

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

CLIMBING OUT

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

	Page
Reference and Administrative Details	1
Trustees' Report	2 to 10
Independent Examiner's Report	11
Statement of Financial Activities	12
Statement of Financial Position	13
Notes to the Financial Statements	14 to 19
Detailed Statement of Financial Activities	20 to 21

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 small blue ink smudge or stamp below the signature.

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.

The notes form part of these financial statements

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				<u>58,396</u>	<u>62,694</u>
				<u>59,691</u>	<u>75,806</u>
Restricted funds				<u>69,604</u>	<u>43,806</u>
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

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
	23,528	16,299

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
	30,698	3,075

9. LOANS

An analysis of the maturity of loans is given below:

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

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
	<hr/>	<hr/>	<hr/>	<hr/>
	75,806	(16,115)	-	59,691
Restricted funds				
Restricted funds	43,806	25,798	-	69,604
	<hr/>	<hr/>	<hr/>	<hr/>
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
	<hr/>	<hr/>	<hr/>
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
	<hr/>	<hr/>	<hr/>	<hr/>
	42,948	32,858	-	75,806
Restricted funds				
Restricted funds	965	42,841	-	43,806
	<hr/>	<hr/>	<hr/>	<hr/>
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.

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.