u>(36,995)</u>	<u>21,401</u>
	59,691	30,975	-	90,666
Restricted funds				
Restricted funds	<u>69,604</u>	<u>52,995</u>	<u>-</u>	<u>122,599</u>
TOTAL FUNDS	<u><u>129,295</u></u>	<u><u>83,970</u></u>	<u><u>-</u></u>	<u><u>213,265</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	99,320	(68,345)	30,975
Restricted funds			
Restricted funds	<u>120,750</u>	<u>(67,755)</u>	<u>52,995</u>
TOTAL FUNDS	<u><u>220,070</u></u>	<u><u>(136,100)</u></u>	<u><u>83,970</u></u>

Comparatives for movement in funds

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	13,112	(16,115)	4,298	1,295
Designated	<u>62,694</u>	<u>-</u>	<u>(4,298)</u>	<u>58,396</u>
	75,806	(16,115)	-	59,691
Restricted funds				
Restricted funds	<u>43,806</u>	<u>25,798</u>	<u>-</u>	<u>69,604</u>
TOTAL FUNDS	<u><u>119,612</u></u>	<u><u>9,683</u></u>	<u><u>-</u></u>	<u><u>129,295</u></u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	29,162	(45,277)	(16,115)
Restricted funds			
Restricted funds	64,722	(38,924)	25,798
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>93,884</u>	<u>(84,201)</u>	<u>9,683</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.21 £
Unrestricted funds				
General fund	13,112	14,860	41,293	69,265
Designated	<u>62,694</u>	<u>-</u>	<u>(41,293)</u>	<u>21,401</u>
	75,806	14,860	-	90,666
Restricted funds				
Restricted funds	43,806	78,793	-	122,599
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>119,612</u>	<u>93,653</u>	<u>-</u>	<u>213,265</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	128,482	(113,622)	14,860
Restricted funds			
Restricted funds	185,472	(106,679)	78,793
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>313,954</u>	<u>(220,301)</u>	<u>93,653</u>

The restricted fund relates to money received specifically for use on the programmes.

Transfers between funds

The Trustees continue to hold the 2022 programme running costs in reserves. The restricted fund totalled £122,599 at the year end and so the Board have designated £21,401 to ensure that the programme running costs, estimated at £13k per programme, are included. This also includes £20,000 to represent the ongoing running costs of the charity for the next financial year, £5k for Walk and Talk days and £15k for a kit-store and kit.

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.

CLIMBING OUT

England & Wales - Charity number 1145023

Accounts

CLIMBING OUT
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

CLIMBING OUT

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FOR THE YEAR ENDED 31 DECEMBER 2020

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CLIMBING OUT

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2020

TRUSTEES	J Redmond M James S Shepherd J Edwards P Elias C Felton G Aston S Collins D Hughes-Beddows
PRINCIPAL ADDRESS	21 Aston Pigott Westbury Shrewsbury SY5 9HH
REGISTERED CHARITY NUMBER	1145023
INDEPENDENT EXAMINER	TCA (Shrewsbury) LLP 4 Claremont Bank Shrewsbury Shropshire SY1 1RW
CHIEF EXECUTIVE	Kelda Wood

CLIMBING OUT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

The trustees present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity, as set out in the governing document are:

To advance in life and help young people in the United Kingdom through:

a - The provision of recreational and outdoor activities provided in the interest of social welfare for young people who are in need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving their conditions of life.

b - Providing support and activities which have a positive influence on young people and develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

Significant activities

Climbing Out runs 5-day outdoor activity programmes aimed at rebuilding confidence and self-esteem in people facing life changing injury, illness or trauma.

The plan for 2020 was to run nine programmes, a Sweden wilderness canoeing expedition, our 10th Anniversary Ball, a fundraising hike and an Adaptive Tri Challenge.....all except one programme fell victim of the Coronavirus restrictions.

From August 10th-14th we ran a 'Covid adapted' programme for members of the Emergency Services, NHS and military. The activities on the 5-day residential outdoor activity programme followed a similar format to previous years, offering a wide range of activities, but adapted to stay within social distancing and hygiene restrictions as were laid out by the government at the time of the programme. All activities are adapted to meet the needs and capabilities of the group and individual.

The personal development sessions continued to run throughout the week, at the start and end of each day, and through coaching conversations that take place throughout the day's activities where appropriate. The sessions aim to help participants to understand their thoughts, feelings and behaviours and to provide them with the tools to help them manage these areas more effectively in life outside of the 5-day programme.

Evening activities taking place included an inspirational talk, quiz and BBQ. The aim of the evening activities is to create the opportunity for the participants to engage socially with other people who have been through similar challenges, as many have become detached from their peer groups following treatment.

The combination of outdoor activities, personal development session, teamwork, camaraderie, fresh air, one to one support, banter and mental resilience tools led to an outstanding and life changing week.

The Climbing Out Club has been severely limited by Covid restrictions, but the closed Facebook has been a place for past participants to continue to support each other through these difficult times.

Public benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

CLIMBING OUT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

ACHIEVEMENT AND PERFORMANCE

Main achievements during 2020

How we've adapted and reacted to Covid19

As it was not possible to run the majority of the usual 5-day programmes we developed several new initiatives throughout the year to ensure we could still continue to support people facing mental and physical trauma:

One to one coaching support was offered to all our previous participants, and throughout the first period of lockdown a large number benefitted in this weekly support via phone or zoom.

Twice weekly group zoom sessions were run for members of the Climbing out Club, helping to reduce isolation, create a sense of community and provide a network of friendship and support.

A series of podcasts teaching mental resilience tools were developed with Rachel Day from The Flying School and made freely available via the internet. There have currently been over 3,500 downloads of these podcasts.

We developed a series of 5 workshops to be run online, covering all the mental resilience and wellbeing tools we cover on our 5-day programmes. The workshops were delivered for specific organisations or groups, starting in September with a series for Walking with the Wounded. Climbing Out is now delivering these workshops for individuals from the Police, Ambulance services, Victim Support, the NHS and the wider military community,

A series of videos were created linked to each workshop that were made accessible to all through our website and social media channels. These online resources, including the videos and podcasts enabled us to have a far wider reach, all be it at a lower level, despite not being able to run our 5-day programmes.

Other Achievements throughout 2020

The Adaptive Tri Challenge - as our planned annual fundraising hike had to be cancelled as a result of Covid, we'd planned an adaptive Tri Challenge with a small group of previous participants including a 13km walk, 40km paddle and 60km cycle. Unfortunately, restriction came back into place the week before the tri challenge was due to happen, so the group decided to complete the challenge virtually, with all of those involved either walking, cycling or paddling individually in their own areas. As a result, the tri challenge was still a resounding success.

Signing of the Armed Forces Covenant - the signing of the Armed Forces Covenant was also impacted by Covid19 but Climbing Out eventually completed a virtual signing in October 2020. We've already seen a significant impact as a result of this signing, having been awarded £55,000 of funding through the Armed Forces Covenant Fund and seeing a significant increase in the work we're doing with the military.

Research Project with Shrewsbury and Chester University - We established a formal relationship with Shrewsbury and Chester University, and they will now be undertaking a long-term research project looking at the impact of the 5-day programmes. The research has been cleared by ethics and will now start in 2021. The impact of these findings will enable us to evidence just how much impact the 5-day programmes are having and will as a result will hopefully lead onto accessing additional funding and support from further partner organisations.

The awarding of an MBE to the Founder of Climbing Out, Kelda Wood, recognising her services to charity.

Summary of our main achievements during 2020:

Core Activities -

One Programme

Development and delivery of Online workshops

CLIMBING OUT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

Development and implementation of Walk and Talk Days

A significant increase in one-to-one coaching

Group zoom sessions with the Climbing Out Club

The Climbing Out Club continued to support each other through the closed Climbing Out Club Facebook group

The running of the Virtual Tri Challenge

After piloting it in 2018, we have continued to use the structure of signposting individuals to the relevant counselling or therapy. Climbing Out has established a team of coaches and funds between 4 and 8 sessions for relevant individuals.

Significantly developing our network of partner organisations, including further establishing links with the Emergency Services and the Armed Forces Community

Research project with Chester University

Signing of the Armed Forces Covenant

Achieving financial stability

Development of the part time admin position

Funding

Funding was successfully secured for all the services that Climbing Out was able to run this year through a number of grant making organisations including funding of £5k and above from The 4814 Trust, St James Place, The Northwick Trust, The National Lottery and The Tresanton Trust. Much of this funding will be carried over into 2021 when it will hopefully be possible to run Programmes.

£76,607 was raised through funding letters to trusts and foundations.

It was not possible to run the annual fundraising hike, but an adaptive tri- challenge and virtual hike took place with individuals taking part in their local area.

Despite restrictions, funds have still been raised for Climbing Out through independent fundraising and small donations.

Governance and Structure

The Board of Trustees established in 2018 has continued to work well together over 2020, sharing areas of expertise and supporting Climbing Out with individual strengths.

The part time administrator appointed in 2019 has continued to successfully support the Charity Manager, though very reduced hours were needed in 2020.

Accounts

Hollies Bookkeeping continue to successfully manage our accounts and keep all details on a Cloud accounting system.

CLIMBING OUT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

The appointment of an accountant to put together our end of year accounts has been very successful. We now feel we have a good structure in place to manage our accounts and financial budgeting.

Climbing Out Club

Members continue to support each other, and lifelong friendships are being developed.

We continue to see a large amount of interaction between past participants through the closed Climbing Out Club Facebook group. This helps to maintain the strong network of friendship and peer support which plays a vital part in the continued recovery and growth of our participants.

FINANCIAL REVIEW

Financial review

Funds raised by the charity are used to pay the running costs and provision of the programmes. All funds are held in Bank Accounts with HSBC Bank in the name of Climbing Out. We have no funds in deficit.

The charity's principal source of funds

Funding Bids - £76,607 was generated through funding bids in 2020 and through letters sent to trusts and foundations asking for donations.

£16,000 of was from grant making organisations that have offered long term support to Climbing Out.

Individual fundraising/Just Giving - £12,750 was raised by individual fundraisers and Just Giving.

Climbing Out was unable to organise its annual Fundraising Hike in 2020 because of Covid restrictions but was able to run a virtual hike where people walked locally to raise funds. £2,582 was raised.

Key expenditure and how this has supported the objectives of the charity

Funds raised by the charity are used to pay the running costs and provision of the programmes.

A total of £13,353 has been spent on programme delivery in 2020.

Other expenditure includes logistical running costs of the charity including accounting, bid writing, staff salary and PR.

How this has supported the objectives of the charity

The key objective of the charity is to deliver our 5-day programmes but in 2020 this had to be re-assessed to include online support and resources as Covid19 restrictions made all except one programme impossible. 69% of our expenditure has been used to achieve this. This includes the logistical planning and preparation associated with enabling the programme to happen.

The remaining 31% of expenditure has been used for the running costs and development of the charity, without which Climbing Out would not continue to function, grow and ultimately be in a position to support a growing number of young people.

CLIMBING OUT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

FINANCIAL REVIEW

Reserves policy

Climbing Out Reserves policy aims to ensure our work is protected from the risk of disruption at short notice to a lack of funds, whilst at the same time ensuring we do not retain for longer than required.

The reserves policy takes into account the overall sustainability of the charity and the aim is to retain sufficient funds in reserve to allow the charity to continue to operate for at least 12 months.

The Trustees continue to hold the 2021 programme running costs in reserves. The restricted fund totalled £69,604 at the year end and so the Board have designated £48,396 to ensure that the programme running costs, estimated at £12k per programme, are included. The annual running costs of the charity are estimated at £60,000 of which £10,000 has also been included in the designated reserves this year.

The year end unrestricted fund, excluding the designated fund is £11,295. After deducting the fixed assets the balance remaining is £2,830 (2019: £3,391) which represents the free reserves of the charity at the year end.

The reserves policy is monitored and reviewed on an ongoing basis.

CLIMBING OUT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

FUTURE PLANS

Our plans for 2021 have been shaped by the impact of the Coronavirus.

We had planned 9 programmes running from May through until November, however as a result of the Covid restrictions, these are currently due to start in June. We may have to postpone for longer depending on the restrictions implemented by the government.

In the meantime we have adapted the services we offer to continue supporting past and future participants.

The support we have put in place includes:

Online workshops - these will continue to be offered to small groups via specific organisations.

Walk and Talk days - groups will be meeting at venues throughout the country and heading out for a day's walking with an instructor leading the walk. Members of the Climbing Out team will be there too to offer personal development conversations for anyone that needs a bit of support or guidance. But the most important thing is we'll be getting active, having fun and will have the chance to meet and chat with others.

The planned programmes for 2021 depending on Covid19.

We will aim to run 8 programmes, carrying the 9th programme over into early 2022.

We'll be running a Level Two programme, a hike of the entire length of Hadrian's Wall.

We'll also be running a Level Three programme, a wilderness canoeing expedition in North Wales.

Having established a successful relationship with Dukes Barn Outdoor Activity Centre, we will be working with them again for 2 programmes. The other programmes will be run independently from accommodation in North Wales, Shropshire and the Lake District.

In 2019 we created a paid Climbing Out support Role on each of the programmes in 2019. This helped to provide additional support on the programmes and plan ahead for the long-term growth and sustainability of the charity. This role proved to be a great addition to our programmes and will continue into 2021.

Other

We continue to have a part time admin role to help support the logistical running of Climbing Out. This role is currently for up to a maximum of 10hrs a week.

The Implementation of a part time Operations Manager. This will be funded by the IGY Foundation.

We have also recognised the need for additional support around mental health which will form part of the Operations Manager role. This role will be used to refer future or past participants that we feel may be a risk to themselves or others and to support the Climbing Out lead with any concerns surrounding mental health of individuals. They will also ensure all mental health policies and procedures are in place and up to date and that all staff are suitably trained and qualified.

Plans to continue the additional coaching/counselling where necessary and to set aside a specific annual budget for this purpose.

Plans to continue the benefits to Climbing Out stemming from Kelda's Atlantic row by:

1. Supporting the creation by volunteers of a children's picture book, inspired by Kelda's row and the creatures that she encountered. Using the theme of supporting one another to replace "I can't," with "How can I?", this project will create a resource to both fundraise and spread the central message of Climbing Out.

CLIMBING OUT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

2. Developing and launching a feature documentary based around the Atlantic row. This will be used as an inspirational and motivational resource for Climbing Out.

3. Further talks delivered by Kelda sharing her story.

The development of Creating Momentum - Creating Momentum will develop the ethos created through Kelda's Atlantic Row and will be a place to inspire and motivate others. It will follow Kelda's triathlon journey, showing how she's adapting each phase to overcome the physical limitations around her leg, but it will also be a place for people to share their own stories so we provide a network of information, not only to inspire and motivate, but also to inform others about how to do things and where to go to get the necessary support and/or equipment to enable them to overcome challenges they may be facing.

Governance and Structure

We will continue to develop the roles and responsibilities of the trustees creating a stronger foundation for the charity.

We aim to offer governance training for all our trustees.

We will continue to identify the roles required for Climbing Out to function successfully and to recruit people for these various roles.

Working with service providers to help manage or governance and structure, especially focusing on policies, procedures and other aspects of HR.

Accounts

Quarterly financial reports - the quarterly meeting will continue with Hollies Bookkeeping Services before each Trustee meeting so a comprehensive financial report can be fed back to the board by the Charity Manager.

Annual budgeting - An annual budgeting meeting will be held to plan the budget for the forthcoming year. A budget for 2021 has now been put in place. The meeting will be held in March so we have time to prepare and raise the required finances for the forthcoming year. This will create financial security for Climbing Out reducing any chance of overspending.

We will continue to use an accountant to do our end of year accounts. Hollies bookkeeping will continue to manage the day-to-day finances and TCA Accounting and Business advisors will be used to create and submit our end of year accounts.

Account one and account two - Two accounts are still in place. Account One will now be used solely as a programme account to manage all finances connected to the 5-day programmes. Account Two will be used to manage all money not connected to programmes and include running costs and free reserves.

Funding and Fundraising

We were successful in a funding bid to the Armed Forces Covenant Fund totalling £55,000. This has given Climbing Out security for 2021. We now aim to evidence the outcomes achieved with this funding that will hopefully secure further bids with the Covenant Fund in the future

We also successfully secured £25,000 through the IGY Foundation to fund the Operations Manager position in 2021. It is anticipated that this will continue for future years. Both parties are keen to develop a long-term relationship to ensure the sustainability of Climbing Out

Previous participants will be fundraising through the Wilderness Canoeing Expedition in June and a hike of the whole of Hadrian's Wall in September.

We continue to develop long term relationships with funding bodies bringing us in a sustainable annual income.

CLIMBING OUT

TRUSTEES' REPORT **FOR THE YEAR ENDED 31 DECEMBER 2020**

The Climbing Out Ball and Awards - The Ball will now be taking place on 21st May 2022 having been postponed as a result of the Coronavirus.

We are confident The Climbing Out Annual Fundraising Hike will still be taking place in October in North Wales.

Climbing Out Club

As soon as Covid restrictions allow, the Climbing Out Club will continue to organise Social events, Climbing Out Club weekends, fundraising activities and training and development opportunities.

The Climbing Out Club continues to offer long term support and guidance to any member.

The club continues to provide a network of friendship and support for members with other members, creating long term sustainability of the impact of the 5-day programmes.

The introduction of Level two programme to support the continued growth and development of members.

The planned Level 3 programme has been relocated from Sweden to Wales as a result of Covid restrictions. The aim of the Level Three programme is to encourage further growth, responsibility and autonomy for those members showing the potential for further development.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Climbing Out is a registered charity and is governed by its constitution dated 2 November 2011.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

CLIMBING OUT

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

Approved by order of the board of trustees on 6 July 2021 and signed on its behalf by:

A handwritten signature in black ink, appearing to read "J Redmond", with a blue ink smudge or stamp below it.

J Redmond - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CLIMBING OUT**

Independent examiner's report to the trustees of Climbing Out

I report to the charity trustees on my examination of the accounts of Climbing Out (the Trust) for the year ended 31 December 2020.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of 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 no concerns and 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.

C Moelwyn-Williams

C Moelwyn-Williams
BSc FCA
TCA (Shrewsbury) LLP
4 Claremont Bank
Shrewsbury
Shropshire
SY1 1RW

Date: *13th September 2021*

CLIMBING OUT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted funds £	Restricted fund £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	29,162	64,722	93,884	209,242
EXPENDITURE ON					
Raising funds		6,622	-	6,622	14,293
Charitable activities	3				
General		38,655	38,924	77,579	119,250
Total		<u>45,277</u>	<u>38,924</u>	<u>84,201</u>	<u>133,543</u>
NET INCOME/(EXPENDITURE)		<u>(16,115)</u>	<u>25,798</u>	<u>9,683</u>	<u>75,699</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		75,806	43,806	119,612	43,913
TOTAL FUNDS CARRIED FORWARD		<u><u>59,691</u></u>	<u><u>69,604</u></u>	<u><u>129,295</u></u>	<u><u>119,612</u></u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

CLIMBING OUT

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2020

	Notes	Unrestricted funds £	Restricted fund £	2020 Total funds £	2019 Total funds £
FIXED ASSETS					
Tangible assets	6	8,465	-	8,465	9,721
CURRENT ASSETS					
Debtors	7	23,528	-	23,528	16,299
Cash at bank		58,396	69,604	128,000	96,667
		<u>81,924</u>	<u>69,604</u>	<u>151,528</u>	<u>112,966</u>
CREDITORS					
Amounts falling due within one year	8	(30,698)	-	(30,698)	(3,075)
NET CURRENT ASSETS		<u>51,226</u>	<u>69,604</u>	<u>120,830</u>	<u>109,891</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>59,691</u>	<u>69,604</u>	<u>129,295</u>	<u>119,612</u>
NET ASSETS		<u>59,691</u>	<u>69,604</u>	<u>129,295</u>	<u>119,612</u>
FUNDS	10				
Unrestricted funds:					
General fund				1,295	13,112
Designated				58,396	62,694
				<u>59,691</u>	<u>75,806</u>
Restricted funds				69,604	43,806
TOTAL FUNDS				<u>129,295</u>	<u>119,612</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 6 July 2021 and were signed on its behalf by:



J Redmond - Trustee

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

2. DONATIONS AND LEGACIES

	2020 £	2019 £
Donations	93,884	209,242

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
General	57,598	19,981	77,579

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2020 nor for the year ended 31 December 2019.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	101,941	107,301	209,242
EXPENDITURE ON			
Raising funds	14,293	-	14,293
Charitable activities			
General	54,790	64,460	119,250
Total	69,083	64,460	133,543
NET INCOME	32,858	42,841	75,699
RECONCILIATION OF FUNDS			
Total funds brought forward	42,948	965	43,913
TOTAL FUNDS CARRIED FORWARD	75,806	43,806	119,612

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2020 and 31 December 2020	10,410	677	11,087
DEPRECIATION			
At 1 January 2020	1,140	226	1,366
Charge for year	1,030	226	1,256
At 31 December 2020	2,170	452	2,622
NET BOOK VALUE			
At 31 December 2020	8,240	225	8,465
At 31 December 2019	9,270	451	9,721

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Trade debtors	62	-
Other debtors	5,550	6,250
Prepayments	17,916	10,049
	<u>23,528</u>	<u>16,299</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Bank loans and overdrafts (see note 9)	3,397	-
Social security and other taxes	763	1,133
Other creditors	197	395
Accruals and deferred income	26,341	1,547
	<u>30,698</u>	<u>3,075</u>

9. LOANS

An analysis of the maturity of loans is given below:

	2020 £	2019 £
Amounts falling due within one year on demand:		
Bank overdrafts	<u>3,397</u>	<u>-</u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

10. MOVEMENT IN FUNDS

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	13,112	(16,115)	4,298	1,295
Designated	62,694	-	(4,298)	58,396
	<u>75,806</u>	<u>(16,115)</u>	<u>-</u>	<u>59,691</u>
Restricted funds				
Restricted funds	43,806	25,798	-	69,604
	<u>43,806</u>	<u>25,798</u>	<u>-</u>	<u>69,604</u>
TOTAL FUNDS	<u>119,612</u>	<u>9,683</u>	<u>-</u>	<u>129,295</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	29,162	(45,277)	(16,115)
Restricted funds			
Restricted funds	64,722	(38,924)	25,798
	<u>93,884</u>	<u>(84,201)</u>	<u>9,683</u>
TOTAL FUNDS	<u>93,884</u>	<u>(84,201)</u>	<u>9,683</u>

Comparatives for movement in funds

	At 1.1.19 £	Net movement in funds £	Transfers between funds £	At 31.12.19 £
Unrestricted funds				
General fund	42,948	32,858	(62,694)	13,112
Designated	-	-	62,694	62,694
	<u>42,948</u>	<u>32,858</u>	<u>-</u>	<u>75,806</u>
Restricted funds				
Restricted funds	965	42,841	-	43,806
	<u>965</u>	<u>42,841</u>	<u>-</u>	<u>43,806</u>
TOTAL FUNDS	<u>43,913</u>	<u>75,699</u>	<u>-</u>	<u>119,612</u>

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2020

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	101,941	(69,083)	32,858
Restricted funds			
Restricted funds	107,301	(64,460)	42,841
TOTAL FUNDS	<u>209,242</u>	<u>(133,543)</u>	<u>75,699</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.19 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	42,948	16,743	(58,396)	1,295
Designated	-	-	58,396	58,396
	<u>42,948</u>	<u>16,743</u>	<u>-</u>	<u>59,691</u>
Restricted funds				
Restricted funds	965	68,639	-	69,604
TOTAL FUNDS	<u>43,913</u>	<u>85,382</u>	<u>-</u>	<u>129,295</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	131,103	(114,360)	16,743
Restricted funds			
Restricted funds	172,023	(103,384)	68,639
TOTAL FUNDS	<u>303,126</u>	<u>(217,744)</u>	<u>85,382</u>

The restricted fund relates to money received specifically for use on the programmes.

CLIMBING OUT

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2020

10. MOVEMENT IN FUNDS - continued

Transfers between funds

The Trustees continue to hold the 2021 programme running costs in reserves. The restricted fund totalled £69,604 at the year end and so the Board have designated £48,396 to ensure that the programme running costs, estimated at £12k per programme, are included. This also includes £45,000 to represent the ongoing running costs of the charity for the next financial year, £5k for Walk and Talk days and £15k for workshops.

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2020.