ADVENTURE THERAPY

England & Wales · Charity number 1173646

Details

Other names	Adventure Academy, Challenge Ahead, Wilderness Project
Status	Registered
Legal form	CIO
Registered	2017-07-03
Register	View on the Charity Commission register

Contact

Address	5 Seaview Estate Ilfracombe EX34 9PP
Phone	01271865285
Email	info@adventuretherapy.org.uk
Website	www.adventuretherapy.org.uk

Activities

Objects: FOR THE PUBLIC BENEFIT, THE RELIEF OF PEOPLE IN NEED BY REASON OF ILL-HEALTH, DISABILITY OR OTHER DISADVANTAGE OR DIFFICULTY INCLUDING, BUT NOT LIMITED BY: (1) THE PROVISION OF RECREATIONAL ACTIVITIES, PROVIDED IN THE INTERESTS OF SOCIAL- WELFARE WITH A VIEW TO IMPROVING CONDITIONS OF LIFE. (2) THE ADVANCEMENT OF EDUCATION AND DEVELOPMENT OF SKILLS, CAPABILITIES AND CONFIDENCE AS A MEANS OF THERAPY AND IN PARTICULAR, BUT NOT EXCLUSIVELY, THROUGH THE PROVISION OF INSTRUCTION AND FACILITIES IN OUTDOOR/ADVENTURE PURSUITS AND OTHER RELATED ACTIVITIES. (3) TO ENABLE THE ACCESS OF AND ABILITY TO CARRY OUT SUCH ACTIVITIES AS DEEMED SUPPORTIVE IN AIDING RECOVERY AND/OR QUALITY OF LIFE THROUGH THE PROVISION OF SPECIALIST EQUIPMENT OR GRANTS TO ENABLE THE PURCHASE OF SUCH EQUIPMENT. (4) THE ADVANCEMENT OF HEALTH OR THE SAVING OF LIVES, BY RAISING AWARENESS OF AND CARRYING OUT RESEARCH IN THE THERAPEUTIC BENEFITS OF OUTDOOR/ADVENTURE PURSUITS AND OTHER RELATED ACTIVITIES.FOR THE PURPOSE OF THIS CLAUSE, ILL-HEALTH, DISABILITY OR OTHER DISADVANTAGE OR DIFFICULTY MEANS: LIFE-CHANGING OR LIFE-LIMITING CONDITIONS, MENTAL ILLNESS, PHYSICAL DISABILITY OR IMPAIRMENT OR LEARNING DIFFICULTIES.

Activities: WE EXIST TO IMPROVE THE EMOTIONAL AND PHYSICAL WELLBEING OF CHILDREN, YOUNG PEOPLE AND ADULTS WITH MENTAL HEALTH CONDITIONS, LEARNING DISABILITY,

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PHYSICAL DISABILITY, LIFE-THREATENING OR LIFE-LIMITING ILLNESSES AND LIFE-CHANGING CONDITIONS, THROUGH OUTDOOR AND ADVENTURE-LED ACTIVITIES.OUR ACTIVITIES STRENGTHEN RESILIENCE, IMPROVE VITALITY AND SELF ESTEEM AND PROVIDE A SENSE OF ACCOMPLISHMENT.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Devon
- Somerset

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£186,083	£159,482	-	-
2024-04-05	£93,144	£71,501	-	-
2023-04-05	£61,520	£62,023	-	-
2022-04-05	£60,067	£35,157	-	-
2021-04-05	£53,566	£16,712	-	-

Trustees

Name	Role	Appointed
Amber Jayne Gammon	Chair	2021-03-17
DEAN MATTHEW RICKY GAMMON		2017-07-03
Geoffrey Alan Hills		2017-07-03
Peter David Howard		2025-12-01

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ADVENTURE THERAPY

England & Wales - Charity number 1173646

Accounts

ADVENTURE Therapy

Annual Report and Financial Statements Year Ended 5 April 2025

Explore. Discover. Challenge.

Registered with FUNDRAISING REGULATOR

Making Life Great Outdoors™

adventuretherapy.org.uk

Registered Charity Number 1173646

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Procter Accountancy

Accounts & Tax Services | Payroll | VAT | Book-keeping

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

ADVENTURE THERAPY

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 05 April 2025, which are set out on pages 21 to 31.

Responsibilities and basis of the report

As the charity trustees of the CIO, 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 the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners 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 as required by section 130 of the Act; or
2. The accounts do not accord with those records.

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.

S L Procter

Miss S L Procter MAAT
Procter Accountancy
3 Princess Street
Barnstaple
Devon
EX32 7EU

Date 16th June 2025

aat

Sadie Procter | Accountant MAAT
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PII No: A26940PIA183

Legal and Charity Information

Registered Office	Adventure Therapy 5 Seaview Estate Ilfracombe Devon EX34 9PP
Registered Charity Number	1173646
Principle Bankers	The Cooperative Bank PO Box 250 Skelmersdale WN8 6WT
Insurer	Zurich Insurance PLC The Zurich Centre 3000 Parkway Whiteley Fareham Hampshire PO15 7JZ

Trustees	Geoff Hills Dean Gammon Amber Gammon*
Founder and Chief Executive	Rob Emery MILM (Cert) MCIOF
Independent Examiner	Miss. S.L. Procter MAAT Procter Accountancy 3 Princess Street Barnstaple Devon EX32 7EU

*please note that Amber Gammon is unrelated to Dean Gammon

Our Purpose and Vision

Mission

Adventure Therapy is a registered charity, Founded in 2017 and based in Ilfracombe, Devon.

We exist to improve the emotional and physical wellbeing of children, young people and adults with unique health conditions, impairments or limitations through outdoor and adventure-led activities.

This means that we support people with mental health conditions, neurodevelopmental disorders, physical disability, life-threatening or life-limiting illnesses and life-changing conditions. We make a positive difference in challenging and complex lives.

Our activities develop skills and abilities through individual and group sessions, team work and leadership. This builds self-confidence and strengthens resilience. The therapeutic benefits of time spent outdoors in nature and adventure should not be under-estimated. Our activities provide a sense of accomplishment and purpose, improve vitality and self-esteem, help people who are isolated to form friendships and create special memories for families.

Vision

Adventure Therapy provides holistic support which addresses mental, emotional, social and physical wellbeing. We provide a range of challenges for children, young people and adults who face their own unique challenges, every day.

We focus on improving or changing complex lives through adventure. We do this through the provision of a diverse range of outdoor activities (currently 20) which are suitable for varying abilities and unique circumstances.

Our activities offer excitement and fun, helping to improve the lives of people who feel isolated, alone or in crisis.

We make a positive impact on the children, young people and adults we support; and their families. We enrich lives through time spent outdoors, in unfamiliar environments and through the varying elements of the natural world.

Our Purpose and Vision

Working in Partnership

We continue to work in partnership with other institutions, charities and community organisations, collaborating to support their students, service users, patients and clients; we will continue to do this.

We receive professional referrals from the NHS, Social Services, healthcare specialists (e.g. physiotherapists and occupational therapists), schools and colleges (as part of SEND), other charities and community organisations.

We want to continue to develop our professional relationships and develop a better understanding and knowledge of using adventure and the outdoors as an effective and recognised form of therapy.

Education and Research

To become a trusted voice for outdoor therapy by encouraging and helping to develop research into utilising adventure-led activities and the outdoors as a form of therapy for the communities we support.

We receive enquiries from university students who are completing their dissertation in outdoor education and using adventure as a form of therapy. We want to develop this: working with schools, colleges and universities, in addition to our service users, in putting this in to practice and developing our services based on this evidence-based research.

We continue to participate in clinical psychology research with Exeter University to conduct studies into the positive difference that Adventure Therapy makes to young people with Acquired Brain Injury, epilepsy, ADHD or autism.

The results from these studies will be instrumental in the further development of our programme of activities and ensure we continue to offer the level of support required to change lives through adventure.

We are both reactive and proactive and we are driven by results. This will enable us to continue to grow as an organisation and remain versatile and adaptable in our approach.

Trustee Report

Year ended 5 April 2025

The Trustees and Founder and Chief Executive of Adventure Therapy present their Annual Report and Financial Statements for the year ended 5 April 2025.

As a Charitable Incorporated Organisation (CIO), Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing receipts and payments accounts.

Founded on 3 July 2017, Adventure Therapy exists to improve the emotional and physical wellbeing of children, young people and adults with mental health conditions, neurodevelopmental disorders, physical disability, life-threatening or life-limiting illnesses and life-changing conditions, through the provision of a programme of outdoor and adventure-led activities.

Adventure Therapy is a registered charity with the Charity Commission in England and Wales (charity number 1173646).

> "When I am sailing, my bad thoughts just seem to sink to the bottom of the sea".
>
> A young person with an Acquired Brain Injury.

Chairman and Founder's Report

We have been honoured to receive some wonderful and growing support from the communities we serve, through events, donations and volunteering.

However, as with many small charities, we remain reliant on grant funding to support our beneficiaries and we are extremely grateful for the generosity of grant funders across England for their commitment to our cause; some of whom have supported us for several years.

In order to provide for the needs of our beneficiaries, in the best and most appropriate way possible, we will continue to strive for long-term sustainability. In this ongoing time of austerity, our plans for growing our services are realistic, but we will need the support of our donors, volunteers and committed staff to achieve this.

During the year we have launched new projects and invested in equipment to assist with accessibility and help us to continue changing lives through adventure into the future.

We are grateful to everyone who has helped to make a positive difference in the lives of children, young people and adults who lead complex lives. Your kindness makes such a difference.

Geoff Hills
Chair of Trustees

Rob Emery
MILM (Cert) MCIOF
Founder and Chief Executive

Structure, Governance and Management

Adventure Therapy is a Charitable Incorporated Organisation (CIO) and is governed by a Constitution and has no share capital.

The charity is overseen by a board of Trustees who have responsibility for the governance of the organisation.

The Board of Trustees has the power to nominate and appoint other Trustees as is considered appropriate and in the best interests of the organisation.

New Trustees are offered a programme of induction which includes information provided by the Charity Commission and literature which is specific to the charity, to include:

- The Charity Commission Charity Trustee Welcome Pack
- Adventure Therapy Constitution
- Minutes from our most recent Trustee meeting
- Our Safeguarding Children and Safeguarding Vulnerable Adults Policies
- Our Most recent Annual Report and Financial Statements

An induction also includes meeting the Founder and Chief Executive of Adventure Therapy and its current Board of Trustees.

Trustees may be asked to attend a fundraising event or assist in the recruitment of volunteers.

Structure, Governance and Management

All Trustees give up their time freely and no Trustee receives remuneration. No Trustee incurred expenses during this accounting period.

The Trustees meet as a board (with our Founder and Chief Executive) on a quarterly basis to ensure the governance and strategic management of the charity is implemented. This includes (but is not limited to) discussing:

- The strategic direction of the organisation
- Fundraising
- Monitoring financial performance
- Risk Management
- Human Resources

All decisions reached are by the majority vote of the Trustees.

The finance function is currently overseen by Dean Gammon (who acts as Treasurer) and the Founder and Chief Executive of the charity, Rob Emery.

Structure, Governance and Management

Employees

We remain streamlined as an organisation which allows us to be realistic with our expenditure, flexible and adaptable in our approach. During this period we did not appoint any new employees. In addition to employed staff we are supported by freelance instructors, an occupational therapist and psychotherapists who are registered with us, in addition to a strong volunteer team.

Senior Management Remuneration

Our Founder and Chief Executive works for the organisation on a part-time basis (30 hours per week). No employee earns more than £60,000.00.

Volunteers

The charity was pleased to appoint 5 new volunteers.

Public Benefit

Our Trustees confirm they have referred to the Charity Commission general guidance on public benefit when reviewing the aims and objectives of the charity. The benefits of Adventure Therapy are highlighted in this report but further information is provided on our website (adventuretherapy.org.uk). The Trustees review the charity's activities against its aims and objectives on an ongoing basis and are satisfied that its activities continue to align with its purpose. The beneficiaries of Adventure Therapy are children, young people and adults with mental health conditions, neurodevelopmental disorders, physical disability, life-threatening or life-limiting illnesses or life-changing conditions. A referral process is in place for professional and private referrals and can be accessed through our website and clear guidance on criteria is provided when requested to ensure that those who meet the criteria can be offered activities and be supported by the charity, subject to funding.

Structure, Governance and Management

Charity Governance Code

Adventure Therapy is a not-for-profit organisation and aims to follow charity sector best practice. Our Trustees are aware that good governance is fundamental to the success of an organisation and that the Charity Governance Code supports the charity's compliance with the law and relevant legislation. The Code relates to an organisations purpose, leadership, integrity, decision making, board effectiveness, equality and diversity, openness and accountability. Board members consider that Adventure Therapy's governance framework aligns with many aspects of the Code and on an ongoing basis, they will undertake a review of the Code and implement any consequential changes to Adventure Therapy's governance and standards, as considered necessary.

"I like that you all understand epilepsy, I can tell that by how you act; it helps me feel less embarrassed by it".

Objects and Activities

The objects of the charity are for the Public Benefit, the relief of people in need by reason of ill-health, disability or other disadvantage or difficultly including, but not limited by:

1. The provision of recreational activities, provided in the interests of social welfare with a view to improving conditions of life.

2. The advancement of education and development of skills, capabilities and confidence as a means of therapy and in particular, but not exclusively, through the provision of instruction and facilities in outdoor/adventure pursuits and other related activities.

3. To enable the access of and ability to carry our such activities as deemed supportive in aiding recovery and/or quality of life through the provision of specialist equipment or grants to enable the purchase of such equipment.

4. The advancement of health or the saving of lives, by raising awareness of and carrying our research in the therapeutic benefits of outdoor/adventure pursuits and other related activities.

For the purpose of this clause, ill-health, disability or other disadvantage or difficulty means mental health conditions, neurodevelopmental disorders, physical disability, life-threatening or life-limiting illnesses or life-changing conditions.

Activities of the Charity

Adventure Therapy exists to improve the emotional and physical wellbeing of children, young people and adults with mental health conditions, neurodevelopmental disorders, physical disability, life-threatening or life-limiting illnesses or life-changing conditions, through outdoor and adventure-led activities.

Our activities strengthen resilience, improve vitality and self-esteem, provide a sense of accomplishment and purpose, help people who are isolated to form friendships and create special memories for families.

Policies

Reserves Policy

Our Trustees recognise their commitment and obligation in providing activities for the children, young people and adults who use our services and our commitment to support new referrals whilst maintaining our service over the longer term. In their view it is vital to secure and maintain unrestricted general funds at a level that will ensure the availability of the services provided by Adventure Therapy during periods of economic uncertainty.

In establishing the Adventure Therapy reserves policy, our Trustees have taken guidance from the Charity Commission and considered the structure and activities of the organisation. This includes projecting cash flow over the next five years and identifying our associated key risks during this period. We take in to account both income and expenditure whilst also giving consideration to already committed expenditure, if it is appropriate. From this, it has been found to be prudent for Adventure Therapy to maintain a target range of unrestricted reserves of between 9 and 12 months operating costs. However, it should be noted that at present our members of staff are part time, two of which are funded by restricted grants and therefore the capital requirement remains minimal. This policy is not static and will be reviewed regularly to ensure it meets the needs of the charity as it develops and as its running costs increase.

Our unrestricted general funds (free reserves) are £10,234.73 as at 5 April 2025.

The trustees consider it of strategic importance to increase our unrestricted funds and, whilst maintaining our day-to-day services for the public benefit, build a reserve of funds to provide future security for the organisation.

Risk Policy

The Trustees and Chief Executive have reviewed the major strategic, financial and operational risks associated with the charity and confirm that procedures established (or since improved) continue to mitigate those risks.

Policies

Investment Policy

The Trustees have not considered investment of funds at this stage as we do not have sufficient unrestricted funds available to review this important part of our operational planning. However, once we are in a suitable position financially, we will draw up and agree on an investment policy with any funds being invested in UK deposit accounts with an approved UK regulated bank or through advice received from an Independent Financial Advisor/Investment Management company.

Whilst we would always endeavour to maintain a diverse investment portfolio, with low to medium risk, we would always try to avoid investment into companies which turnover relates to armaments, tobacco products, fossil fuels, gambling, pornography or alcohol manufacture.

Safeguarding Policies

Adventure Therapy has a Child Safeguarding and Vulnerable Adults Policy in place which is available on our website or on request. These policies are provided to team members who are working directly with our beneficiaries, including our volunteers, occupational therapist, psychotherapists and our Approved Activity Providers. Where required, all members of our team, including those who freelance their services to us, are required to hold a valid DBS check.

Equality, Diversity and Inclusion Policy

Adventure Therapy is committed to encouraging equality, diversity and inclusion among its workforce, and eliminating unlawful discrimination. The aim is for our workforce, service users and customers to be truly representative of all sections of society and for each employee to feel respected and be able to give their best.

Adventure Therapy, in providing its activities or facilities, services and/or goods, is committed against unlawful discrimination of its service users and their families, our approved activity providers and instructors, volunteers, Trustees and members of staff.

Policies

Our principle risks follow:

One of our major considerations is a risk of accidents when participating in adventurous activities. It is important to understand that Adventure Therapy facilitates its activities through registered freelance activity providers and instructors and as such, does not provide activity instruction directly* (i.e. instruction by an Adventure Therapy employee). Therefore, the health and safety risk is undertaken by the activity provider and any person (or if applicable, parent, guardian and/or sibling) participating in an activity via referral from Adventure Therapy must sign (digitally or in person) a disclosure agreement which confirms the basis on which activities are undertaken, including the risk involved and the responsibility for that risk. However, as part of our processes and due diligence we will always ensure our Approved Activity Provider and/or registered instructor is:

- Experienced and qualified
- Holds valid liability insurance
- Is a member of an appropriate membership, governing or regulatory body
- Holds a valid DBS Certificate (where applicable)
- Has child safeguarding and vulnerable adult safeguarding policies in place
- Will act as an ambassador for Adventure Therapy, sharing in our ethos and vision
- Is confident working with people with complex needs

*our hiking sessions may also be led by Adventure Therapy employees or volunteers.

Policies

We must also consider reputational risk should any person or persons be injured as a result of taking part in an activity under referral from Adventure Therapy. Other risks which are considered on an ongoing basis include:

- Risk of fraud by Trustees, volunteers or employees of the charity.
- Risk of accidental damage to the charity's assets.
- Risk of losing or not obtaining funding for support costs.
- Risk of our Founder and CEO not being in a position to continue with his managerial role/a similar role.

Current status

Our Fundraising Strategy is under continuous development to ensure we are able to provide our services in the future. We are reviewing options for the short, medium and longer term which includes trusts and grants in the short-term, corporate and community fundraising in the medium term (dependent on marketing and promotion and assistance from volunteers) and over the longer-term, in memoriam fundraising and gifts in Wills (legacies).

We remain conscious that community fundraising continues to be a difficult source of income for the charity to increase to a significant and reliable level. Our Fundraising and Marketing Strategy will be reviewed regularly before the end of the next accounting period (5 April 2026) to take this in to account but it is probable that we will need to continue to rely on funding from Trusts and Grants for the foreseeable future.

- Develop our activities and services in Devon and Somerset.
- Increase awareness of the charity across the region.
- Continue to review and develop our Fundraising Strategy.
- Work with our Ambassador to encourage support from the outdoor activities community - and appoint additional Ambassadors to support our cause.
- Recruit additional (and maintain existing) volunteers.
- Continue to develop the charity and improve our infrastructure and security for the future.
- Increase reliable and long-term income streams to support our work.

Grants received

We are extremely grateful to our wonderful grant funders both past and present for their support and belief in what we endeavour to achieve as an organisation.

Grants received during this accounting period

Grant Funder	Supports
Exmouth Town Council	Activities
Postcode Local Trust	Activities
Groundwork UK	Activities
The Foyle Foundation	Equipment
Bailey Thomas Charitable Foundation	Equipment
Dave Gibbons Trust	Activities
Ford Britain Trust	Equipment
Bernard Sunley Foundation	Equipment
Devon Community Foundation	Activities
Somerset Community Foundation	Activities
The National Lottery	Activities
Devon County Council	Activities
Action for Children	Equipment
Hall and Woodhouse	Activities
Central Social and Recreational Trust	Activities
PaddleUK	Equipment and Activities
Norman Family Charitable Trust	Equipment
Birkdale Trust	Activities
Community Council	Activities
Clothworkers Foundation	Equipment

Statement of Trustees Responsibilities

The Trustees of Adventure Therapy are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law in the United Kingdom.

The Trustees of a Charitable Incorporated Organisation (CIO) must prepare financial statements for each financial year and they must not be approved unless the Trustees are satisfied they provide a true and fair view of the state of affairs of the charitable organisation, including the incoming resources and application of such resources. This includes income and expenditure for that period. In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and apply them consistently.
- Make judgements and estimates which are reasonable and prudent.
- Whilst our Trustees observe the methods and principles of the Charities SORP, as a Charitable Incorporated Organisation, Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing accounts on the receipts and payments basis.
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

Statement of Trustees Responsibilities

The Trustees of Adventure Therapy are responsible for keeping sufficient accounting records that show and explain the charities transactions, disclose with reasonable accuracy at any time the financial position of the charity and ensure they comply with relevant legislation and with the provisions of the charities constitution. They are also responsible for safeguarding the assets of the charity and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

This report was approved by the Board of Trustees on 9 May 2025 and is signed on its behalf by

Geoff Hills
Chair of Trustees

Statement of Fundraising

Supporters of Adventure Therapy can be assured that we comply with the regulatory standards for fundraising. We are registered with the Fundraising Regulator and we are committed to the Fundraising Promise and adherence to the Code of Fundraising Practice. This report covers the requirements that charities must follow as set out in the Charities Act 2016. We also abide by our own Ethical Fundraising Policy. We are authorised to use the Fundraising Regulator logo on our fundraising materials and website. We do not use external fundraising agencies but would encourage any service providers we use for fundraising to also be signed up to the code.

We only work with service providers and appoint volunteers to carry out fundraising duties that we have confidence in and who have sufficient knowledge and expertise to support us as required, so we protect our supporters and the reputation of our charity. We ensure that the correct safeguards are in place with our suppliers and those who fundraise on our behalf. We require fundraising suppliers to confirm they comply with the Code of Fundraising Practice and provide training to volunteers, when required.

As a charity that does not receive statutory funding, we need to raise all funds through fundraising activities, to enable our work to continue.

We are grateful for new and ongoing support from a range of generous grant funders without which, our work could not continue. We are also thank the communities we serve for their kindness and support through events and donations and to our customers at our retail premises in Ilfracombe, Devon.

> Thank you to all our supporters for your generosity throughout the year. Your kindness and dedication to our cause has helped people to form friendships, improved self-esteem and strengthened resilience. You have changed lives through adventure.

Statement of Fundraising

On a day-to-day basis, all fundraising activities for the charity are managed by our Founder and Chief Executive, who is a Full Member of the Institute of Fundraising and a Certified Member of the Institute of Legacy Management. We employ one part-time (30 hours per week) Project Coordinator to assist in developing our services and raise awareness of our work. We are aware of a continued need to recruit volunteers to assist with fundraising and this will be included in any revisions to our fundraising strategy. Overall, fundraising activities are overseen by our Board of Trustees.

Our website (adventuretherapy.org.uk) outlines our complaints policy for the public and clearly explains how an individual can complain. We have received no complaints with reference to fundraising during this financial year.

We are aware of our obligations to the public in this area and we are thorough in our fundraising activities to ensure there is no intrusion on people's privacy or any undue pressure applied in line with the latest General Data Protection legislation. Our child safeguarding policy and our vulnerable adults policy is available on our website and on request. We do not intentionally carry out fundraising activities to people we consider to be vulnerable and we are committed to ensuring a parent, guardian or attorney is present and/or aware (referring to the GDPR directive), if a person we consider to be vulnerable indicates an intention to support our work, directly.

> "I am absolutely amazed that we got him here and that he took part, a major achievement for us all. Lets hope it will be the start of getting him out and about and away from his solitary lifestyle at home.
>
> It's great to meet other parents who understand what we are going through".

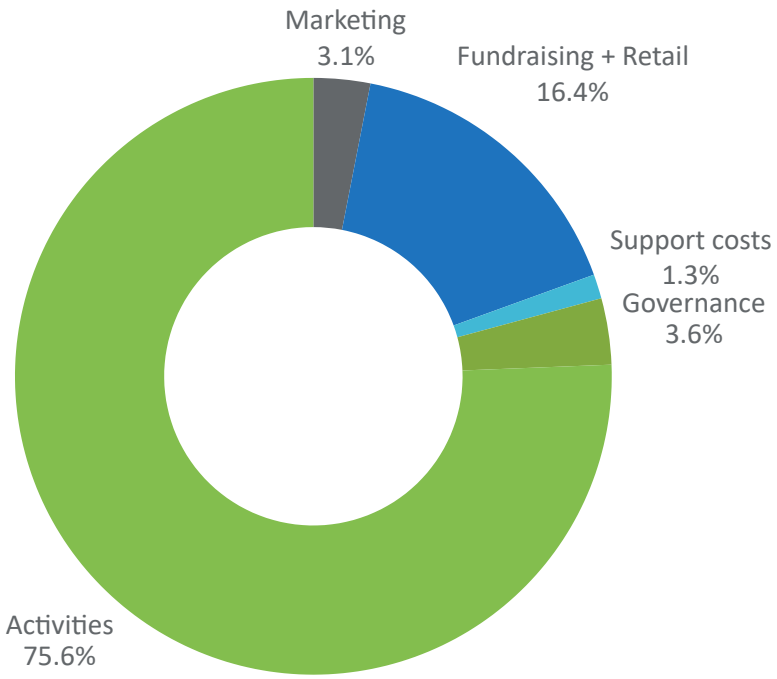
Receipts and Payments Account

Income and Expenditure for the year ended 5 April 2025

Receipts	Unrestricted Funds	Restricted Funds	Total Funds 05.04.2025	Total Funds 05.04.2024
Donations and Grants	£19,513.11	£145,620.00	£165,133.11	£79,382.56
Activities	£0.00	£1,558.00	£1,558.00	£0.00
Retail	£19,391.62	£0.00	£19,391.62	£13,761.45
Total Receipts	**£38,904.73**	**£147,178.00**	**£186,082.73**	**£93,144.01**
Payments				
Marketing	£4,242.13	£650.00	£4,892.13	£6,369.02
Fundraising (includes retail)	£26,166.10	£0.00	£26,166.10	£20,019.91
Support costs	£1,717.51	£384.00	£2,101.51	£3,995.29
Governance costs	£4,724.29	£1,000.00	£5,724.29	£5,753.27
Activities	£0.00	£120,597.57	£120,597.57	£35,363.76
Total Payments	**£36,850.03**	**£122,631.57**	**£159,481.60**	**£71,501.25**
Transferred to Reserves	£2,000.00	£0.00	£2,000.00	£3,000.00
Net receipts/payments and net movement of funds	£54.70	£24,546.43	£24,601.13	£18,642.76
Reconciliation of Funds				
Total Funds brought forward	£3,946.99	£83,253.27	N/A	£87,200.26
Total Funds carried forward	**£4,001.69**	**£107,799.70**	**£111,801.39**	

Expenditure

Expenditure for the year ended 5 April 2025



We supported a total of 187 people, ranging from the ages of 9 years old through to 78 years old. The majority of referrals received were for young people with mental health conditions or neurodevelopmental disorders.

From the 20 activities we provide, certain ones were considered to be more beneficial to the wellbeing of the individuals and groups referred than others and therefore we completed a greater number of these activities. These were archery, bushcraft, horse riding and treetop adventures.

Receipts and Payments Account

Income and Expenditure for the year ended 5 April 2025

Grants received during this accounting period

Grant Funder	Amount	Grant Funder	Amount
Exmouth Town Council	£1,215.00	The National Lottery	£20,000.00
Postcode Local Trust	£20,500.00	Devon County Council	£3,000.00
Groundwork UK	£4,625.00	Action for Children	£5,580.00
The Foyle Foundation	£7,500.00	Hall and Woodhouse	£1,000.00
Bailey Thomas Charitable Foundation	£9,000.00	Central Social & Coutts.	£1,000.00
Dave Gibbons Trust	£2,500.00	PaddleUK	£2,500.00
Ford Britain Trust	£3,000.00	Norman Family Charitable Trust	£6,500.00
Bernard Sunley Foundation	£5,000.00	Birkdale Trust	£2,000.00
Devon Community Foundation	£5,000.00	Community Council	£700.00
Somerset Community Foundation	£15,000.00	Clothworkers Foundation	£30,000.00
		Total Grants	**£145,620.00**

The Receipts and Payments Account includes all gains and losses recognised in the year.

The Charitable Incorporated Organisation is entitled to exemption from audit for the year ended 5 April 2025.

Total cash at bank at 5 April 2025 - £111,801.39

Total reserves at bank at 5 April 2025 - £10,234.73

Statement of Assets and Liabilities

For the year ended 5 April 2025

Current Assets	**2025**	**2024**
Stock	£0.00	£0.00
Debtors	£0.00	£0.00
Bank Current Accounts	£111,801.39	£87,200.26
Bank Reserves Account	£10,234.73	£8,105.61
Fixed (tangible) assets	£67,816.42	£8,600.00
Total	£189,852.54	£103,905.87
Current liabilities		
Creditors (amounts falling due within one year)	£0.00	£0.00
Net current assets		
Net assets	£135,117.15	£54,735.39
Funds		
Unrestricted funds	£4,001.69	-£3,946.99
Restricted funds	£107,799.70	£83,253.27
Reserves	£10,234.73	£8,105.61
Total Charity Funds	**£122,036.12**	**£95,305.87**

Notes to the Financial Statements

Adventure Therapy is a Charitable Incorporated Organisation (CIO) in England and Wales. Its principal address is 5 Seaview Estate, Ilfracombe, Devon EX34 9PP.

The accounts have been prepared in sterling which is the functional currency of the charity.

The charity meets the definition of a public benefit entity.

The financial statements have been prepared on the assumption that the charity is able to carry on as a going concern, which the Trustees consider appropriate having regard to the circumstances outlined in the Chairman's report and in grants which have been awarded during and since the end of this financial reporting period.

Approval

This Statement of Financial Activities was approved by the Board of Trustees on 9 May 2025 and is signed on its behalf by

Dean Gammon
Trustee, Treasurer

Notes to the Accounts

Income

Income is recognised when the charity has entitlement to and is in receipt of funds.

Income from voluntary sources is received by way of donations and gifts and is included in full in the Receipts and Payments Account (Statement of Financial Activities) when received.

Income from gift aid tax reclaims is recognised for all donations made prior to the year end, provided valid gift aid declarations are held.

Restricted Funds

These are stated by the donor of the funds or the appeal to which they relate, for specific purposes within the overall aims of the organisation. Donations and income deriving from restricted gifts will be used in accordance with specific purposes.

Unrestricted Funds

These are funds which may be used at the discretion of the management in furtherance of the objects of the charity. Income received through retail is designated as unrestricted unless otherwise stated.

Donations

Donations received for the general purposes of the charity are included, if applicable, as unrestricted funds.

Donations for activities which are restricted by the donor are allocated as restricted funds. Donations required to be retained as capital in accordance with the donors wishes are accounted for as endowments – permanent or expendable, depending on the nature of the restriction.

Notes to the Accounts

Donations of services and facilities

If applicable, properties, investments and other fixed assets donated to the charity are included as income at market value at the time that the charity takes control of the item. Donated services and facilities are included as income, if material, at their estimated value to the charity when received. And under the appropriate expenditure heading, depending on the nature of the service provided, at the same value and time. Time donated by volunteers is of significant value to the charity, for which we are extremely grateful, but will not be recognised in the accounts as it cannot be reliably valued.

Legacy income

Gifts in Wills (legacies) are recognised when an Estate has been finalised by the Executor/s and a distribution is received from the Estate. Receipt of a legacy is only considered probable when the amount can be reliably measured and the Executors have advised the charity that a distribution will be made.

Where a legacy gift has been notified to the charity but the criteria for income recognition has not been met, the gift is treated as a contingent asset.

Whether the gift is a pecuniary legacy (a set amount of money in a Will) or a residuary legacy, gifts in Wills are recognised when amounts are distributed and in the case of residuary gifts, when the final Estate Accounts are agreed by the Executors and received by Adventure Therapy. Reversionary legacies are not recognised during the lifetime of the original beneficiary under the Will and are only recognised when the conditions of the gift are met and the legacy is distributed to Adventure Therapy.

Income received in advance

If income is received in advance of an event or the provision of another specific service, it is deferred until the criteria for income recognition is clearly met.

Notes to the Accounts

Interest received

Interest on funds held on deposit is included when it is received.

Fixed (tangible) assets

Will depreciate on a straight line basis at a rate of 25% each year.

Investment income

Investment income, when applicable, will be credited as income when it is received.

Grants

Income from grants, including capital grants, is included as income when the charity has entitlement to and is in receipt of funds. That is unless the donor specifies that grants given to the charity must be used in future accounting years, in which case the income would be deferred until those years or when donors impose conditions which must be fulfilled before the charity becomes entitled to use such income. The income would then be deferred and not included as an income resource until the conditions for its use have been met.
Grants received for specific purposes are accounted for as restricted funds. Grants that provide core funding or are of a general nature provided by charitable foundations are recorded as donations.

Fundraising Events

Voluntary income raised through events (principally donations) is recognised in the period in which the event takes place and income is received.

Expenditure

Charitable Expenditure

Comprises of direct expenditure which is attributable to the charitable activities, fundraising and support costs of Adventure Therapy.

Expenditure is accounted for once there is a legal and constructive obligation to make a payment to a third party and that payment has been made. Expenditure has been classified under the following headings:

Marketing

Marketing costs are spent to raise awareness of the organisation and include staff costs, literature, advertising (in print format and through digital media), website and other promotional materials.

Fundraising

The costs incurred in raising funds to support our work include encouraging individuals and organisations to make voluntary contributions and donations to the charity. This includes staff costs and retail and may, in the future, include the cost of the charity's fundraising offices, storage facilities, supporter groups and trading and investment management fees. Fundraising costs and resources are considered to be an investment into the charity.

Support Costs

Administrative or support costs include office, desk space, computers, IT equipment and software, charity database, proportional vehicle and transport costs.

Expenditure

Governance

Governance costs comprises the costs of running the charity and ensuring it is legal and compliant. This includes the cost of legal advice for trustees, management costs, insurance costs, professional memberships, Data Protection and GDPR, preparing statutory accounts (including independent examination or external audit) and all costs of complying with constitutional and statutory requirements such as the costs of Board and Committee meetings.

Activities

Activities includes the enabling and delivery cost of our activities. This includes staff, volunteer and associated costs: assessing referrals, arranging and attending sessions, the cost of instruction (i.e. paying our Approved Activity Providers) and other professionals (e.g. occupational therapists and psychotherapists) who are registered with us and the evaluation of sessions. It may also include volunteer expenses for attending activities and the cost of equipment related to our activity provision and/or required for an activity to take place (e.g. specialist adaptive equipment, equipment which assists with accessibility and vehicles which provide transportation to activities).

Additional Notes

Taxation

The charity is exempt from Corporation Tax on its charitable activities. The charity is not registered for VAT.

Pension Costs

Adventure Therapy paid into a pension scheme for three members of staff.

Additional Notes

Adventure Therapy Retail

Our retail income has increased during this financial year but we continue to monitor the level of expenditure required in the day-to-day running of our retail premises. After careful review, the Trustees of Adventure Therapy consider our retail premises to be a justifiable expense as we gain a stronger foothold into North Devon, a greater recognition of our cause and a robust and reliable level of support from the local community and businesses.

Running the shop effectively and efficiently requires the employment of a part-time Retail Coordinator. However, due to rises in costs (including national minimum wage and National Insurance) we have made the difficult decision to make our part-time Retail Assistant position redundant and notice was given on 5 April 2025. We are fortunate to be supported by a dedicated retail volunteer team who will cover the hours formerly maintained by this employed position.

The shop is an excellent means of raising awareness, providing information on Adventure Therapy in the community and creating a recognisable brand in the town where we were Founded and are based.

Adventure Therapy Vehicle

We identified the benefits of an Adventure Therapy vehicle to enable access to our activities and we are very grateful to have received grant funding during this financial period to cover 100% of the purchase cost. The vehicle has been zero rated for VAT (as per HMRC guidance) and we were also grateful to be supported by a local vehicle dealership in discounting a vehicle in support of our cause. The vehicle will assist and support our beneficiaries by providing transportation to activities, which often take place in remote locations, in addition to carrying essential equipment (including specialist and adaptive equipment) required for an activity to take place. As the vehicle will be branded, it will also help to raise awareness of our work in the communities we serve.

Wild places
Smiles on faces

Our activities take place throughout the year. From the barren landscape of Dartmoor and the starkness of its granite tors, to the dense wooded valleys of Exmoor. We provide adventures on sandy shores, rugged coastlines and inland waterways.

We embrace the elements of every season to ensure we are there to support people when they need us; through their brighter days and their darkest days.

Our activities are fun to be part of but also provide emotional and physical challenges. We encourage a person to reach beyond their comfort zone and not give up immediately, but we never push someone beyond their capability.

We work at the pace of the individuals in our sessions, either by ensuring the group moves at the slowest pace required or by working on a 1:1 basis during an activity with any individual who requires additional support.

Acceptance is a vital component of all our sessions and for everyone involved, including participants and the Adventure Therapy team.

Who do we support

- Children aged 8+
- Young people
- Adults
- Siblings of children or young people

We support people with

- Mental health conditions
- Neurodevelopmental disorders
- Physical disability
- Life-threatening or life-limiting illnesses
- Life-changing conditions

Benefits of Adventure Therapy

Resilience

This means an individual has the capacity to recover quickly from the difficulties they face on a day-to-day basis. Our activities strengthen coping mechanisms and the ability to find ways to manage a situation.

Increased vitality

Our sessions help people to feel more energised and active in general and the release of endorphins triggers a positive feeling in the body, making them happier overall.

A sense of purpose and belonging

Our activities include teamwork and leadership, helping people to focus and see how they are making a difference. We show they matter through a can do and positive approach.

Learning new skills

Skills learnt at our sessions reach beyond the activity itself. Teamwork, communication, confidence, coping mechanisms. Life skills which can be carried over to family and social life, educational settings or the workplace.

Accessibility

We make adventure accessible: from all-terrain wheelchairs, an adaptive surfboard or bow, recumbent bikes, bespoke wetsuits and forest clearings which are level, easier to access and suitable for standard mobility aids.

Rehabilitation

Adventure Therapy can enable recovery. For example, our activity programme which helped a stroke survivor to regain posture, core muscle strength and gait, in addition to the emotional benefits which supported relationships within the family.

Benefits of Adventure Therapy

Friendships

People with disabilities often lead isolated lives. This is exacerbated further by living in rural communities. Our sessions help people to meet others who are in a similar situation, where friendships are forged during the programme which can also extend outside of our activities.

Calm

The power of spending time in nature and the outdoors should not be under-estimated. The multi-sensory and natural setting which has a positive and direct effect through sight, sound, smell and touch. The taste of salt air. The sound of birdsong. The trail underfoot. Sun. Rain. Mud. Rock. The emotional connection between rider and horse.

Making memories

We support people with life-limiting illnesses. Children who are not expected to live in to adulthood and adults who have been given an impossible prognosis. In addition to making the most of life through our adventures, we also create special memories for siblings, parents and grandparents.

Improved self-esteem

Anxiety can have a detrimental affect on confidence and decrease self-esteem. This often results in negativity, seeing things in a critical way and making it difficult to take on the day-to-day challenges of life. Taking part in our activities, overcoming obstacles and achieving goals improves overall confidence and positivity.

Communication

Our group settings encourage people to communicate with one another. This may be through another person attending the session who offers help or an instructor or member of the Adventure Therapy team. We are there to listen and support an individual throughout the programme and our feedback and evaluation enables a person to say how they feel during and following an activity and whether they may need additional support.

The wider impact of Adventure Therapy

Emotional strength

Our activities are emotive experiences and enable people to gain control and a better understanding of how they react in difficult or challenging situations.

Family relationships

Adventure Therapy can help children and young people to communicate with their family, spend time together through new and shared interests and encourage positive relationships between siblings.

Engagement in the workplace

Our WorkAbility programme helps people to grow in confidence, increase social awareness and develop communication skills. For adults with neurodevelopmental disorders this also helps to strengthen resilience.

Engagement in education

Skills learnt at our sessions are often not immediately apparent to the individual as they learn. This organic form of learning, outside of the classroom, includes communication, adaptability, peer support, listening skills and putting what has been learnt into practice in an exciting, fun and adventurous environment.

Engagement in the community

We encourage individuals to support our charity after they have finished an activity programme with us through volunteering. This ownership of what they have learnt and continuing to be part of Adventure Therapy encourages helping others and giving back to the community, in addition to the positive benefits to mental health gained through volunteering.

ADVENTURE Therapy

Making Life Great Outdoors™

#MakingLifeGreatOutdoors

Registered with FUNDRAISING REGULATOR

info@adventuretherapy.org.uk
adventuretherapy.org.uk
01271 865285

5 Seaview Estate | Ilfracombe
Devon | EX34 9PP

ADVENTURE THERAPY

England & Wales - Charity number 1173646

Accounts

ADVENTURE Therapy

Annual Report and Financial Statements Year Ended 5 April 2024

Explore. Discover. Challenge.

Registered with FUNDRAISING REGULATOR

Making Life Great Outdoors™

adventuretherapy.org.uk

Registered Charity Number 1173646

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Procter Accountancy

Accounts & Tax Services | Payroll | VAT | Book-keeping

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

ADVENTURE THERAPY

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 05 April 2024, which are set out on pages 21 to 31.

Responsibilities and basis of the report

As the charity trustees of the CIO, 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 the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners 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 as required by section 130 of the Act; or
2. The accounts do not accord with those records.

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.

Miss S L Procter MAAT
Procter Accountancy
3 Princess Street
Barnstaple
Devon
EX32 7EU

Date 30th July 2024

aat

Sadie Procter | Accountant MAAT
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PII No: A26940PIA153

Legal and Charity Information

Registered Office	Adventure Therapy 5 Seaview Estate Ilfracombe Devon EX34 9PP
Registered Charity Number	1173646
Principle Bankers	The Cooperative Bank PO Box 250 Skelmersdale WN8 6WT
Insurer	Zurich Insurance PLC The Zurich Centre 3000 Parkway Whiteley Fareham Hampshire PO15 7JZ

Trustees	Geoff Hills Dean Gammon Amber Gammon*
Founder and Chief Executive	Rob Emery MILM (Cert) MCIOF
Independent Examiner	Miss. S.L. Procter MAAT Procter Accountancy 3 Princess Street Barnstaple Devon EX34 7EU

*please note that Amber Gammon is unrelated to Dean Gammon

Our Purpose and Vision

Mission

Adventure Therapy is a registered charity, Founded in 2017 and based in Ilfracombe, Devon.

We exist to improve the emotional and physical wellbeing of children, young people and adults with unique health conditions, impairments or limitations through outdoor and adventure-led activities.

We support people with mental health conditions, learning disability, physical disability, life-threatening or life-shortening illnesses and life-changing conditions. We make a positive difference in challenging and complex lives.

Our activities develop skills and abilities through individual and group sessions, team work and leadership. This builds self-confidence and strengthens resilience. The therapeutic benefits of time spent outdoors in nature and adventure should not be under-estimated. Our activities provide a sense of accomplishment and purpose, improve vitality and self-esteem, help people who are isolated to form friendships and create special memories for families.

Vision

Adventure Therapy provides emotional and physical challenges for children, young people and adults who face their own unique challenges, every day.

We focus on improving or changing complex lives through adventure. We do this through the provision of a diverse range of outdoor activities (currently 20) which are suitable for varying abilities and unique circumstances.

Our activities offer excitement and fun, helping to improve the lives of people who feel isolated, alone or in crisis.

We make a positive impact on the children, young people and adults we support; and their families. We enrich lives through time spent outdoors, in unfamiliar environments and through the varying elements of the natural world.

Our Purpose and Vision

Working in Partnership

We continue to work in partnership with other institutions, charities and community organisations, collaborating to support their students, service users, patients and clients; we will continue to do this.

We receive professional referrals from the NHS, Social Services, healthcare specialists (e.g. physiotherapists and occupational therapists), schools and colleges (as part of SEND), other charities and community organisations.

We want to continue to develop our professional relationships and develop a better understanding and knowledge of using adventure and the outdoors as an effective and recognised form of therapy.

Education and Research

To become a trusted voice for outdoor therapy by encouraging and helping to develop research into utilising adventure-led activities and the outdoors as a form of therapy for the communities we support.

We receive enquiries from university students who are completing their dissertation in outdoor education and using adventure as a form of therapy. We want to develop this: working with schools, colleges and universities, in addition to our service users, in putting this in to practice and developing our services based on this evidence-based research.

We are participating in clinical psychology research with Exeter University to conduct studies into the positive difference that Adventure Therapy makes to young people with Acquired Brain Injury, epilepsy, ADHD or autism.

The results from this study will be instrumental in the further development of our programme of activities and ensure we continue to offer the level of support required to change lives through adventure.

We are both reactive and proactive and we are driven by results. This will enable us to continue to grow as an organisation and remain versatile and adaptable in our approach.

Trustee Report

Year ended 5 April 2024

The Trustees and Founder and Chief Executive of Adventure Therapy present their Annual Report and Financial Statements for the year ended 5 April 2024.

As a Charitable Incorporated Organisation (CIO), Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing receipts and payments accounts.

Founded on 3 July 2017, Adventure Therapy exists to improve the emotional and physical wellbeing of children, young people and adults with mental health conditions, physical disability, learning disability, life-threatening or life-shortening illnesses and life-changing conditions, through the provision of outdoor and adventure-led activities.

Adventure Therapy is a registered charity with the Charity Commission in England and Wales (charity number 1173646).

> "I've not met anyone else with a brain injury, so this is new for me, I hope to come more often this year."
>
> A young person following our family day, December 2023

Chairman and Founder's Report

We have continued to develop our range of activities, opening new opportunities for our beneficiaries to experience the outdoors and adventure in a safe environment where they will be listened to and understood.

We have opened our first retail premises in Ilfracombe, North Devon to raise awareness of our cause - and revenue - to support the local community, in addition to providing volunteering opportunities.

Whilst we recognise the importance of diversifying our income streams, as with many charities, we are aware of a continued need to rely on the support of our generous grant funders to meet our objectives and an increasing demand for our support.

We have been extremely grateful to receive a further significant gift from a major donor, to continue our support for young people with Acquired Brain Injury.

We extend our sincere gratitude to everyone who has kindly supported our cause this year. Your generosity means so much. Together we can change lives through adventure.

Geoff Hills
Chair of Trustees

Rob Emery
MILM (Cert) MCIOF
Founder and Chief Executive

Structure, Governance and Management

Adventure Therapy is a Charitable Incorporated Organisation (CIO) and is governed by a Constitution and has no share capital.

The charity is overseen by a board of Trustees who have responsibility for the governance of the organisation.

The Board of Trustees has the power to nominate and appoint other Trustees as is considered appropriate and in the best interests of the organisation.

New Trustees are offered a programme of induction which includes information provided by the Charity Commission and literature which is specific to the charity, to include:

- The Charity Commission Charity Trustee Welcome Pack
- Adventure Therapy Constitution
- Minutes from our most recent Trustee meeting
- Our Safeguarding Children and Safeguarding Vulnerable Adults Policies
- Our Most recent Annual Report and Financial Statements

An induction also includes meeting the Founder and Chief Executive of Adventure Therapy and its current Board of Trustees.

Trustees may be asked to attend a fundraising event or assist in the recruitment of volunteers.

Structure, Governance and Management

All Trustees give up their time freely and no Trustee receives remuneration. No Trustee incurred expenses during this accounting period.

The Trustees meet as a board (with our Founder and Chief Executive) on a quarterly basis to ensure the governance and strategic management of the charity is implemented. This includes (but is not limited to) discussing:

- The strategic direction of the organisation
- Fundraising
- Monitoring financial performance
- Risk Management
- Human Resources

All decisions reached are by the majority vote of the Trustees.

The finance function is currently overseen by Dean Gammon (who acts as Treasurer) and the Founder and Chief Executive of the charity, Rob Emery.

Structure, Governance and Management

Employees

During this accounting period one member of staff resigned from their position. Our Founder and Chief Executive and Chair of Trustees have decided to not reappoint to this role at the present time.

Senior Management Remuneration

Our Founder and Chief Executive works for the organisation on a part-time basis which includes employed and voluntary hours. No employee earns more than £60,000.

Volunteers

The charity was pleased to appoint 4 new volunteers.

Public Benefit

Our Trustees confirm they have referred to the Charity Commission general guidance on public benefit when reviewing the aims and objectives of the charity. The benefits of Adventure Therapy are highlighted in this report but further information is provided on our website (www.adventuretherapy.org.uk). The Trustees review the charity's activities against its aims and objectives on an ongoing basis and are satisfied that its activities continue to align with its purpose. The beneficiaries of Adventure Therapy are children, young people and adults with mental health conditions, learning disability, physical disability, life-threatening or life-shortening illnesses or life-changing conditions. A referral process is in place for professional and private referrals and can be accessed through our website (or in hardcopy format if preferred) and clear guidance on criteria is provided when requested to ensure that those who meet the criteria can be offered activities and be supported by the charity, subject to funding.

Structure, Governance and Management

Charity Governance Code

Adventure Therapy is a not-for-profit organisation and aims to follow charity sector best practice. Our Trustees are aware that good governance is fundamental to the success of an organisation and that the Charity Governance Code supports the charity's compliance with the law and relevant legislation. The Code relates to an organisations purpose, leadership, integrity, decision making, board effectiveness, equality and diversity, openness and accountability. Board members consider that Adventure Therapy's governance framework aligns with many aspects of the Code and on an ongoing basis, they will undertake a review of the Code and implement any consequential changes to Adventure Therapy's governance and standards, as considered necessary.

"Thankyou so much, it is wonderful to see him taking part and laughing just like he used to be, this is my son again..."

Parent, following a climbing session.

Objects and Activities

The objects of the charity are for the Public Benefit, the relief of people in need by reason of ill-health, disability or other disadvantage or difficultly including, but not limited by:

1. The provision of recreational activities, provided in the interests of social welfare with a view to improving conditions of life.

2. The advancement of education and development of skills, capabilities and confidence as a means of therapy and in particular, but not exclusively, through the provision of instruction and facilities in outdoor/adventure pursuits and other related activities.

3. To enable the access of and ability to carry our such activities as deemed supportive in aiding recovery and/or quality of life through the provision of specialist equipment or grants to enable the purchase of such equipment.

4. The advancement of health or the saving of lives, by raising awareness of and carrying our research in the therapeutic benefits of outdoor/adventure pursuits and other related activities.

For the purpose of this clause, ill-health, disability or other disadvantage or difficulty means mental health conditions, learning disability, physical disability, life-threatening or life-shortening illnesses or life-changing conditions.

Activities of the Charity

Adventure Therapy exists to improve the emotional and physical wellbeing of children, young people and adults with mental health conditions, learning disability, physical disability, life-threatening or life-shortening illnesses or life-changing conditions, through outdoor and adventure-led activities.

Our activities strengthen resilience, improve vitality and self-esteem, provide a sense of purpose, help people who are isolated to form friendships and create special memories for families.

Policies

Reserves Policy

Our Trustees recognise their commitment and obligation in providing activities for the children, young people and adults who use our services and our commitment to support new referrals whilst maintaining our service over the longer term. In their view it is vital to secure and maintain unrestricted general funds at a level that will ensure the availability of the services provided by Adventure Therapy during periods of economic uncertainty.

In establishing the Adventure Therapy reserves policy, our Trustees have taken guidance from the Charity Commission and considered the structure and activities of the organisation. This includes projecting cash flow over the next five years and identifying our associated key risks during this period. We take in to account both income and expenditure whilst also giving consideration to already committed expenditure, if it is appropriate. From this, it has been found to be prudent for Adventure Therapy to maintain a target range of unrestricted reserves of between 9 and 12 months operating costs. However, it should be noted that at present our members of staff are part time, two of which are funded by restricted grants and therefore the capital requirement remains minimal. This policy is not static and will be reviewed regularly to ensure it meets the needs of the charity as it develops and as its running costs increase.

Our unrestricted general funds (free reserves) are £8,105.61 as at 5 April 2024.

The trustees consider it of strategic importance to increase our unrestricted funds and, whilst maintaining our day-to-day services for the public benefit, build a reserve of funds to provide future security for the organisation.

Risk Policy

The Trustees and Chief Executive have reviewed the major strategic, financial and operational risks associated with the charity and confirm that procedures established (or since improved) continue to mitigate those risks.

Policies

Investment Policy

The Trustees have not considered investment of funds at this stage as we do not have sufficient unrestricted funds available to review this important part of our operational planning. However, once we are in a suitable position financially, we will draw up and agree on an investment policy with any funds being invested in UK deposit accounts with an approved UK regulated bank or through advice received from an Independent Financial Advisor/Investment Management company.

Whilst we would always endeavour to maintain a diverse investment portfolio, with low to medium risk, we would always try to avoid investment into companies which turnover relates to armaments, tobacco products, fossil fuels, gambling, pornography or alcohol manufacture.

Safeguarding Policies

Adventure Therapy has a Child Safeguarding and Vulnerable Adults Policy in place which is available on our website or on request. These policies are provided to team members who are working directly with our beneficiaries, including our volunteers, occupational therapist, psychotherapists and our Approved Activity Providers. Where required, all members of our team, including those who freelance their services to us, are required to hold a valid DBS check.

Equality, Diversity and Inclusion Policy

Adventure Therapy is committed to encouraging equality, diversity and inclusion among its workforce, and eliminating unlawful discrimination. The aim is for our workforce, service users and customers to be truly representative of all sections of society and for each employee to feel respected and be able to give their best.

Adventure Therapy, in providing its activities or facilities, services and/or goods, is committed against unlawful discrimination of its service users and their families, our approved activity providers and instructors, volunteers, Trustees and members of staff.

Policies

Our principle risks follow:

One of our major considerations is a risk of accidents when participating in adventurous activities. It is important to understand that Adventure Therapy facilitates its outdoor activities via third party registered activity providers and instructors and as such, does not provide activity instruction directly (i.e. by an Adventure Therapy employee). Therefore, the health and safety risk is undertaken by the activity provider and any person (or if applicable, parent, guardian and/or sibling) participating in an activity via referral from Adventure Therapy must sign (digitally or in person) a disclosure agreement which confirms the basis on which activities are undertaken, including the risk involved and the responsibility for that risk. However, as part of our processes and due diligence we will always ensure our Approved Activity Provider and/or registered instructor is:

- Experienced and qualified
- Holds valid liability insurance
- Is a member of an appropriate membership, governing or regulatory body
- Holds a valid DBS Certificate (where applicable)
- Has child safeguarding and vulnerable adult safeguarding policies in place
- Will act as an ambassador for Adventure Therapy, sharing in our ethos and vision
- Is confident working with people with complex needs

Policies

We must also consider reputational risk should any person or persons be injured as a result of taking part in an activity under referral from Adventure Therapy. Other risks which are considered on an ongoing basis include:

- Risk of fraud by Trustees, volunteers or employees of the charity
- Risk of accidental damage to the charity's assets
- Risk of losing or not obtaining funding for support costs
- Risk that our Founder and CEO does not have sufficient time available to dedicate to the managerial role
- Risk of our Founder and CEO not being in a position to continue with his role/a similar role

Current status

Our Fundraising Strategy is under continuous development to ensure we are able to provide our services in the future. We are reviewing options for the short, medium and longer term which includes trusts and grants in the short-term, corporate and community fundraising in the medium term (dependent on marketing and promotion and assistance from volunteers) and over the longer-term, in memoriam fundraising and gifts in Wills (legacies).

We remain conscious that community fundraising continues to be a difficult source of income for the charity to increase to a significant and reliable level. Our Fundraising and Marketing Strategy will be reviewed regularly before the end of the next accounting period (5 April 2025) to take this in to account but it is probable that we will need to continue to rely on funding from Trusts and Grants for the foreseeable future.

- Develop our activities and services in Devon and Somerset
- Increase awareness of the charity across the region
- Continue to review and develop our Fundraising Strategy
- Work with our Ambassadors to encourage support from the outdoor activities community
- Recruit additional (and maintain existing) volunteers
- Continue to develop the charity and improve our infrastructure and security for the future
- Increase reliable and long-term income streams to support our work

Grants received

We are extremely grateful to our grant funders both past and present for their support and belief in what we endeavour to achieve as an organisation.

Grants received during this accounting period

Grant Funder	Supports
Gibbons Family Trust	Activities
Somerset Community Foundation	Activities
Bideford Round Table	Equipment
Leathersellers Foundation	Equipment
Teignbridge Council	Activities
The National Lottery	Activities
Albert Hunt	Activities
Garfield Weston	Activities
Somerset Community Foundation (Wessex Water)	Activities

Statement of Trustees Responsibilities

The Trustees of Adventure Therapy are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law in the United Kingdom.

The Trustees of a Charitable Incorporated Organisation (CIO) must prepare financial statements for each financial year and they must not be approved unless the Trustees are satisfied they provide a true and fair view of the state of affairs of the charitable organisation, including the incoming resources and application of such resources. This includes income and expenditure for that period. In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and apply them consistently.
- Make judgements and estimates which are reasonable and prudent.
- Whilst our Trustees observe the methods and principles of the Charities SORP, as a Charitable Incorporated Organisation, Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing accounts on the receipts and payments basis.
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

Statement of Trustees Responsibilities

The Trustees of Adventure Therapy are responsible for keeping sufficient accounting records that show and explain the charities transactions, disclose with reasonable accuracy at any time the financial position of the charity and ensure they comply with relevant legislation and with the provisions of the charities constitution. They are also responsible for safeguarding the assets of the charity and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

This report was approved by the Board of Trustees on 15 July 2024 and is signed on its behalf by

Geoff Hills
Chair of Trustees

Statement of Fundraising

Supporters of Adventure Therapy can be assured that we comply with the regulatory standards for fundraising. We are registered with the Fundraising Regulator and we are committed to the Fundraising Promise and adherence to the Code of Fundraising Practice. This report covers the requirements that charities must follow as set out in the Charities Act 2016. We also abide by our own Ethical Fundraising Policy. We are authorised to use the Fundraising Regulator logo on our fundraising materials and website. We do not use external fundraising agencies but would encourage any service providers we use for fundraising to also be signed up to the code.

We only work with service providers and appoint volunteers to carry out fundraising duties that we have confidence in and who have sufficient knowledge and expertise to support us as required, so we protect our supporters and the reputation of our charity. We ensure that the correct safeguards are in place with our suppliers and those who fundraise on our behalf. We require fundraising suppliers to confirm they comply with the Code of Fundraising Practice and provide training to volunteers, when required.

As a charity that does not receive statutory funding, we need to raise all funds through fundraising activities, to enable our work to continue.

This year we continued to fundraise through Trusts and Grants and were grateful for further and significant support from a Major Donor, through events and the continued generosity of the communities we serve.

> Thank you to all our supporters for your generosity throughout the year. Your kindness and dedication to our cause has helped people to form friendships, provided a sense of accomplishment and strengthened resilience. You have changed lives through adventure.

Statement of Fundraising

On a day-to-day basis, all fundraising activities for the charity are managed by our Founder and Chief Executive, who is a Full Member of the Institute of Fundraising and a Certified Member of the Institute of Legacy Management. We employ one part-time (30 hours per week) Project Coordinator to assist in developing our services and raise awareness of our work. We are aware of a continued need to recruit volunteers to assist with fundraising and this will be included in any revisions to our fundraising strategy. Overall, fundraising activities are overseen by our Board of Trustees.

Our website (www.adventuretherapy.org.uk) outlines our complaints policy for the public and clearly explains how an individual can complain. We have received no complaints with reference to fundraising during this financial year.

We are aware of our obligations to the public in this area and we are thorough in our fundraising activities to ensure there is no intrusion on people's privacy or any undue pressure applied in line with the latest General Data Protection legislation. Our child safeguarding policy and our vulnerable adults policy is available on our website and on request. We do not intentionally carry out fundraising activities to people we consider to be vulnerable and we are committed to ensuring a parent, guardian or attorney is present and/or aware (referring to the GDPR directive), if a person we consider to be vulnerable indicates an intention to support our work, directly.

> "I haven't seen my girls so fired up for months, they both look so happy and are actually playing together & laughing!. Thank you all".
>
> Parent, following a kayaking and paddle board session

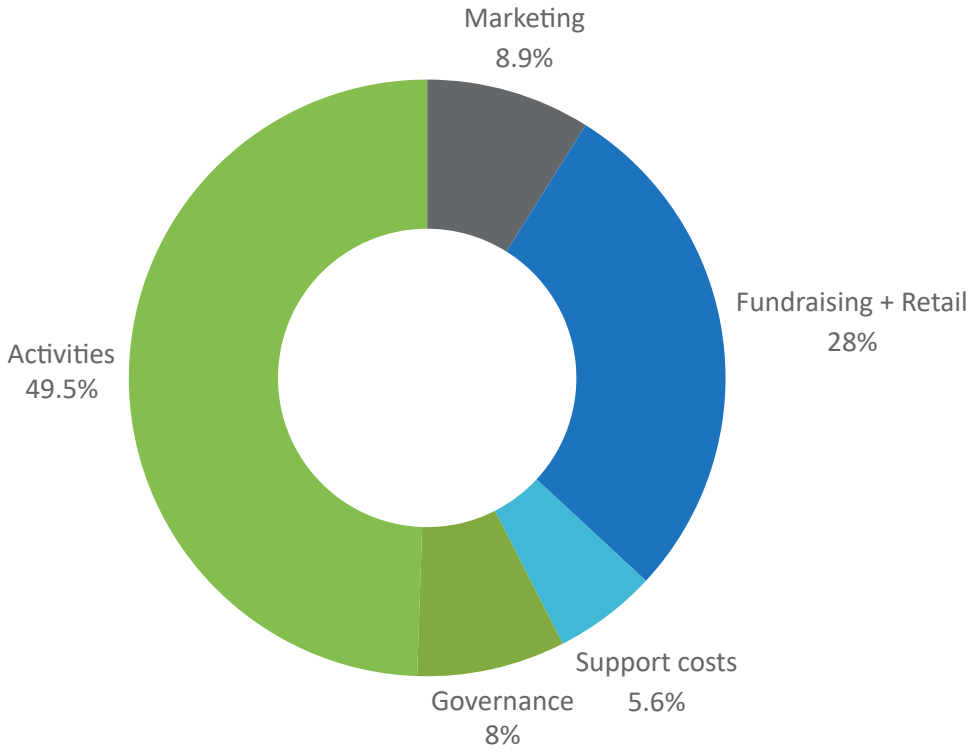
Receipts and Payments Account

Income and Expenditure for the year ended 5 April 2024

Receipts	**Unrestricted Funds**	**Restricted Funds**	**Total Funds 05.04.2024**	**Total Funds 05.04.2023**
Donations and Grants	£23,582.56	£55,800.00	£79,382.56	£60,952.32
Retail	£13,761.45	£0.00	£13,761.45	£567.62 (Other)
Total Receipts	**£37,344.01**	**£55,800.00**	**£93,144.01**	**£61,591.94**
Payments				
Marketing	£5,869.02	£500.00	£6,369.02	£6,911.78
Fundraising (includes retail)	£20,019.91	£0.00	£20,019.91	£10,125.71
Support costs	£3,495.29	£500.00	£3,995.29	£5,594.84
Governance costs	£5,503.27	£250.00	£5,753.27	£3,636.98
Activities	£0.00	£35,363.76	£35,363.76	£35,753.76
Total Payments	**£34,887.49**	**£36,613.76**	**£71,501.25**	**£62,023.07**
Transferred to Reserves	£3,000.00	£0.00	£3,000.00	£3,000.00
Net receipts/payments and net movement of funds	-£543.48	£19,186.24	£18,642.76	£22,909.56
Reconciliation of Funds				
Total Funds brought forward	£4,490.47	£64,067.03	N/A	£68,557.50
Total Funds carried forward	**£3,946.99**	**£83,253.27**	**£87,200.26**	

Expenditure

Expenditure for the year ended 5 April 2024



We supported a total of 189 people, ranging from the ages of 9 years old through to 56 years old. The majority of referrals received were for young people (aged 12 - 30) with mental health conditions, learning disability or Acquired Brain Injury (ABI). Mental health conditions range from ADHD and PTSD and include suicidal thoughts. Learning disability includes people with a learning disability who are also physically disabled.

From the 20 activities we provide, certain ones were considered to be more beneficial to the wellbeing of the individuals and groups referred than others and therefore we completed a greater number of these activities. These were climbing, horse riding, archery and bushcraft.

Receipts and Payments Account

Income and Expenditure for the year ended 5 April 2024

Grants received during this accounting period

Grant Funder	Amount	Grant Funder	Amount
Gibbons Family Trust	£1,800.00	The National Lottery	£20,000.00
Somerset Community Foundation	£4,000.00	Albert Hunt	£2,000.00
Bideford Round Table	£1,500.00	Garfield Weston Foundation	£20,000.00
Leathersellers Foundation	£2,000.00	Somerset Community Foundation (Wessex Water)	£2,000.00
Teignbridge Council	£500.00		
		Total Grants	**£53,800.00**
Major Donors	£12,000.00		

The Receipts and Payments Account includes all gains and losses recognised in the year.

The Charitable Incorporated Organisation is entitled to exemption from audit for the year ended 5 April 2024.

Total cash at bank at 5 April 2024 - £87,200.26

Total reserves at bank at 5 April 2024 - £8,105.61

Statement of Assets and Liabilities

For the year ended 5 April 2023

Current Assets	**2024**	**2023**
Stock	£0.00	£0.00
Debtors	£0.00	£0.00
Bank Current Account	£87,200.26	£68,557.50
Bank Reserves Account	£8,105.61	£5,023.04
Fixed (tangible) assets	£8,600.00	£6,000.00
Total	£103,905.87	£79,580.04
Current liabilities		
Creditors (amounts falling due within one year)	£0.00	£0.00
Net current assets		
Net assets	£54,735.39	£49,170.48
Funds		
Unrestricted funds	£3,946.99	-£2,166.74
Restricted funds	£83,253.27	-£1,336.39
Reserves	£8,105.61	£5,023.04
Total Charity Funds	**£95,305.87**	**£73,580.54**

Notes to the Financial Statements

Adventure Therapy is a Charitable Incorporated Organisation (CIO) in England and Wales. Its principal address is 5 Seaview Estate, Ilfracombe, Devon EX34 9PP.

The accounts have been prepared in sterling which is the functional currency of the charity.

The charity meets the definition of a public benefit entity.

The financial statements have been prepared on the assumption that the charity is able to carry on as a going concern, which the Trustees consider appropriate having regard to the circumstances outlined in the Chairman's report and in grants which have been awarded during and since the end of this financial reporting period.

Approval

This Statement of Financial Activities was approved by the Board of Trustees on 15 July 2024 and is signed on its behalf by

Dean Gammon
Trustee, Treasurer

Notes to the Accounts

Income

Income is recognised when the charity has entitlement to and is in receipt of funds.

Income from voluntary sources is received by way of donations and gifts and is included in full in the Receipts and Payments Account (Statement of Financial Activities) when received.

Income from gift aid tax reclaims is recognised for all donations made prior to the year end, provided valid gift aid declarations are held.

Restricted Funds

These are stated by the donor of the funds or the appeal to which they relate, for specific purposes within the overall aims of the organisation. Donations and income deriving from restricted gifts will be used in accordance with specific purposes.

Unrestricted Funds

These are funds which may be used at the discretion of the management in furtherance of the objects of the charity. Income received through retail is designated as unrestricted unless otherwise stated.

Donations

Donations received for the general purposes of the charity are included, if applicable, as unrestricted funds.

Donations for activities which are restricted by the donor are allocated as restricted funds. Donations required to be retained as capital in accordance with the donors wishes are accounted for as endowments – permanent or expendable, depending on the nature of the restriction.

Notes to the Accounts

Donations of services and facilities

If applicable, properties, investments and other fixed assets donated to the charity are included as income at market value at the time that the charity takes control of the item. Donated services and facilities are included as income, if material, at their estimated value to the charity when received. And under the appropriate expenditure heading, depending on the nature of the service provided, at the same value and time. Time donated by volunteers is of significant value to the charity, for which we are extremely grateful, but will not be recognised in the accounts as it cannot be reliably valued.

Legacy income

Gifts in Wills (legacies) are recognised when an Estate has been finalised by the Executor/s and a distribution is received from the Estate. Receipt of a legacy is only considered probable when the amount can be reliably measured and the Executors have advised the charity that a distribution will be made.

Where a legacy gift has been notified to the charity but the criteria for income recognition has not been met, the gift is treated as a contingent asset.

Whether the gift is a pecuniary legacy (a set amount of money in a Will) or a residuary legacy, gifts in Wills are recognised when amounts are distributed and in the case of residuary gifts, when the final Estate Accounts are agreed by the Executors and received by Adventure Therapy. Reversionary legacies are not recognised during the lifetime of the original beneficiary under the Will and are only recognised when the conditions of the gift are met and the legacy is distributed to Adventure Therapy.

Income received in advance

If income is received in advance of an event or the provision of another specific service, it is deferred until the criteria for income recognition is clearly met.

Notes to the Accounts

Interest received

Interest on funds held on deposit is included when it is received.

Fixed (tangible) assets

Will depreciate on a straight line basis at a rate of 20% each year.

Investment income

Investment income, when applicable, will be credited as income when it is received.

Grants

Income from grants, including capital grants, is included as income when the charity has entitlement to and is in receipt of funds. That is unless the donor specifies that grants given to the charity must be used in future accounting years, in which case the income would be deferred until those years or when donors impose conditions which must be fulfilled before the charity becomes entitled to use such income. The income would then be deferred and not included as an income resource until the conditions for its use have been met.
Grants received for specific purposes are accounted for as restricted funds. Grants that provide core funding or are of a general nature provided by charitable foundations are recorded as donations.

Fundraising Events

Voluntary income raised through events (principally donations) is recognised in the period in which the event takes place and income is received.

Expenditure

Charitable Expenditure

Comprises of direct expenditure which is attributable to the charitable activities, fundraising and support costs of Adventure Therapy.

Expenditure is accounted for once there is a legal and constructive obligation to make a payment to a third party and that payment has been made. Expenditure has been classified under the following headings:

Marketing

Marketing costs are spent to raise awareness of the organisation and include staff costs, literature, advertising (in print format and through digital media), website and other promotional materials.

Fundraising

The costs incurred in raising funds to support our work include encouraging individuals and organisations to make voluntary contributions and donations to the charity. This includes staff costs and retail and may, in the future, include the cost of the charity's fundraising offices, storage facilities, supporter groups and trading and investment management fees. Fundraising costs and resources are considered to be an investment into the charity.

Support Costs

Administrative or support costs include office, desk space, computers, IT equipment and software, charity database and transport costs.

Expenditure

Governance

Governance costs comprises the costs of running the charity and ensuring it is legal and compliant. This includes the cost of legal advice for trustees, management costs, insurance costs, professional memberships, Data Protection and GDPR, preparing statutory accounts (including independent examination or external audit) and all costs of complying with constitutional and statutory requirements such as the costs of Board and Committee meetings.

Activities

Activities includes the direct delivery cost of our activities including staff and associated costs: assessing referrals, arranging and attending sessions, the cost of instruction (i.e. paying our Approved Activity Providers) and evaluation of sessions. It may also include the cost of equipment required for an activity to take place.

Additional Notes

Taxation

The charity is exempt from Corporation Tax on its charitable activities.

The charity is not registered for VAT.

Pension Costs

Adventure Therapy paid into a pension scheme for three members of staff.

Additional Notes

Adventure Therapy Retail

During the first quarter of this financial year, we opened our charity shop. This is located in Ilfracombe, the town in North Devon where we were founded. We recognise the initial cost in setting up a retail outlet including shop fittings and signage. We consider this to be a justifiable expense as we endeavor to gain a stronger foothold into North Devon, a greater recognition of our cause and a robust and reliable level of support from the local community and businesses.

Running the shop effectively and efficiently has required the employment of a part-time Retail Coordinator and part-time Retail Assistant. We are receiving an increasing number of quality donations of stock to the shop, volunteer support and a growing number of regular customers.

The shop is an excellent means of raising awareness, providing information on Adventure Therapy and creating a recognisable brand in the town. However, we also consider the expenditure necessary in running a retail premises and we regularly monitor the income requirement for retail to continue to be considered as a justifiable expense.

"I love coming here, everyone is so friendly I always make new friends."

Wild places

Smiles on faces

Our activities take place throughout the year. From the barren landscape of Dartmoor and the starkness of its granite tors, to the dense wooded valleys of Exmoor. We provide adventures on sandy shores, rugged coastlines and inland waterways.

We embrace the elements of every season to ensure we are there to support people when they need us; through their brighter days and their darkest days.

Our activities are fun to be part of but also provide emotional and physical challenges. We encourage a person to reach beyond their comfort zone and not give up immediately, but we never push someone beyond their capability.

We work at the pace of the individuals in our sessions, either by ensuring the group moves at the slowest pace required or by working on a 1:1 basis during an activity with any individual who requires additional support.

Acceptance is a vital component of all our sessions and for everyone involved, including participants and the Adventure Therapy team.

Who do we support

- Children aged 8+
- Young people
- Adults
- Siblings of children or young people

We support people with

- Mental health conditions
- Learning disability
- Physical disability
- Life-threatening or life-shortening illnesses
- Life-changing conditions

Benefits of Adventure Therapy

Resilience

This means an individual has the capacity to recover quickly from the difficulties they face on a day-to-day basis. Our activities strengthen coping mechanisms and the ability to find ways to manage a situation.

Increased vitality

Our sessions help people to feel more energised and active in general and the release of endorphins triggers a positive feeling in the body, making them happier overall.

A sense of purpose and belonging

Our activities include teamwork and leadership, helping people to focus and see how they are making a difference. We show they matter through a can do and positive approach.

Learning new skills

Skills learnt at our sessions reach beyond the activity itself. Teamwork, communication, confidence, coping mechanisms. Life skills which can be carried over to family and social life, educational settings or the workplace.

Accessibility

We make adventure accessible: from all-terrain wheelchairs, an adaptive surfboard or bow, recumbent bikes, bespoke wetsuits and forest clearings which are level, easier to access and suitable for standard mobility aids.

Rehabilitation

Adventure Therapy can enable recovery. For example, our activity programme which helped a stroke victim to regain posture, core muscle strength and gait, in addition to the emotional benefits which supported relationships within the family.

Benefits of Adventure Therapy

Friendships

People with disabilities often lead isolated lives. This is exacerbated further by living in rural communities. Our sessions help people to meet others who are in a similar situation, where friendships are forged during the programme which can also extend outside of our activities.

Calm

The power of spending time in nature and the outdoors should not be under-estimated. The multi-sensory and natural setting which has a positive and direct effect through sight, sound, smell and touch. The taste of salt air. The sound of birdsong. Sun. Rain. Mud. Rock. The emotional connection between rider and horse.

Making memories

We support people with life-shortening illnesses. Children who are not expected to live in to adulthood and adults who have been given an impossible prognosis. In addition to making the most of life through our adventures, we also create special memories for siblings, parents and grandparents.

Improved self-esteem

Anxiety can affect confidence and decrease self-esteem. This often results in negativity and seeing things in a critical way and unable to take on the day-to-day challenges of life. Taking part in our activities, overcoming obstacles and achieving goals improves overall confidence and positivity.

Communication

Our group settings encourage people to communicate with one another. This may be through another person attending the session, who offers help or an instructor or member of the Adventure Therapy team. We are there to listen and support an individual throughout the programme and our feedback and evaluation enables a person to say how they feel during and following an activity.

The wider impact of Adventure Therapy

Emotional strength

Our activities are emotive experiences and enable people to gain control and a better understanding of how they react in difficult or challenging situations.

Family relationships

Adventure Therapy can help children and young people to communicate with their family, spend time together through new and shared interests and encourage positive relationships between siblings.

Engagement in the workplace

Our Fit for Work programme helps people to grow in confidence, increase social awareness and develop communication skills. For adults with learning disability this helps build resilience.

Engagement in education

Skills learnt at our sessions are often not immediately apparent to the individual as they learn. This organic form of learning, outside of the classroom, includes communication, adaptability, peer support, listening skills and putting what has been learnt into practice in an exciting, fun and adventurous environment.

Engagement in the community

We encourage individuals to support our charity after they have finished an activity programme with us through volunteering. This ownership of what they have learnt and continuing to be part of Adventure Therapy encourages helping others and giving back to the community, in addition to the positive benefits to mental health gained through volunteering.

ADVENTURE Therapy

Making Life Great Outdoors™

#MakingLifeGreatOutdoors

Registered with FUNDRAISING REGULATOR

info@adventuretherapy.org.uk
www.adventuretherapy.org.uk
01271 865285

5 Seaview Estate | Ilfracombe
Devon | EX34 9PP

ADVENTURE THERAPY

England & Wales - Charity number 1173646

Accounts

ADVENTURE Therapy

Annual Report and Financial Statements Year Ended 5 April 2023

Explore.
Discover.
Challenge.

Procter Accountancy

Accounts & Tax Services | Payroll | VAT | Book-keeping

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

ADVENTURE THERAPY

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 05 April 2023, which are set out on pages 21 to 31.

Responsibilities and basis of the report

As the charity trustees of the CIO, 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 the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners 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 as required by section 130 of the Act; or
2. The accounts do not accord with those records.

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.

S L Procter

Miss S L Procter MAAT
Procter Accountancy
3 Princess Street
Barnstaple
Devon
EX32 7EU

Date 29th September 2023

aat

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Legal and Charity Information

Registered Office	Adventure Therapy 5 Seaview Estate Ilfracombe Devon EX34 9PP
Registered Charity Number	1173646
Principle Bankers	The Cooperative Bank PO Box 250 Skelmersdale WN8 6WT
Insurer	Zurich Insurance PLC The Zurich Centre 3000 Parkway Whiteley Fareham Hampshire PO15 7JZ

Trustees	Geoff Hills Dean Gammon Amber Gammon*
Founder and Management	Rob Emery MILM (Cert) MCIOF
Independent Examiner	Miss. S.L. Procter MAAT Procter Accountancy 3 Princess Street Barnstaple Devon EX34 7EU

*please note that Amber Gammon is unrelated to Dean Gammon

Our Purpose and Vision

Mission

Adventure Therapy is a registered charity, Founded and based in Ilfracombe, Devon.

We exist to improve the emotional and physical wellbeing of children, young people and adults with unique health conditions, impairments or limitations through outdoor and adventure-led activities.

We support people with mental health conditions, learning disability, physical disability, life-threatening or life-shortening illnesses and life-changing conditions. We make a positive difference in challenging and complex lives.

Our activities develop skills and abilities through individual and group sessions, team work and leadership. This builds self-confidence and strengthens resilience. The therapeutic benefits of time spent outdoors in nature and adventure should not be under-estimated. Our activities provide a sense of accomplishment and purpose, improve self-esteem, help people who are isolated to form friendships and create special memories for families.

Vision

Our focus is to improve or change lives through adventure. We do this through the provision of a diverse range of outdoor activities (currently 20) which are suitable for varying abilities and unique circumstances.

We provide emotional and physical challenges for children, young people and adults who face their own unique challenges, every day.

Our activities offer excitement and fun and help to improve the lives of people who feel isolated and alone.

We aim to make a positive impact on the children, young people, adults and families we support and to enrich lives through time spent outdoors, in unfamiliar environments and through the varying elements of the natural world.

Our Purpose and Vision

Working in Partnership

We continue to work in partnership with other organisations and support their service users, students, patients and clients and we will continue to do this.

We receive professional referrals from the NHS, Social Services, health specialists (e.g. physiotherapists and occupational therapists), schools and colleges (as part of SEND), other charities and community organisations.

We want to continue to develop our professional relationships and collaborate to develop a better understanding and knowledge of using adventure and the outdoors as an effective form of therapy.

Education and Research

To become a trusted voice for outdoor therapy by encouraging and helping to develop research into utilising adventure-led activities and the outdoors as a form of therapy for the communities we support.

We receive enquiries from university students who are completing their dissertation in outdoor education and using adventure as a form of therapy. We want to develop this: working with schools, colleges and universities, in addition to our service users, in putting this in to practice and developing our services based on this evidence-based research.

We are participating in clinical psychology research with Exeter University to conduct studies into the positive difference that Adventure Therapy makes to young people with Acquired Brain Injury, epilepsy, ADHD or autism.

The results from this study will be instrumental in the further development of our programme of activities and ensure we offer the level of support required to continue changing lives through adventure.

We are both reactive and proactive and we are driven by results. This will enable us to continue to grow as an organisation and remain versatile and adaptable in our approach.

Trustee Report

Year ended 5 April 2023

The Trustees and Founder and Chief Executive of Adventure Therapy present their Annual Report and Financial Statements for the year ended 5 April 2023.

As a Charitable Incorporated Organisation (CIO), Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing receipts and payments accounts.

Founded on 3 July 2017, Adventure Therapy exists to improve the emotional and physical wellbeing of children, young people and adults with mental health conditions, physical disability, learning disability, life-threatening or life-shortening illnesses and life-changing conditions, through the provision of outdoor and adventure-led activities.

Adventure Therapy is a registered charity with the Charity Commission in England and Wales (charity number 1173646).

> "You were so professional and considerate. It was difficult for me, as you saw, to get to my feet, but you were both there for me and made me feel at ease which was an enormous help."
>
> "I've said it so many times today but thank you for giving me this opportunity. So may other people of any age could benefit from this therapy. I had no idea when I first approached you, that I would benefit so much."
>
> Carley

Chairman and Founder's Report

We have been pleased to be able to continue the excellent work of South Devon based charity Challenge Ahead, as they became part of Adventure Therapy.

It has been a busy year for activities overall and we finish the year with a waiting list for our services.

As expected, we have a continued reliance on the support and generosity of grant funders to meet our objectives and an increasing demand for our support.

We have also been very grateful to receive a significant gift from a major donor, to support young people with Acquired Brain Injury. We are working with an Occupational Therapist to deliver this essential work.

We have employed a second Activities and Fundraising Coordinator to develop our services and increase awareness of our work in North Devon and Somerset.

Thank you everyone who has kindly supported our cause this year. You have changed lives through adventure for children, young people and adults who face their own unique challenges, every day.

Geoff Hills
Chair of Trustees

Rob Emery
MILM (Cert) MCIOF
Founder and Chief Executive

Structure, Governance and Management

Adventure Therapy is a Charitable Incorporated Organisation (CIO) and is governed by a Constitution and has no share capital.

The charity is overseen by a board of Trustees who have responsibility for the governance of the organisation.

The Board of Trustees has the power to nominate and appoint other Trustees as is considered appropriate and in the best interests of the organisation.

New Trustees are offered a programme of induction which includes information provided by the Charity Commission and literature which is specific to the charity, to include:

- The Charity Commission Charity Trustee Welcome Pack
- Adventure Therapy Constitution
- Minutes from the most recent Trustee meeting
- Safeguarding Children and Safeguarding Vulnerable Adults Policies
- Most recent Annual Report and Financial Statements

An induction also includes meeting the Founder and Chief Executive of Adventure Therapy and its current Board of Trustees.

Trustees may be asked to attend a fundraising event or assist in the recruitment of volunteers.

Structure, Governance and Management

All Trustees give up their time freely and no Trustee receives remuneration. No Trustee incurred expenses during this accounting period.

The Trustees meet as a board (with our Founder and Chief Executive) on a quarterly basis to ensure the governance and strategic management of the charity is implemented. This includes (but is not limited to) discussing:

- The strategic direction of the organisation
- Fundraising
- Monitoring financial performance
- Risk Management
- Human Resources

All decisions reached are by the majority vote of the Trustees.

The finance function is currently overseen by Dean Gammon (who acts as Treasurer) and the Founder and Chief Executive of the charity, Rob Emery.

Structure, Governance and Management

Employees

During this accounting period one member of staff resigned from their position. Our Founder and Chief Executive and Chair of Trustees reappointed to this role and employed a second part-time Activities and Fundraising Coordinator, based in North Devon. These roles are currently funded through restricted grants.

Senior Management Remuneration

Our Founder and Chief Executive works for the organisation on a part-time basis which includes employed and voluntary hours. No employee earns more than £60,000.

Volunteers

The charity was pleased to appoint 5 new volunteers.

Public Benefit

Our Trustees confirm they have referred to the Charity Commission general guidance on public benefit when reviewing the aims and objectives of the charity. The benefits of Adventure Therapy are highlighted in this report but further information is provided on our website (www.adventuretherapy.org.uk). The Trustees review the charity's activities against its aims and objectives on an ongoing basis and are satisfied that its activities continue to align with its purpose. The beneficiaries of Adventure Therapy are children, young people and adults with mental health conditions, learning disability, physical disability, life-threatening or life-shortening illnesses or life-changing conditions. A referral process is in place and can be accessed through our website (or in hardcopy format if preferred) and clear guidance on criteria is provided when requested to ensure that those who meet the criteria can be offered activities and be supported by the charity, subject to funding.

Structure, Governance and Management

Charity Governance Code

Adventure Therapy is a not-for-profit organisation and aims to follow charity sector best practice. Our Trustees are aware that good governance is fundamental to the success of an organisation and that the Charity Governance Code supports the charity's compliance with the law and relevant legislation. The Code relates to an organisations purpose, leadership, integrity, decision making, board effectiveness, equality and diversity, openness and accountability. Board members consider that Adventure Therapy's governance framework aligns with many aspects of the Code and on an ongoing basis, they will undertake a review of the Code and implement any consequential changes to Adventure Therapy's governance and standards, as considered necessary.

"Edison had a wonderful session. He is always so determined to stay home and be on a computer game, that for him to have asked again on the way to school this morning about when he next has a horse riding session is a big deal."

"It's lovely to be able to consider the possibility that this is something we can do together at some point in the future, too."

Edison's Mum

Objects and Activities

The objects of the charity are for the Public Benefit, the relief of people in need by reason of ill-health, disability or other disadvantage or difficultly including, but not limited by:

1. The provision of recreational activities, provided in the interests of social welfare with a view to improving conditions of life.

2. The advancement of education and development of skills, capabilities and confidence as a means of therapy and in particular, but not exclusively, through the provision of instruction and facilities in outdoor/adventure pursuits and other related activities.

3. To enable the access of and ability to carry our such activities as deemed supportive in aiding recovery and/or quality of life through the provision of specialist equipment or grants to enable the purchase of such equipment.

4. The advancement of health or the saving of lives, by raising awareness of and carrying our research in the therapeutic benefits of outdoor/adventure pursuits and other related activities.

For the purpose of this clause, ill-health, disability or other disadvantage or difficulty means mental health conditions, learning disability, physical disability, life-threatening or life-shortening illnesses or life-changing conditions.

Activities of the Charity

Adventure Therapy exists to improve the emotional and physical wellbeing of children, young people and adults with mental health conditions, learning disability, physical disability, life-threatening or life-shortening illnesses or life-changing conditions, through outdoor and adventure-led activities.

Our activities strengthen resilience, improve vitality and self-esteem, provide a sense of purpose, help people who are isolated to form friendships and create special memories for families.

Policies

Reserves Policy

Our Trustees recognise their commitment and obligation in providing activities for the children, young people and adults who use our services and our commitment to support new referrals whilst maintaining our service over the longer term. In their view it is vital to secure and maintain unrestricted general funds at a level that will ensure the availability of the services provided by Adventure Therapy during periods of economic uncertainty.

In establishing the Adventure Therapy reserves policy, our Trustees have taken guidance from the Charity Commission and considered the structure and activities of the organisation. This includes projecting cash flow over the next five years and identifying our associated key risks during this period. We take in to account both income and expenditure whilst also giving consideration to already committed expenditure, if it is appropriate. From this, it has been found to be prudent for Adventure Therapy to maintain a target range of unrestricted reserves of between 9 and 12 months operating costs. However, it should be noted that at present we have three part-time members of staff, two of which are funded by restricted grants and therefore the capital requirement will be minimal. This policy is not static and will be reviewed regularly to ensure it meets the needs of the charity as it develops and as its running costs increase.

Currently our unrestricted general funds (free reserves) are £5,023.04 as at 5 April 2023.

The trustees consider it of strategic importance to increase our unrestricted funds and, whilst maintaining our day to day services for the public benefit, build a reserve of funds to provide future security for the organisation.

Risk Policy

The Trustees and Chief Executive have reviewed the major strategic, financial and operational risks associated with the charity and confirm that procedures established (or since improved) continue to mitigate those risks.

Policies

Investment Policy

The Trustees have not considered investment of funds at this stage as we do not have sufficient unrestricted funds available to review this important part of our operational planning. However, once we are in a suitable position financially, we will draw up and agree on an investment policy with any funds being invested in UK deposit accounts with an approved UK regulated bank or through advice received from an Independent Financial Advisor/Investment Management company.

Whilst we would always endeavour to maintain a diverse investment portfolio and with low or medium risk we would always try to avoid investment into companies which turnover relates to armaments, tobacco products, fossil fuels, gambling, pornography or alcohol manufacture.

Safeguarding Policies

Adventure Therapy has a Child Safeguarding and Vulnerable Adults Policy in place which is available on our website or on request. These policies are provided to all staff, volunteers and Approved Activity Providers. Where required, volunteers, members of staff and Approved Activity Providers are required to hold a valid DBS check.

Equality, Diversity and Inclusion Policy

Adventure Therapy is committed to encouraging equality, diversity and inclusion among its workforce, and eliminating unlawful discrimination. The aim is for our workforce, service users and customers to be truly representative of all sections of society and for each employee to feel respected and be able to give their best.

Adventure Therapy, in providing its activities or facilities, services and/or goods, is committed against unlawful discrimination of its service users and their families, our approved activity providers and instructors, volunteers, Trustees and members of staff.

Policies

Our principle risks follow:

Risk of accidents when participating in activities. It is important to understand that Adventure Therapy facilitates its outdoor activities via third party registered activity providers and instructors and as such, does not provide activities directly (i.e. by a member of Adventure Therapy staff). Therefore, the health and safety risk is undertaken by the activity provider and any person (or if applicable, parent, guardian and/or sibling) participating in an activity via referral from Adventure Therapy must sign (digitally or in person) a disclosure agreement which confirms the basis on which activities are undertaken, including the risk involved and the responsibility for that risk. However, as part of our processes and due diligence we will always ensure our Approved Activity Provider and/or registered instructor is:

- Experienced and qualified
- Holds valid liability insurance
- Is a member of an appropriate membership, governing or regulatory body
- Holds a valid DBS Certificate (where applicable)
- Has child safeguarding and vulnerable adult safeguarding policies in place
- Will act as an ambassador for Adventure Therapy, sharing in out ethos and vision
- Is confident working with people with complex needs

Policies

We must also consider reputational risk should any person or persons be injured as a result of taking part in an activity under referral from Adventure Therapy. Other risks which are considered on an ongoing basis include:

- Risk of fraud by Trustees, volunteers or employees of the charity
- Risk of accidental damage to the charity's assets
- Risk of losing or not obtaining funding for support costs
- Risk that our Founder and CEO does not have sufficient time available to dedicate to the managerial role
- Risk of our Founder and CEO not being in a position to continue with his role/a similar role

Current status

Our Fundraising Strategy is under continuous development to ensure we are able to provide our services in the future. We are reviewing options for the short, medium and longer term which includes trusts and grants in the short-term, corporate and community fundraising in the medium term (dependent on marketing and promotion and assistance from volunteers) and over the longer-term, in memoriam fundraising and gifts in Wills (legacies).

We remain conscious that community fundraising continues to be a difficult source of income for the charity to increase to a significant and reliable level. Our Fundraising and Marketing Strategy will be reviewed regularly before the end of the next accounting period (5 April 2024) to take this in to account but it is probable that we will need to continue to rely on funding from Trusts and Grants for the foreseeable future.

- Develop our activities and services in Devon and Somerset
- Increase awareness of the charity across the region
- Continue to review and develop our Fundraising Strategy
- Work with our Patron and Ambassador to encourage support from the outdoor activities community
- Recruit additional (and maintain existing) volunteers
- Continue to develop the charity and improve our infrastructure and security for the future
- Increase income to support our work

Grants received

We are extremely grateful to our grant funders both past and present for their support and belief in what we endeavour to achieve as an organisation.

Grants received during this accounting period

Grant Funder	Supports
Cooperative	Activities
Tesco Groundwork	Activities
Devon County Council	Activities
Devon Community Foundation	Equipment and activities
North Devon Council	Core costs
Ilfracombe Town Council	Core costs
Ilfracombe Rotary Club	Purchase of equipment
Somerset Sports Activity Partnership	Salaries and associated costs
Garfield Weston Foundation	Salaries and associated costs

Statement of Trustees Responsibilities

The Trustees of Adventure Therapy are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law in the United Kingdom.

The Trustees of a Charitable Incorporated Organisation (CIO) must prepare financial statements for each financial year and they must not be approved unless the Trustees are satisfied they provide a true and fair view of the state of affairs of the charitable organisation, including the incoming resources and application of such resources. This includes income and expenditure for that period. In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and apply them consistently.
- Make judgements and estimates which are reasonable and prudent.
- Whilst our Trustees observe the methods and principles of the Charities SORP, as a Charitable Incorporated Organisation, Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing accounts on the receipts and payments basis.
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

Statement of Trustees Responsibilities

The Trustees of Adventure Therapy are responsible for keeping sufficient accounting records that show and explain the charities transactions, disclose with reasonable accuracy at any time the financial position of the charity and ensure they comply with relevant legislation and with the provisions of the charities constitution. They are also responsible for safeguarding the assets of the charity and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

This report was approved by the Board of Trustees on 27 October 2023 and is signed on its behalf by

Geoff Hills
Chair of Trustees

Statement of Fundraising

Supporters of Adventure Therapy can be assured that we comply with the regulatory standards for fundraising. We are registered with the Fundraising Regulator and we are committed to the Fundraising Promise and adherence to the Code of Fundraising Practice. This report covers the requirements that charities must follow as set out in the Charities Act 2016. We also abide by our own Ethical Fundraising Policy. We are authorised to use the Fundraising Regulator logo on our fundraising materials and website. We do not use external fundraising agencies but would encourage any service providers we use for fundraising to also be signed up to the code.

We only work with service providers and appoint volunteers to carry out fundraising duties that we have confidence in and who have sufficient knowledge and expertise to support us as required, so we protect our supporters and the reputation of our charity. We ensure that the correct safeguards are in place with our suppliers and those who fundraise on our behalf. We require fundraising suppliers to confirm they comply with the Code of Fundraising Practice and provide training to volunteers, when required.

As a charity that does not receive statutory funding, we need to raise all funds through fundraising activities, to enable our work to continue.

This year we continued to fundraise through Trusts and Grants and were grateful for significant support from a Major Donor, through events and the continued generosity of the communities we serve.

Thank you to all our supporters for your generosity throughout the year. Your kindness has helped people to form friendships, provided a sense of accomplishment and built resilience. You have changed lives through adventure.

Statement of Fundraising

On a day-to-day basis, all fundraising activities for the charity are managed by our Founder and Chief Executive, who is a Full Member of the Institute of Fundraising and a Certified Member of the Institute of Legacy Management. We employ two part-time activities and fundraising coordinators to develop our services and raise awareness of our work. We are also aware of a continued need to recruit volunteers to assist with fundraising and this will be included in any revisions to our fundraising strategy. Overall, fundraising activities are overseen by our Board of Trustees.

Our website (www.adventuretherapy.org.uk) outlines our complaints policy for the public and clearly explains how an individual can complain. We have received no complaints with reference to fundraising during this financial year.

We are aware of our obligations to the public in this area and we are thorough in our fundraising activities to ensure there is no intrusion on people's privacy or any undue pressure applied in line with the latest General Data Protection legislation. Our child safeguarding policy and our vulnerable adults policy is available on our website and on request. We do not intentionally carry out fundraising activities to people we consider to be vulnerable and we are committed to ensuring a parent, guardian or attorney is present and/or aware (referring to the GDPR directive), if a person we consider to be vulnerable indicates an intention to support our work, directly.

"The girls had such an amazing morning and Jessica managed to overcome her anxiety about heights and had so much fun. Thank you so much."

Jessica's Mum

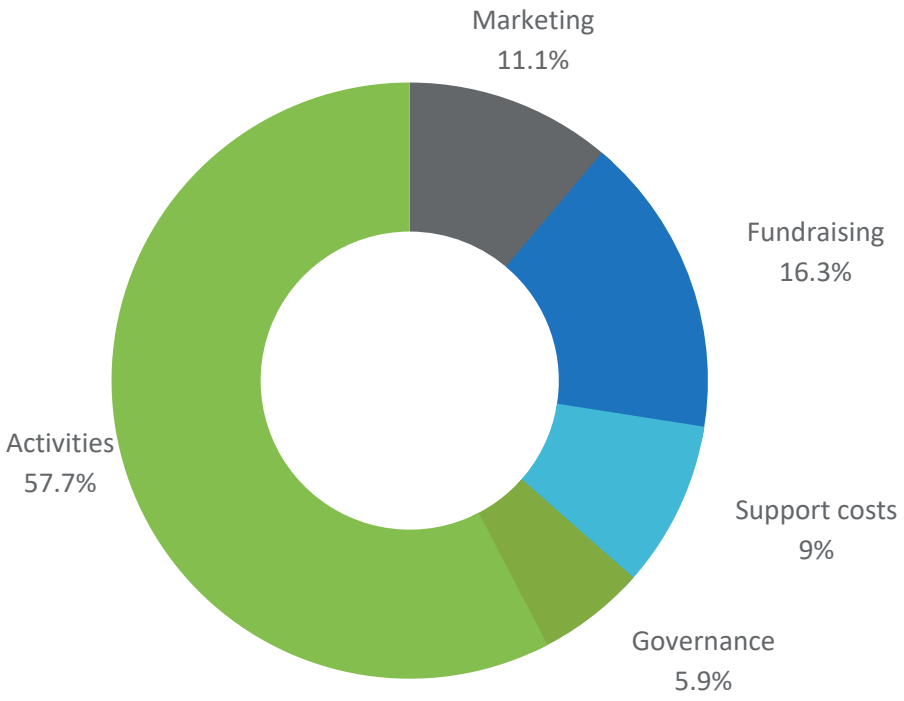
Receipts and Payments Account

Income and Expenditure for the year ended 5 April 2023

Receipts	**Unrestricted Funds**	**Restricted Funds**	**Total Funds 05.04.2023**	**Total Funds 05.04.2022**
Donations and Grants	£9,090.05	£51,862.27	£60,952.32	£59,932.07
Other	£567.62	£0.00	£567.62	£134.43
Total Receipts	**£9657.67**	**£51,862.27**	**£61,519.94**	**£60,066.50**
Payments				
Marketing	£4,497.57	£2,414.21	£6,911.78	£3,566.42
Fundraising	£1,883.44	£8,242.27	£10,125.71	£6,463.86
Support costs	£1,220.64	£4,374.20	£5,594.84	£4,316.55
Governance costs	£1,222.76	£2,414.22	£3,636.98	£3,170.47
Activities	£0.00	£35,753.76	£35,753.76	£17,639.64
Total Payments	**£8,824.41**	**£53,198.66**	**£62,023.07**	**£35,156.94**
Transferred to Reserves	£3,000.00	£0.00	£3,000.00	£2,000.00
Net receipts/payments and net movement of funds	-£2,166.74	-£1,336.39	-£3,503.13	£22,909.56
Reconciliation of Funds				
Total Funds brought forward	£6,657.21	£65,403.42	£0.00	£72,060.63
Total Funds carried forward	**£4,490.47**	**£64,067.03**	**£68,557.50**	

Expenditure

Expenditure for the year ended 5 April 2023



We supported a total of 203 people this year, ranging from the ages of 8 years old through to 64 years old. The majority of the referrals received, however, were for young people (aged 11 - 24) with mental health conditions. These ranged from ADHD and PTSD to suicidal thoughts or attempted suicide.

From the 20 activities we provide, certain ones were considered to be more beneficial to the wellbeing of the individuals and groups referred than others and therefore we completed a greater number of these activities. These were horse riding, archery, bushcraft, surfing and kayaking.

Receipts and Payments Account

Income and Expenditure for the year ended 5 April 2023

Grants received during this accounting period

Grant Funder	Amount	Grant Funder	Amount
Cooperative	£1,862.27	Ilfracombe Town Council	£750.00
Tesco Groundwork	£1,375.00	Ilfracombe Rotary Club	£500.00
Devon County Council	£4,700.00	Somerset Sports Activity Partnership	£10,000.00
Devon Community Foundation	£2,000.00	Garfield Weston Foundation	£20,000.00
North Devon Council	£675.00		
		Total Grants	**£41,862.27**
Major Donors	£10,000.00		

The Receipts and Payments Account includes all gains and losses recognised in the year.

The Charitable Incorporated Organisation is entitled to exemption from audit for the year ended 5th April 2023.

Total cash at bank at 5 April 2023 - £68,557.50

Total reserves at bank at 5 April 2023 - £5,023.04

Statement of Assets and Liabilities

For the year ended 5 April 2023

Current Assets	**2023**	**2022**
Stock	£0.00	£0.00
Debtors	£0.00	£0.00
Bank Current Account	£68,557.50	£72,060.63
Bank Reserves Account	£5,023.04	£2,000.00
Fixed (tangible) assets	£6,000.00	£5,500.00
Total	£79,580.04	£79,560.63
Current liabilities		
Creditors (amounts falling due within one year)	£0.00	£0.00
Net current assets		
Net assets	£49,170.48	£30,409.56
Funds		
Unrestricted funds	-£2,166.74	£6,657.21
Restricted funds	-£1,336.39	£65,403.42
Reserves	£3,023.04	£2,000.00
Total Charity Funds	**£73,580.54**	**£74,060.63**

Notes to the Financial Statements

Adventure Therapy is a Charitable Incorporated Organisation (CIO) in England and Wales. Its principal address is 5 Seaview Estate, Ilfracombe, Devon EX34 9PP.

The accounts have been prepared in sterling which is the functional currency of the charity.

The charity meets the definition of a public benefit entity.

The financial statements have been prepared on the assumption that the charity is able to carry on as a going concern, which the Trustees consider appropriate having regard to the circumstances outlined in the Chairman's report and in grants which have been awarded during and since the end of this financial reporting period.

Approval

This Statement of Financial Activities was approved by the Board of Trustees on 27 October 2023 and is signed on its behalf by

Dean Gammon
Trustee, Treasurer

Notes to the Accounts

Income

Income is recognised when the charity has entitlement to and is in receipt of funds.

Income from voluntary sources is received by way of donations and gifts and is included in full in the Receipts and Payments Account (Statement of Financial Activities) when received.

Income from gift aid tax reclaims is recognised for all donations made prior to the year end, provided valid gift aid declarations are held.

Restricted Funds

These are stated by the donor of the funds or the appeal to which they relate, for specific purposes within the overall aims of the organisation. Donations and income deriving from restricted gifts will be used in accordance with specific purposes.

Unrestricted Funds

These are funds which may be used at the discretion of the management in furtherance of the objects of the charity.

Donations

Donations received for the general purposes of the charity are included, if applicable, as unrestricted funds.

Donations for activities which are restricted by the donor are allocated as restricted funds. Donations required to be retained as capital in accordance with the donors wishes are accounted for as endowments – permanent or expendable, depending on the nature of the restriction.

Notes to the Accounts

Donations of services and facilities

If applicable, properties, investments and other fixed assets donated to the charity are included as income at market value at the time that the charity takes control of the item. Donated services and facilities are included as income, if material, at their estimated value to the charity when received. And under the appropriate expenditure heading, depending on the nature of the service provided, at the same value and time.
Time donated by volunteers is of significant value to the charity, for which we are extremely grateful, but will not be recognised in the accounts as it cannot be reliably valued.

Legacy income

Gifts in Wills (legacies) are recognised when an Estate has been finalised by the Executor/s and a distribution is received from the Estate. Receipt of a legacy is only considered probable when the amount can be reliably measured and the Executors have advised the charity that a distribution will be made.

Where a legacy gift has been notified to the charity but the criteria for income recognition has not been met, the gift is treated as a contingent asset.

Whether the gift is a pecuniary legacy (a set amount of money in a Will) or a residuary legacy, gifts in Wills are recognised when amounts are distributed and in the case of residuary gifts, when the final Estate Accounts are agreed by the Executors and received by Adventure Therapy. Reversionary legacies are not recognised during the lifetime of the original beneficiary under the Will and are only recognised when the conditions of the gift are met and the legacy is distributed to Adventure Therapy.

Income received in advance

If income is received in advance of an event or the provision of another specific service, it is deferred until the criteria for income recognition is clearly met.

Notes to the Accounts

Interest received

Interest on funds held on deposit is included when it is received.

Fixed (tangible) assets

Will depreciate on a straight line basis at a rate of 20% each year.

Investment income

Investment income, when applicable, will be credited as income when it is received.

Grants

Income from grants, including capital grants, is included as income when the charity has entitlement to and is in receipt of funds. That is unless the donor specifies that grants given to the charity must be used in future accounting years, in which case the income would be deferred until those years or when donors impose conditions which must be fulfilled before the charity becomes entitled to use such income. The income would then be deferred and not included as an income resource until the conditions for its use have been met.
Grants received for specific purposes are accounted for as restricted funds. Grants that provide core funding or are of a general nature provided by charitable foundations are recorded as donations.

Fundraising Events

Voluntary income raised through events (principally donations) is recognised in the period in which the event takes place.

Expenditure

Charitable Expenditure

Comprises of direct expenditure which is attributable to the charitable activities, fundraising and support costs of Adventure Therapy.

Expenditure is accounted for once there is a legal and constructive obligation to make a payment to a third party and that payment has been made. Expenditure has been classified under the following headings:

Marketing

Marketing costs are spent to raise awareness of the organisation and include staff costs, literature, advertising (in print format and digital media), website and other promotional materials.

Fundraising

The costs incurred in raising funds to support our work include encouraging individuals and organisations to make voluntary contributions and donations to the charity. This includes staff costs and may, in the future, include the cost of the charity's fundraising offices, storage facilities, retail costs, supporter groups and trading and investment management fees. Fundraising costs and resources are considered to be an investment into the charity.

Support Costs

Administrative or support costs include office, desk space, computers, IT equipment and software, charity database, transport and insurance.

Expenditure

Governance

Governance costs comprises the costs of running the charity and ensuring it is legal and compliant. This includes the cost of legal advice for trustees, management costs, insurance costs, professional memberships, Data Protection and GDPR, preparing statutory accounts (including independent examination or external audit) and all costs of complying with constitutional and statutory requirements such as the costs of Board and Committee meetings.

Activities

Activities includes the direct delivery cost of our activities including staff and associated costs: assessing referrals, arranging and attending sessions, the cost of instruction (i.e. paying our Approved Activity Providers) and evaluation of sessions. It may also include the cost of equipment required for an activity to take place.

Additional Notes

Taxation

The charity is exempt from Corporation Tax on its charitable activities.

The charity is not currently registered for VAT.

Pension Costs

Adventure Therapy paid into a pension scheme for three members of staff.

Additional Notes

Challenge Ahead

We are pleased to be able to continue the excellent work of South Devon based charity Challenge Ahead, as they became part of Adventure Therapy.

The opportunities that Challenge Ahead has provided for young people with Acquired Brain Injury align with Adventure Therapy so it is a natural fit from the outset.

Opportunities to meet others in similar situations, learning ways of coping with a variety of challenges, trying new activities, making new friends and learning new skills in an adventurous but supported environment. These are key to the ethos of Challenge Ahead and Adventure Therapy.

Our first activity was out on the water in South Devon, which provided a fantastic start to our journey together.

"This was so cool, I don't do much without my parents so this was great"

Wild places

Smiles on faces

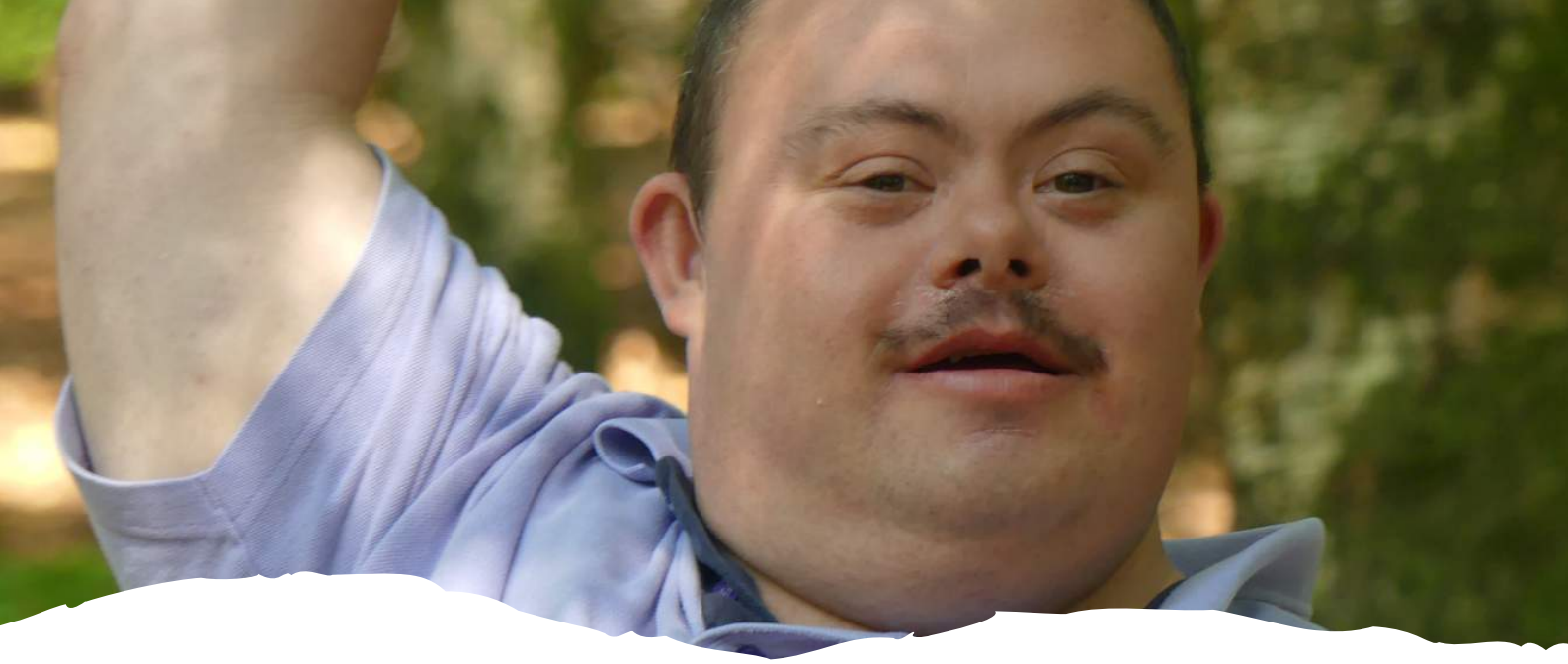
Our activities take place throughout the year. From the barren landscape of Dartmoor and the starkness of its granite tors, to the dense wooded valleys of Exmoor. We provide adventures on sandy shores, rugged coastlines and inland waterways.

We embrace the elements of every season to ensure we are there to support people when they need us; through their brighter days and their darkest days.

Our activities are fun to be part of but also provide emotional and physical challenges. We encourage a person to reach beyond their comfort zone and not give up immediately, but we never push someone beyond their capability.

We work at the pace of the individuals in our sessions, either by ensuring the group moves at the slowest pace required or by working on a 1:1 basis during an activity with any individual who requires additional support.

Acceptance is a vital component of all our sessions and for everyone involved, including participants and the Adventure Therapy team.



Who do we support

- Children aged 8+
- Young people
- Adults
- Siblings of children or young people

We support people with

- Mental health conditions
- Learning disability
- Physical disability
- Life-threatening or life-shortening illnesses
- Life-changing conditions

Benefits of Adventure Therapy

Resilience

This means an individual has the capacity to recover quickly from the difficulties they may face on a day-to-day basis. Our activities strengthen coping mechanisms and the ability to find ways to manage a situation.

Increased vitality

Our sessions help people to feel more energised and active in general and the release of endorphins triggers a positive feeling in the body, making them happier overall.

A sense of purpose and belonging

Our activities include teamwork and leadership, helping people to focus and see how they are making a difference. We show they matter through a can do and positive approach.

Learning new skills

Skills learnt at our sessions reach beyond the activity itself. Teamwork, communication, confidence, coping mechanisms. Life skills which can be carried over to family and social life, educational settings or the workplace.

Accessibility

We make adventure accessible: from all-terrain wheelchairs, an adaptive surfboard or bow, recumbent bikes, bespoke wetsuits and forest clearings which are level, easier to access and suitable for standard mobility aids.

Rehabilitation

Adventure Therapy can enable recovery. For example, our activity programme which helped a stroke victim to regain posture, core muscle strength and gait, in addition to the emotional benefits which supported relationships within the family.

Benefits of Adventure Therapy

Friendships

People with disabilities often lead isolated lives. This is exacerbated further by living in rural communities. Our sessions help people to meet others who are in a similar situation, where friendships are forged during the programme which can also extend outside of our activities.

Calm

The power of spending time in nature and the outdoors should not be under-estimated. The multi-sensory and natural setting which has a positive and direct effect through sight, sound, smell and touch. The taste of salt air. The sound of birdsong. Sun. Rain. Mud. Rock. The emotional connection between rider and horse.

Making memories

We support people with life-shortening illnesses. Children who are not expected to live in to adulthood and adults who have been given an impossible prognosis. In addition to making the most of life through our adventures, we also create special memories for siblings, parents and grandparents.

Improved self-esteem

Anxiety can affect confidence and decrease self-esteem. This often results in negativity and seeing things in a critical way and unable to take on the day-to-day challenges of life. Taking part in our activities, overcoming obstacles and achieving goals improves overall confidence and positivity.

Communication

Our group settings encourage people to communicate with one another. This may be through another person attending the session, who offers help or an instructor or member of the Adventure Therapy team. We are there to listen and support an individual throughout the programme and our feedback and evaluation enables a person to say how they feel during and following an activity.

The wider impact of Adventure Therapy

Emotional strength

Our activities are emotive experiences and enable people to gain control and a better understanding of how they react in difficult or challenging situations.

Family relationships

Adventure Therapy can help children and young people to communicate with their family, spend time together through new and shared interests and encourage positive relationships between siblings.

Engagement in the workplace

Our Fit for Work programme helps people to grow in confidence, increase social awareness and develop communication skills. For adults with learning disability this helps build resilience.

Engagement in education

Skills learnt at our sessions are often not immediately apparent to the individual as they learn. This organic form of learning, outside of the classroom, includes communication, adaptability, peer support, listening skills and putting what has been learnt into practice in an exciting, fun and adventurous environment.

Engagement in the community

We encourage individuals to support our charity after they have finished an activity programme with us through volunteering. This ownership of what they have learnt and continuing to be part of Adventure Therapy encourages helping others and giving back to the community, in addition to the positive benefits to mental health gained through volunteering.

ADVENTURE Therapy

Making Life Great Outdoors™

#MakingLifeGreatOutdoors

Registered with FUNDRAISING REGULATOR

info@adventuretherapy.org.uk
www.adventuretherapy.org.uk
01271 865285

5 Seaview Estate
Ilfracombe
Devon
EX34 9PP

ADVENTURE THERAPY

England & Wales - Charity number 1173646

Accounts

Annual Report and Financial Statements

for the year ending 5 April 2022

Registered Charity Number 1173646

www.adventuretherapy.org.uk

Registered with FUNDRAISING REGULATOR

Procter Accountancy

Accounts & Tax Services | Payroll | VAT | Book-keeping

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

ADVENTURE THERAPY

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 05 April 2022, which are set out on pages 13 to 22.

Responsibilities and basis of the report

As the charity trustees of the CIO, 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 the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners 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 as required by section 130 of the Act; or
2. The accounts do not accord with those records.

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.

Miss S L Procter MAAT
Procter Accountancy
3 Princess Street
Barnstaple
Devon
EX32 7EU

Date 22nd September 2022

aat

Sadie Procter | Accountant MAAT

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Making Life Great Outdoors™

ADVENTURE Therapy

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Making Life Great Outdoors™

ADVENTURE Therapy

Registered with FUNDRAISING REGULATOR

Registered Charity Number 1173646

Our Purpose and Vision

Our Mission

Adventure Therapy exists to improve the emotional and physical wellbeing of children, young people and adults with unique health conditions, impairments or limitations through outdoor and adventure-led activities. We make a positive difference in challenging and complex lives.

Our range of activities build self-confidence and resilience and help to develop skills and abilities through individual and group sessions, team work and leadership. The therapeutic benefits of time spent outdoors in nature and adventure should not be under-estimated. Our activities improve resilience and vitality, provide a sense of accomplishment and purpose, help people to form friendships and create special memories.

Our Vision

Primarily, our focus is to change lives through adventure. We do this through the provision of a diverse range of outdoor activities (currently 17) which are suitable for varying abilities and unique circumstances.

We provide physical and emotional challenges for children, young people and adults who face their own unique challenges, every day. Our activities offer excitement and fun and help to improve the lives of people who feel isolated and alone.

We aim to make a positive impact on the children, young people, adults and families we support and to enrich lives through time spent outdoors, in unfamiliar environments and through the varying elements of the natural world.

Working in Partnership

We continue to work in partnership with other organisations and support their service users, students, patients and clients and we will continue to do this. We have funding available to provide our service in Devon, Cornwall and Somerset.

We want to continue to develop our professional relationships with social services and local councils, NHS services, schools, colleges, universities and community organisations. This is in addition to the other charities we work with who support children, young people and adults with mental health conditions, learning disability or difficulty, physical disability, life-limiting illnesses or life-changing conditions. We collaborate to develop a better understanding and knowledge of using adventure and the outdoors as an effective form of therapy.

Education and Research

To become a trusted voice for outdoor therapy by encouraging and helping to develop research into utilising adventure-led activities and the outdoors as a form of therapy for the communities we support. We receive enquiries from university students who are completing their dissertation in outdoor education and using adventure as a form of therapy. We want to develop this: working with schools, colleges and universities, in addition to our service users, in putting this in to practice and developing our services based on this evidence-based research. We are reactive and proactive and we are driven by results. This will enable us to continue to grow as an organisation and remain versatile and adaptable in our approach.

Legal and Charity Information

Registered Office	Adventure Therapy 5 Seaview Estate Ilfracombe Devon EX34 9PP
Registered Charity Number	1173646
Trustees	Geoff Hills Dean Gammon Amber Gammon*
Founder and Management	Rob Emery MILM (Cert) MCIOF
Principal Bankers	The cooperative bank PO Box 250 Skelmersdale WN8 6WT
Independent Examiner	Miss. S. L. Procter MAAT Procter Accountancy 3 Princess Street Barnstaple Devon EX32 7EU
Insurer	Zurich Insurance PLC The Zurich Centre 3000 Parkway Whiteley Fareham Hampshire PO15 7JZ

*please note that Amber Gammon is unrelated to Dean Gammon.

Trustees Report for the year ended 5 April 2022

The Trustees and Founder of Adventure Therapy present their Annual Report and Financial Statements for the year ended 5 April 2022.

As a Charitable Incorporated Organisation (CIO), Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing receipts and payments accounts.

Founded on 3 July 2017, Adventure Therapy exists to improve the emotional and physical wellbeing of children and adults with mental health conditions, physical disability, learning disability, life-limiting illnesses or life-changing conditions, through the provision of outdoor and adventure-led activities.

Adventure Therapy is a registered charity with the Charity Commission in England and Wales (charity number 1173646).

"These sessions provide him with a sense that someone else, other than his immediate family, cares about him and enjoys seeing him achieve new challenges. It gives him a real sense of worth."

– Harry's Mum

Chairman and Founder's Report

Whilst the ongoing Coronavirus pandemic continued to provide its own challenges, we were pleased to be able to provide a greater number of activities later in the financial year.

Thanks to a generous 2-year grant we were also pleased to employ a new member of staff, to assist in organising our activities and raise awareness of our vital work in the community. This was particularly important as community, corporate and event fundraising has seen a significant decline across the sector due to COVID-19.

Despite the difficulties of operating in a covid-environment, we were able to register additional activity providers and instructors, to ensure we have a greater geographic coverage and range of activities available across the region when we are back to full operating capacity. This also helps to ensure travel is kept to a minimum for both our service users and the Adventure Therapy team, when attending sessions.

As with many charities, grant funding has remained our core source of income and we are ever-grateful to the trustees of the grant-making bodies who have kindly - and generously - supported us this year, enabling our activities to continue for the children, young people and adults we work with.

We look forward to the year ahead and an opportunity to change lives in the communities we serve through time spent outdoors in nature and adventure.

Thank you for your support during the past 12 months - it makes all the difference.

Geoff Hills
Chair of Trustees

Rob Emery
MILM (Cert) MCIOF
Founder and Chief Executive

Structure, Governance and Management

Adventure Therapy is a Charitable Incorporated Organisation (CIO) and is governed by a Constitution and has no share capital.

The charity is overseen by a board of Trustees who have responsibility for the governance of the organisation.

The Board of Trustees has the power to nominate and appoint other Trustees as is considered appropriate and in the best interests of the organisation.

New Trustees are offered a programme of induction which includes information provided by the Charity Commission and literature which is specific to the charity, to include:

- The Charity Commission Charity Trustee Welcome Pack
- Adventure Therapy Constitution
- Minutes from the most recent Trustee Meeting
- Safeguarding Children and Safeguarding Vulnerable Adults Policies
- Most recent Annual Report and Financial Statements

An induction also includes meeting the Founder and Chief Executive of Adventure Therapy and its current Board of Trustees.

Trustees may be asked to attend a fundraising event or assist in the recruitment of volunteers.

All Trustees give up their time freely and no Trustee receives remuneration. No Trustee incurred expenses during this accounting period.

The Trustees meet as a board (with our Founder and Chief Executive) on a quarterly basis to ensure the governance and strategic management of the charity is implemented. This includes (but is not limited to) discussing:

- The strategic direction of the organisation
- Fundraising
- Monitoring financial performance
- Risk Management
- Human Resources

All decisions reached are by the majority vote of the Trustees.

The finance function is currently overseen by Dean Gammon (who acts as Treasurer) and the charity Founder and Chief Executive, Rob Emery.

Structure, Governance and Management (continued)

Employees

During this accounting period our Founder and Chief Executive and Chair of Trustees appointed a part-time Activities and Fundraising Coordinator, based in South Devon. This role has been funded through a restricted grant.

Senior Management Remuneration

Our Founder and Chief Executive works for the organisation on a part-time basis which includes employed and voluntary hours. Renumeration has been provided by a restricted grant and no employee earns more than £60,000.

Volunteers

The charity was pleased to appoint 5 new volunteers.

Public Benefit

Our Trustees confirm they have referred to the Charity Commission general guidance on public benefit when reviewing the aims and objectives of the charity. The benefits of Adventure Therapy are highlighted in this report but further information is provided on our website (www.adventuretherapy.org.uk). The Trustees review the charity's activities against its aims and objectives on an ongoing basis and are satisfied that its activities continue to align with its purpose. The beneficiaries of Adventure Therapy are children, young people and adults with mental health conditions, learning disability or difficulty, physical disability, life-limiting illnesses or life-changing conditions. A referral process is in place and can be accessed through our website (or in hardcopy format if preferred) and clear guidance on criteria is provided when requested to ensure that those who meet the criteria can be offered activities and be supported by the charity, subject to funding.

Charity Governance Code

Adventure Therapy is a not-for-profit organisation and aims to follow charity sector best practice. Our Trustees are aware that good governance is fundamental to the success of an organisation and that the Charity Governance Code supports the charity's compliance with the law and relevant legislation. The Code relates to an organisations purpose, leadership, integrity, decision making, board effectiveness, equality and diversity, openness and accountability. Board members consider that Adventure Therapy's governance framework aligns with many aspects of the Code and on an ongoing basis, they will undertake a review of the Code and implement any consequential changes to Adventure Therapy's governance and standards, as considered necessary.

Objects and Activities

Objects of the Charity

The objects of the charity are for the Public Benefit, the relief of people in need by reason of ill-health, disability or other disadvantage or difficultly including, but not limited by:

1. The provision of recreational activities, provided in the interests of social welfare with a view to improving conditions of life.

2. The advancement of education and development of skills, capabilities and confidence as a means of therapy and in particular, but not exclusively, through the provision of instruction and facilities in outdoor/ adventure pursuits and other related activities.

3. To enable the access of and ability to carry our such activities as deemed supportive in aiding recovery and/ or quality of life through the provision of specialist equipment or grants to enable the purchase of such equipment.

4. The advancement of health or the saving of lives, by raising awareness of and carrying our research in the therapeutic benefits of outdoor/adventure pursuits and other related activities.

For the purpose of this clause, ill-health, disability or other disadvantage or difficulty means physical disability, mental health conditions, learning disability, life-limiting illnesses or life-changing conditions.

Activities of the Charity

Adventure Therapy exists to improve the emotional and physical wellbeing of children and adults with mental health conditions, learning disability or difficulty, physical disability, life-limiting illnesses or life-changing conditions, through the provision of outdoor and adventure-led activities.

Our range of activities build self-confidence and develop skills and abilities, through individual and group sessions, team work and leadership.

"I enjoyed the fire because it was warm. The shooting arrows was fun.

Thank you for teaching us. I want to go again."

Policies

Reserves Policy

Our Trustees recognise their commitment and obligation in providing activities for the children and adults who use our services and our commitment to support new referrals whilst maintaining our service over the longer term. In their view it is vital to secure and maintain unrestricted general funds at a level that will ensure the availability of the services provided by Adventure Therapy during periods of economic uncertainty.

In establishing the Adventure Therapy reserves policy, our Trustees have taken guidance from the Charity Commission and considered the structure and activities of the organisation. This includes projecting cash flow over the next five years and identifying our associated key risks during this period. We take in to account both income and expenditure whilst also giving consideration to already committed expenditure, if it is appropriate. From this, it has been found to be prudent for Adventure Therapy to maintain a target range of unrestricted reserves of between 9 and 12 months operating costs. However, it should be noted that at present we have two part-time members of staff which are funded by restricted grants and therefore the capital requirement will be minimal. This policy is not static and will be reviewed regularly to ensure it meets the needs of the charity as it develops and as its running costs increase.

Currently our unrestricted general funds (free reserves) are £2,000 as at 5 April 2022.

The trustees consider it of strategic importance to increase our unrestricted funds and, whilst maintaining our day to day services for the public benefit, build a reserve of funds to provide future security for the organisation.

Investment Policy

The Trustees have not considered investment of funds at this stage as we do not have sufficient unrestricted funds available to review this important part of our operational planning. However, once we are in a suitable position financially, we will draw up and agree on an investment policy with any funds being invested in UK deposit accounts with an approved UK regulated bank or through advice received from an Independent Financial Advisor/Investment Management company.

Whilst we would always endeavour to maintain a diverse investment portfolio and with low or medium risk we would always try to avoid investment into companies which turnover relates to armaments, tobacco products, fossil fuels, gambling, pornography or alcohol manufacture.

Policies (continued)

Risk Policy

The Trustees and Chief Executive have reviewed the major strategic, financial and operational risks associated with the charity and confirm that procedures established (or since improved) continue to mitigate those risks.

Safeguarding Policies

Adventure Therapy has a Child Safeguarding and Vulnerable Adults Policy in place. Where required, volunteers, members of staff and Approved Activity Providers are required to hold a valid DBS check.

Our principle risks follow:

Risk of accidents when participating in activities. It is important to understand that Adventure Therapy facilitates access to outdoor activities via third party registered activity providers and as such, does not provide activities directly (i.e. by a member of Adventure Therapy staff). Therefore, the health and safety risk is undertaken by the activity provider and any person (or if applicable, parent or guardian) participating in an activity via referral from Adventure Therapy must sign (digitally or in person) a disclosure agreement which confirms the basis on which activities are undertaken, including the risk involved and the responsibility for that risk. However, as part of our processes and due diligence we will always ensure our Approved Activity Provider and/or registered instructor is:

- Experienced and qualified
- Holds valid liability insurance
- Is a member of an appropriate membership or governing body
- Holds a valid DBS certificate (where applicable)
- Has child safeguarding and vulnerable adult safeguarding policies in place
- Is confident working with children and adults with unique health conditions, impairments or limitations
- Able to act as an Ambassador of Adventure Therapy at activities and shares in our ethos and vision

We must also consider reputational risk should any person or persons be injured as a result of taking part in an activity under referral from Adventure Therapy. Other risks which are considered on an ongoing basis include:

- Risk of fraud by Trustees, volunteers or employees of the charity
- Risk of accidental damage to the charity's assets
- Risk of losing or not obtaining funding for support costs
- Risk that our Founder and CEO does not have sufficient time available to dedicate to the managerial role
- Risk of our Founder and CEO not being in a position to continue with his role/a similar role

Current Status and Plans for the Future

Our Fundraising Strategy is under continuous development to ensure we are able to provide our services in the future. We are reviewing options for the short, medium and longer term which includes trusts and grants in the short-term, corporate and community fundraising in the medium term (dependent on marketing and promotion and assistance from volunteers) and over the longer-term, in memoriam fundraising and gifts in Wills (legacies).

However, we remain conscious that due to COVID-19, fundraising continues to be negatively impacted and this could remain so for several months, as the pandemic has resulted-in-face to face fundraising activities being difficult or unable to take place.

Our Fundraising and Marketing Strategy will be reviewed regularly before the end of the next accounting period (5 April 2023) to take in to account the continuing adverse effect that COVID-19 has had on our fundraising. It is probable that we will need to have a further reliance on Trusts and Grants for the foreseeable future.

- Develop our activities and services in Devon and Cornwall
- Extend our services in Somerset
- Increase awareness of the charity across the region
- Continue to review and develop our Fundraising Strategy
- Work with our Patron and Ambassador to encourage support from the outdoor activities community
- Recruit additional (and maintain existing) volunteers
- Increase income to support our ambitions
- Continue to develop the charity and improve our infrastructure and security for the future

Grants received during the accounting period:

North Devon District Council	Supports the purchase of equipment
Ilfracombe Round Table	Supports the purchase of equipment
Ilfracombe Rotary Club	Supports the purchase of equipment
Garfield Weston Foundation	Supports salaries
Tesco (Groundwork UK)	Supports activities for young people in the Ilfracombe area
National Lottery	Supports activities, focus groups and marketing
Norman Family Charitable Trust	Supports activities and associated costs
Clare Milne Trust	Supports activities and associated costs in Devon or Cornwall

We are extremely grateful to our grant funders both past and present for their support and belief in what we endeavour to achieve as an organisation. Thank you.

Statement of Trustees Responsibilities

The Trustees of Adventure Therapy are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law in the United Kingdom.

The Trustees of a Charitable Incorporated Organisation (CIO) must prepare financial statements for each financial year and they must not be approved unless the Trustees are satisfied they provide a true and fair view of the state of affairs of the charitable organisation, including the incoming resources and application of such resources. This includes income and expenditure for that period. In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and apply them consistently.
- Make judgements and estimates which are reasonable and prudent.
- Whilst the Trustees observe the methods and principles of the Charities SORP, as a Charitable Incorporated Organisation, Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing accounts on the receipts and payments basis.
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees of Adventure Therapy are responsible for keeping sufficient accounting records that show and explain the charities transactions, disclose with reasonable accuracy at any time the financial position of the charity and ensure they comply with relevant legislation and with the provisions of the charities constitution. They are also responsible for safeguarding the assets of the charity and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

This report was approved by the Board of Trustees on 8 August 2022 and is signed on its behalf by

Geoff Hills
Chair of Trustees

Statement of Fundraising

Supporters of Adventure Therapy can be assured that we comply with the regulatory standards for fundraising. We are registered with the Fundraising Regulator and we are committed to the Fundraising Promise and adherence to the Code of Fundraising Practice. This report covers the requirements that charities must follow as set out in the Charities Act 2016. We also abide by our own Ethical Fundraising Policy. We are authorised to use the Fundraising Regulator logo on our fundraising materials and website. We do not use external fundraising agencies but would encourage any service providers we use for fundraising to also be signed up to the code.

We only work with service providers and appoint volunteers to carry out fundraising duties that we have confidence in and who have sufficient knowledge and expertise to support us as required, so we protect our supporters and the reputation of our charity. We ensure that the correct safeguards are in place with our suppliers and those who fundraise on our behalf. We require fundraising suppliers to confirm they comply with the Code of Fundraising Practice and provide training to volunteers, when required.

As a charity that does not receive statutory funding, we need to raise all funds through fundraising activities, to enable our work to continue.

This year we continued to fundraise through Trusts and Grants and were grateful for existing support from Somerset Discovery Fund in addition to new grant funding from Tesco (via Groundwork UK), the National Lottery, North Devon District Council, Ilfracombe Round Table, Ilfracombe Rotary, Garfield Weston Foundation, Clare Milne Trust and Norman Family Charitable Trust.

On a day-to-day basis, all fundraising activities for the charity are managed by our Founder and CEO, who is a Full Member of the Institute of Fundraising and a Certified Member of the Institute of Legacy Management. We employ a part-time activities and fundraising coordinator to develop our services and raise awareness of our work. We are also aware of a continued need to recruit volunteers to assist with fundraising and this will be included in any revisions to our fundraising strategy. Overall, fundraising activities are overseen by our Board of Trustees.

Our website (www.adventuretherapy.org.uk) outlines our complaints policy for the public and clearly explains how an individual can complain. We have received no complaints with reference to fundraising during this financial year.

We are aware of our obligations to the public in this area and we are thorough in our fundraising activities to ensure there is no intrusion on people's privacy or any undue pressure applied in line with the latest General Data Protection legislation. Our child safeguarding policy and our vulnerable adults policy is available on request. We do not intentionally carry out fundraising activities to people we consider to be vulnerable and we are committed to ensuring a parent, guardian or attorney is present and/or aware (referring to the GDPR directive), if a person we consider to be vulnerable indicates an intention to support our work, directly.

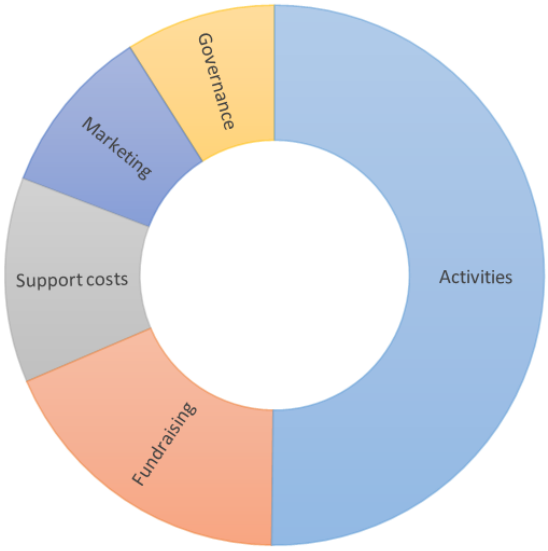
Receipts and Payments Account

(Income and Expenditure for the year ended 5 April 2022)

Receipts	**Unrestricted Funds**	**Restricted Funds**	**Total Funds 05.04.2022**	**Total Funds 05.04.2021**
Donations and Grants	£10,690.08	£49,241.99	£59,932.07	£53,132.76
Other	£134.43	£0.00	£134.43	£433.35
Total Receipts	**£10,824.51**	**£49,241.99**	**£60,066.50**	**£53,566.11**
Payments				
Charitable Expenditure	N/A	N/A	N/A	£6,435.00
Marketing	£442.87	£3,123.55	£3,566.42	£780.21
Fundraising	£1,173.44	£5,290.42	£6,463.86	£825.86
Support costs	£189.08	£4,127.47	£4,316.55	£1,962.54
Governance costs	£569.52	£2,600.95	£3,170.47	£192.00
Activities	£191.27	£17,448.37	£17,639.64	£6,516.71
Total Payments	**£2,566.18**	**£32,590.76**	**£35,156.94**	**£16,712.32**
Transferred to reserves	£2,000.00	£0.00	£2,000.00	£0.00
Net Receipts/Payments and net movement in funds	£6,258.33	£16,651.23	£22,909.56	£36,853.79
Reconciliation of Funds:				
Total funds brought forward	£398.88	£48,752.19	£0.00	£49,151.07
Total funds carried forward	£6,657.21	£65,403.42	£72,060.63	£0.00

Expenditure

(Expenditure for the year ended 5 April 2022)



Marketing	10.1%
Fundraising	18.4%
Support costs	12.3%
Governance	9%
Activities	50.2%
Total	**100%**

We supported a total of 263 people this year, ranging from the ages of 8 years old through to 76 years old.

The majority of the referrals received, however, were for young people (aged 12 - 28) with mental health conditions. These ranged from ADHD, PTSD and sensory overload to suicidal thoughts or attempted suicide.

From the 17 activities we provide, certain ones were considered to be more beneficial to the wellbeing of the individuals and groups referred than others and therefore we completed a greater number of these activities. These were archery, bushcraft, surfing and kayaking.

"I've been suffering with my mental health pretty consistently for the last 4 - 5 years, and have been trying the clinical forms of therapy for much of that time, mostly to no avail. At the beginning of this year, a training care coordinator who I was in contact with at the time referred me to Adventure Therapy, specifically to do surf therapy.

I was sceptical at first, but decided to give it a go. At the time I wasn't really interested in learning much, I just knew that surf tuition was hard to come by, so decided to humour the girl who had referred me and see how it went.

My first session was alright, I had my guard up because it was a new environment, I was feeling embarrassed, and I didn't feel like I was good enough to actually deserve to be there. As the sessions progressed, I noticed myself actually looking forward to them, and learning an awful lot while I was there, and by the time I did my last session, I had noticed that my upper body strength had improved, that I wasn't feeling quite so faint afterwards, and I felt confident enough with basic white wave surfing that I was beginning to learn turns! As a result of this I've actually got myself my own surfboard and wetsuit, and plan to continue to surf as a therapeutic activity. Thank you very much for the opportunity Adventure Therapy!" – Scarlett.

Receipts and Payments Account

(Income and Expenditure for the year ended 5 April 2022)

Total Cash at Bank at 5 April 2022 — £74,060.63

Grants brought forward (from 5 April 2021)

Somerset Discovery Fund	£30,777.30	Aviva	£1,639.07
Groundwork UK	£1,685.40	DCC	£3,295.00
National Lottery	£821.21	Groundwork UK	£72.78

Grants received in this accounting period

North Devon District Council	£950.00	Local Giving (coop)	£500.00
Ilfracombe Round Table	£1,049.49		
Ilfracombe Rotary Club	£1,500.00		
Garfield Weston Foundation	£20,000.00		
Tesco (Groundwork UK)	£1,125.00		
National Lottery	£10,000.00		
Norman Family Charitable Trust	£6,240.00		
Clare Milne Trust	£6,240.00		

The Receipts and Payments Account includes all gains and losses recognised in the year.

The Charitable Incorporated Organisation is entitled to exemption from audit for the year ended 5th April 2022.

"Ellie is literally in her happiest place when on a horse. They are her current special interest and she talked about the horses for the rest of the weekend." – Mum

Statement of Assets and Liabilities for the year ended 5 April 2022

	2022	2021
Current assets		
Stock	£0.00	£0.00
Debtors	£0.00	£0.00
Bank current account	£72,060.63	£49,151.07
Bank reserves account	£2,000.00	£0.00
Fixed (tangible) assets	£5,500.00	£0.00
Total	**£79,560.63**	**£49,151.07**
Current liabilities		
Creditors (amounts falling due within one year)	£0.00	£0.00
Net current assets		
Net assets	£30,409.56	£49,151.07
Funds		
Unrestricted funds	£6,258.33	£398.88
Restricted funds	£16,651.23	£48,752.19 (brought forward)
Reserves	£2,000.00	£0.00
Total Charity Funds	**£74,060.63**	**£49,151.07**

Our bushcraft sessions can help people to form friendships, work as a team and support each other.

They build resilience, teach new skills – and are great fun!

Notes to the Financial Statements for the year ended 5 April 2022

Adventure Therapy is a Charitable Incorporated Organisation (CIO) in England and Wales. Its principal address is 5 Seaview Estate, Ilfracombe, Devon EX34 9PP.

The accounts have been prepared in sterling which is the functional currency of the charity.

The charity meets the definition of a public benefit entity.

The financial statements have been prepared on the assumption that the charity is able to carry on as a going concern, which the Trustees consider appropriate having regard to the circumstances outlined in the Chairman's report and in grants which have been awarded during and since the end of this financial reporting period.

Approval

This Statement of Financial Activities was approved by the Board of Trustees on 8 August 2022 and is signed on its behalf by

Dean Gammon
Trustee, Treasurer

Notes to Accounts

Income

Income is recognised when the charity has entitlement to and is in receipt of funds.

Income from voluntary sources is received by way of donations and gifts and is included in full in the Receipts and Payments Account (Statement of Financial Activities) when received.

Income from gift aid tax reclaims is recognised for all donations made prior to the year end, provided valid gift aid declarations are held.

Restricted Funds

These are stated by the donor of the funds or the appeal to which they relate, for specific purposes within the overall aims of the organisation. Donations and income deriving from restricted gifts will be used in accordance with specific purposes.

Unrestricted Funds

These are funds which may be used at the discretion of the management in furtherance of the objects of the charity.

Donations

Donations received for the general purposes of the charity are included, if applicable, as unrestricted funds.

Donations for activities which are restricted by the donor are allocated as restricted funds. Donations required to be retained as capital in accordance with the donors wishes are accounted for as endowments – permanent or expendable, depending on the nature of the restriction.

Thank you to all of supporters for your generosity throughout the year. Your kindness has helped people to form friendships, provided a sense of accomplishment and built resilience. You have changed lives through adventure.

Notes to Accounts (continued)

Donations of services and facilities

If applicable, properties, investments and other fixed assets donated to the charity are included as income at market value at the time that the charity takes control of the item. Donated services and facilities are included as income, if material, at their estimated value to the charity when received. And under the appropriate expenditure heading, depending on the nature of the service provided, at the same value and time.

Time donated by volunteers is of significant value to the charity, for which we are extremely grateful, but will not be recognised in the accounts as it cannot be reliably valued.

Legacy income

Gifts in Wills (legacies) are recognised when an Estate has been finalised by the Executor/s and a distribution is received from the Estate. Receipt of a legacy is only considered probable when the amount can be reliably measured and the Executors have advised the charity that a distribution will be made.

Where a legacy gift has been notified to the charity but the criteria for income recognition has not been met, the gift is treated as a contingent asset.

Whether the gift is a pecuniary legacy (a set amount of money in a Will) or a residuary legacy, gifts in Wills are recognised when amounts are distributed and in the case of residuary gifts, when the final Estate Accounts are agreed by the Executors and received by Adventure Therapy. Reversionary legacies are not recognised during the lifetime of the original beneficiary under the Will and are only recognised when the conditions of the gift are met and the legacy is distributed to Adventure Therapy.

Income received in advance

If income is received in advance of an event or the provision of another specific service, it is deferred until the criteria for income recognition is clearly met.

Interest received

Interest on funds held on deposit is included when it is received.

Fixed (tangible) assets

Will depreciate on a straight line basis at a rate of 20% each year.

Notes to Accounts (continued)

Investment income

Investment income, when applicable, will be credited as income when it is received.

Grants

Income from grants, including capital grants, is included as income when the charity has entitlement to and is in receipt of funds. That is unless the donor specifies that grants given to the charity must be used in future accounting years, in which case the income would be deferred until those years or when donors impose conditions which must be fulfilled before the charity becomes entitled to use such income. The income would then be deferred and not included as an income resource until the conditions for its use have been met.

Grants received for specific purposes are accounted for as restricted funds. Grants that provide core funding or are of a general nature provided by charitable foundations are recorded as donations.

Fundraising Events

Voluntary income raised through events (principally donations) is recognised in the period in which the event takes place.

"We would like to say a massive thank you for Jayden's experience at Go Ape.

He had a fantastic time and loved every minute of it; he had an amazing day". - Mum.

Expenditure

Expenditure is accounted for once there is a legal and constructive obligation to make a payment to a third party and that payment has been made. Expenditure has been classified under the following headings:

Charitable Expenditure

Comprises of direct expenditure which is attributable to the charitable activities, fundraising and support costs of Adventure Therapy.

Marketing

Marketing costs are spent to raise awareness of the organisation and include staff costs, literature, advertising (in print format and digital media), website and other promotional materials.

Fundraising

The costs incurred in raising funds to support our work include encouraging individuals and organisations to make voluntary contributions and donations to the charity. This includes staff costs and may, in the future, include the cost of the charity's fundraising offices, storage facilities, supporter groups and trading and investment management fees. Fundraising costs and resources are considered to be an investment into the charity.

Support Costs

Administrative or support costs include office, desk space, computers, IT equipment and software, charity database, transport and insurance.

Governance

Governance costs comprises the costs of running the charity and ensuring it is legal and compliant. This includes the cost of legal advice for trustees, management costs, insurance costs, professional memberships, Data Protection and GDPR, preparing statutory accounts (including independent examination or external audit) and all costs of complying with constitutional and statutory requirements such as the costs of Board and Committee meetings.

Activities

Activities include the cost of instruction (i.e. paying our Approved Activity Providers), staff and associated costs, which may also include the equipment required for an activity to take place.

Additional Notes

Taxation

The charity is exempt from Corporation Tax on its charitable activities.

The charity is not currently registered for VAT.

Pension Costs

Adventure Therapy paid into a pension scheme for one member of staff.

Making Life Great Outdoors™

ADVENTURE Therapy

Registered with FUNDRAISING REGULATOR

Registered Charity Number 1173646

Making Life Great Outdoors™

ADVENTURE Therapy

For further information, please contact:

Adventure Therapy

5 Seaview Estate

Ilfracombe

Devon EX34 9PP

Telephone – 01271 865285

enquiries@adventuretherapy.org.uk

www.adventuretherapy.org.uk

#MakingLifeGreatOutdoors

Registered with FUNDRAISING REGULATOR

Registered Charity Number 1173646

ADVENTURE THERAPY

England & Wales - Charity number 1173646

Accounts

Making Life Great Outdoors

ADVENTURE Therapy

Annual Report and Financial Statements

for the year ending 5 April 2021

Registered Charity Number 1173646

www.adventuretherapy.org.uk

Making Life Great Outdoors

ADVENTURE Therapy

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Making Life Great Outdoors

ADVENTURE Therapy

Registered with FUNDRAISING REGULATOR

Registered Charity Number 1173646

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

ADVENTURE THERAPY

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 05 April 2021, which are set out on pages 13 to 21.

Responsibilities and basis of the report

As the charity trustees of the CIO 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 the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners 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 as required by section 130 of the Act; or
2. The accounts do not accord with those records.

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.

Miss S L Procter MAAT
Procter Accountancy
3 Princess Street
Barnstaple
Devon
EX32 7EU

S/Procter

Date 12th August 2021

Our Purpose and Vision

Our Mission

Adventure Therapy exists to improve the emotional and physical wellbeing of children and adults with unique health conditions, impairments or limitations through outdoor and adventure-led activities, which we provide free of charge. We make a positive difference in challenging and complex lives.

Our range of activities build self-confidence and resilience and help to develop skills and abilities through individual and group sessions, team work and leadership. The therapeutic benefits of time spent outdoors in nature and adventure should not be under-estimated. It can motivate, improve vitality, provide a sense of accomplishment, aid rehabilitation and help to create special memories for our service users and their families.

Our Vision

Our primary focus is to change lives through adventure. We do this by providing a diverse range of outdoor activities which are suitable for varying abilities and unique circumstances.

We provide physical and emotional challenges for children and adults who face their own unique challenges, every day. Our activities offer excitement and fun and help people to form friendships, improving the lives of people who feel isolated and alone.

Our aim is make a positive impact on the children, adults and families we support and to enrich lives through time spent outdoors, in unfamiliar environments and through the varying elements of the natural world.

Working in Partnership

We continue to see a strong future in working in partnership with other organisations and supporting their service users, students, patients and clients. We have funding available to provide our service in Devon, Cornwall and Somerset.

We want to develop our professional relationships with social services and local councils, NHS services, schools, colleges, universities and community organisations. This would be in addition to the other charities we work with who support children and adults with physical disability, mental health conditions, learning disability, life-limiting illnesses or life-changing conditions. Our aim is to ensure collaboration and develop a better understanding and knowledge of using adventure and the outdoors as an effective form of therapy.

Education and Research

To become a trusted voice for outdoor therapy by encouraging and helping to develop research into utilising adventure-led activities and the outdoors as a form of therapy for the communities we support. We continue to receive enquiries from university students who are completing their thesis in outdoor education and using adventure as a form of therapy. We want to develop this: working with schools, colleges and universities, in addition to our service users, in putting this in to practice and developing our services based on this evidence-based research. We are reactive and proactive and we are driven by results. This will enable us to continue to grow as an organisation and remain versatile and adaptable in our approach.

Legal and Charity Information

Registered Office	Adventure Therapy 5 Seaview Estate Ilfracombe Devon EX34 9PP
Registered Charity Number	1173646
Trustees	Geoff Hills Dean Gammon Daniel Northcott (resigned) Amber Gammon*
Founder and Management	Rob Emery MILM (Cert) MCIOF
Principal Bankers	The cooperative bank PO Box 250 Skelmersdale WN8 6WT
Independent Examiner	Miss. S. L. Procter MAAT Procter Accountancy 3 Princess Street Barnstaple Devon EX32 7EU
Insurer	Zurich Insurance PLC The Zurich Centre 3000 Parkway Whiteley Fareham Hampshire PO15 7JZ

*please note that Amber Gammon is unrelated to Dean Gammon.

Making Life Great Outdoors

ADVENTURE Therapy

Trustees Report for the year ended 5 April 2021

The Trustees and Founder of Adventure Therapy present their Annual Report and Financial Statements for the year ended 5 April 2021.

As a Charitable Incorporated Organisation (CIO), Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing receipts and payments accounts.

Founded on 3 July 2017, Adventure Therapy exists to improve the emotional and physical wellbeing of children and adults with mental health conditions, physical disability, learning disability, life-limiting illnesses or life-changing conditions, through the provision of outdoor and adventure-led activities.

Adventure Therapy is a registered charity with the Charity Commission in England and Wales (charity number 1173646).

"Coordination. Achievement. Resilience. Focus. Happiness. He had it all. The best thing was, he was really scared to do the zipwire and when he finally did, the whole crowd clapped. Very special."

– Lennox's Mum

Chairman and Founder's Report

This year has been particularly challenging due to the onset of the COVID-19 Pandemic and its continuing restrictions, which extended far beyond what anyone had anticipated.

Whilst this presented unchartered waters for us all, we adapted our service delivery where possible and introduced new initiatives to enable us to continue supporting existing service users - and new ones.

As our activities are predominantly outside, following government guidance and with additional assistance from various regulatory bodies such as Sport England, Surfing England and the National Coasteering Charter, we were able to continue to provide a limited number of our activities. This was due to the benefits of our service, particularly to mental health, outweighing the potential risk of COVID-19 in a 1:1 outdoor setting, whilst recognising and adhering to COVID-safe procedures at all times.

We ceased the provision of group sessions (unless from the same family unit) and concentrated on 1:1 activities and our AT Home Packs, which provided a box of adventure-related items to continue to engage and encourage people to spend time outdoors, albeit locally or in their own gardens. This was particularly relevant to those who were shielding and unable to attend any of our activities. The mental health of NHS and Police Frontline workers was also identified as being severely impacted as a result of COVID-19 and we introduced a special project to provide free outdoor activities to improve emotional wellbeing amongst these groups, too.

We had to cease plans to develop our community and corporate fundraising this year and we became reliant on grant funding to a greater extent than originally envisaged. We were extremely grateful for the additional support we received in this respect.

As we end this financial year we look to the ongoing challenge of operating in an ever-changing landscape, both from the way we provide our activities and from a funding perspective. We do so with the knowledge that our activities are making an even greater impact on the wellbeing of the children and adults we support and the confidence that we can continue to change lives through adventure, through the kindness and support of the communities we serve.

Geoff Hills
Chair of Trustees

Rob Emery
MILM (Cert) MCIOF
Founder and Chief Executive

Structure, Governance and Management

Adventure Therapy is a Charitable Incorporated Organisation (CIO) and is governed by a Constitution and has no share capital.

The charity is overseen by a board of Trustees who have responsibility for the governance of the organisation. During this financial period one of our Trustees (Daniel Northcott) resigned from his position and we were pleased to appoint Amber Gammon during this financial period, with a seamless transition meaning we continued to have three Trustees on the Board at all times.

The Board of Trustees has the power to nominate and appoint other Trustees as is considered appropriate and in the best interests of the organisation.

New Trustees are offered a programme of induction which includes information provided by the Charity Commission and literature which is specific to the charity, to include:

- The Charity Commission Charity Trustee Welcome Pack
- Adventure Therapy Constitution
- Minutes from the most recent Trustee Meeting
- Safeguarding Children and Safeguarding Vulnerable Adults Policies
- Most recent Annual Report and Financial Statement

An induction also includes meeting the Founder of Adventure Therapy and its current Board of Trustees.

Trustees may be asked to attend a fundraising event or assist in the recruitment of volunteers.

All Trustees give up their time freely and no Trustee receives remuneration. No Trustee incurred expenses during this accounting period.

The Founder of Adventure Therapy (Rob Emery) was appointed as Chief Executive of the charity.

The Trustees meet as a board (with our Founder and Chief Executive) on a quarterly basis to ensure the governance and strategic management of the charity is implemented. This includes (but is not limited to) discussing:

- The strategic direction of the organisation
- Fundraising
- Monitoring financial performance
- Risk Management
- Human Resources

All decisions reached are by the majority vote of the Trustees.

The finance function is currently overseen by Dean Gammon (who acts as Treasurer) and the charity Founder and Chief Executive, Rob Emery.

Structure, Governance and Management (continued)

Employees

During this accounting period the Trustees appointed our Founder as Chief Executive (part-time) of the charity.

Senior Management Remuneration

Our Founder and Chief Executive works for the organisation on a part-time basis which includes employed and voluntary hours. Renumeration has been provided by a restricted grant and no employee earns more than £60,000.

Volunteers

The charity was pleased to appoint 6 new volunteers.

Public Benefit

Our Trustees confirm they have referred to the Charity Commission general guidance on public benefit when reviewing the aims and objectives of the charity. The benefits of Adventure Therapy are highlighted in this report but further information is provided on our website (www.adventuretherapy.org.uk). The Trustees review the charity's activities against its aims and objectives on an ongoing basis and are satisfied that its activities continue to align with its purpose. The beneficiaries of Adventure Therapy are children and adults with physical disabilities, mental health conditions, learning disability, life-limiting illnesses or life-changing conditions. A referral process is in place and can be accessed through our website (or in hardcopy format if preferred) and clear guidance on criteria can be provided when requested to ensure that those who meet the criteria can be offered activities and be supported by the charity, subject to funding.

Charity Governance Code

Adventure Therapy is a not-for-profit organisation and aims to follow charity sector best practice. Our Trustees are aware that good governance is fundamental to the success of an organisation and that the Charity Governance Code supports the charity's compliance with the law and relevant legislation. The Code relates to an organisations purpose, leadership, integrity, decision making, board effectiveness, equality and diversity, openness and accountability. Board members consider that Adventure Therapy's governance framework aligns with many aspects of the Code and on an ongoing basis, they will undertake a review of the Code and implement any consequential changes to Adventure Therapy's governance and standards, as considered necessary.

Objects and Activities

Objects of the Charity

The objects of the charity are for the Public Benefit, the relief of people in need by reason of ill-health, disability or other disadvantage or difficultly including, but not limited by:

1. The provision of recreational activities, provided in the interests of social welfare with a view to improving conditions of life.

2. The advancement of education and development of skills, capabilities and confidence as a means of therapy and in particular, but not exclusively, through the provision of instruction and facilities in outdoor/ adventure pursuits and other related activities.

3. To enable the access of and ability to carry our such activities as deemed supportive in aiding recovery and/ or quality of life through the provision of specialist equipment or grants to enable the purchase of such equipment.

4. The advancement of health or the saving of lives, by raising awareness of and carrying our research in the therapeutic benefits of outdoor/adventure pursuits and other related activities.

For the purpose of this clause, ill-health, disability or other disadvantage or difficulty means physical disability, mental health conditions, learning disability, life-limiting illnesses or life-changing conditions.

Activities of the Charity

Adventure Therapy exists to improve the emotional and physical wellbeing of children and adults with physical disabilities, mental health conditions, learning disability, life-limiting illnesses or life-changing conditions, through the provision of outdoor activities and adventure-led pursuits.

Our range of activities build self-confidence and develop skills and abilities, through individual and group sessions, team work and leadership.

"The sessions make such a difference – it gives me something to look forward to which is essential for me at the moment."

Policies

Reserves Policy

Our Trustees recognise their commitment and obligation in providing activities for the children and adults who use our services and our commitment to support new referrals whilst maintaining our service over the longer term. In their view it is vital to secure and maintain unrestricted general funds at a level that will ensure the availability of the services provided by Adventure Therapy during periods of economic uncertainty.

In establishing the Adventure Therapy reserves policy, our Trustees have taken guidance from the Charity Commission and considered the structure and activities of the organisation. This includes projecting cash flow over the next five years and identifying our associated key risks during this period. We take in to account both income and expenditure whilst also giving consideration to already committed expenditure, if it is appropriate. From this, it has been found to be prudent for Adventure Therapy to maintain a target range of unrestricted reserves of between 9 and 12 months operating costs. However, it should be noted that at present we have one part-time member of staff which is funded by a restricted grant and therefore the capital requirement will be minimal. This policy is not static and will be reviewed regularly to ensure it meets the needs of the charity as it develops and as its running costs increase.

Currently our unrestricted general funds (free reserves) are nil as at 5 April 2021.

The trustees consider it of strategic importance to increase our unrestricted funds and, whilst maintaining our day to day services for the public benefit, build a reserve of funds to provide future security for the organisation.

Investment Policy

The Trustees have not considered investment of funds at this stage as we do not have unrestricted funds available to review this important part of our operational planning. However, once we are in a suitable position financially, we will draw up and agree on an investment policy with any funds being invested in UK deposit accounts with an approved UK regulated bank or through advice received from an Independent Financial Advisor/Investment Management company.

Whilst we would always endeavour to maintain a diverse investment portfolio and with low or medium risk we would always try to avoid investment into companies which turnover relates to armaments, tobacco products, fossil fuels, gambling, pornography or alcohol manufacture.

Policies (continued)

Risk Policy

The Trustees and Chief Executive have reviewed the major strategic, financial and operational risks associated with the charity and confirm that procedures established (or since improved) continue to mitigate those risks.

Safeguarding Policies

Adventure Therapy has a Child Safeguarding and Vulnerable Adults Policy in place. Where required, volunteers (and future members of staff) are required to hold a valid DBS check.

Our principle risks follow:

Risk of accidents when participating in activities. It is important to understand that Adventure Therapy facilitates access to outdoor activities via third party registered activity providers and as such, does not provide activities directly (i.e. by a member of Adventure Therapy staff). Therefore, the health and safety risk is undertaken by the activity provider and any person (or if applicable, parent or guardian) participating in an activity via referral from Adventure Therapy must sign (digitally or in person) a disclosure agreement which confirms the basis on which activities are undertaken, including the risk involved and the responsibility for that risk. However, as part of our processes and due diligence we will always ensure our Approved Activity Provider and/or registered instructor is:

- Experienced and qualified
- Holds valid liability insurance
- Is a member of an appropriate membership or governing body
- Holds a valid DBS certificate (where applicable)
- Has child safeguarding and vulnerable adult safeguarding policies in place
- Is confident working with children and adults with unique health conditions, impairments or limitations
- Able to act as an Ambassador of Adventure Therapy at activities and shares in our ethos and vision

We must also consider reputational risk should any person or persons be injured as a result of taking part in an activity under referral from Adventure Therapy. Other risks which are considered on an ongoing basis include:

- Risk of fraud by Trustees, volunteers or employees of the charity
- Risk of accidental damage to the charity's assets
- Risk of losing or not obtaining funding for support costs
- Risk that our Founder and CEO does not have sufficient time available to dedicate to the managerial role
- Risk of our Founder and CEO not being in a position to continue with his role/a similar role

Current Status and Plans for the Future

Our Fundraising Strategy is under continuous development to ensure we are able to provide our services in the future. We are reviewing options for the short, medium and longer term which includes trusts and grants in the short-term, corporate and community fundraising in the medium term (dependent on marketing and promotion and assistance from volunteers) and over the longer-term, in memoriam fundraising and gifts in Wills (legacies).

However, we are fully aware that due to COVID-19, fundraising is being negatively impacted and this will remain the case for several months, as the pandemic has resulted in face to face fundraising activities being unable to take place at present.

Our Fundraising and Marketing Strategy will be reviewed regularly before the end of the next accounting period (5 April 2022) to take in to account the continuing adverse effect that COVID-19 has (and will have) on our fundraising. It is highly likely, therefore, that we will need to have a further reliance on Trusts and Grants for the foreseeable future.

- Develop our activities and services in Devon and Cornwall
- Extend our services in Somerset
- Increase awareness of the charity
- Review and develop our Fundraising Strategy
- Work with our Patron and Ambassador to encourage support from the outdoor activities community
- Recruit additional (and maintain existing) volunteers
- Increase income to support our ambitions
- Continue to develop the charity and improve our infrastructure and security for the future

Grants received during the accounting period:

Tesco (Groundwork UK)	Supports activities for children in Ilfracombe and surrounding area
Groundwork UK	Supports AT (Adventure Therapy) Home packs
National Lottery COVID-19 Response	Supports NHS and Police Frontline workers project, AT Home Packs and renumeration costs
Somerset Discovery Fund	Supports adults with learning disability in Somerset and associated costs, including renumeration
Devon County Council	Supports NHS and Police Frontline workers project

We are extremely grateful to our grant funders both past and present for their support and belief in what we endeavour to achieve as an organisation. Thank you.

Statement of Trustees Responsibilities

The Trustees of Adventure Therapy are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law in the United Kingdom.

The Trustees of a Charitable Incorporated Organisation (CIO) must prepare financial statements for each financial year and they must not be approved unless the Trustees are satisfied they provide a true and fair view of the state of affairs of the charitable organisation, including the incoming resources and application of such resources. This includes income and expenditure for that period. In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and apply them consistently.
- Make judgements and estimates which are reasonable and prudent.
- Whilst the Trustees observe the methods and principles of the Charities SORP, as a Charitable Incorporated Organisation, Adventure Therapy complies with section 133 of the Charities Act 2011 (The Charities Act) in preparing accounts on the receipts and payments basis.
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees of Adventure Therapy are responsible for keeping sufficient accounting records that show and explain the charities transactions, disclose with reasonable accuracy at any time the financial position of the charity and ensure they comply with relevant legislation and with the provisions of the charities constitution. They are also responsible for safeguarding the assets of the charity and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

This report was approved by the Board of Trustees on 22 July 2021 and is signed on its behalf by

Geoff Hills
Chair of Trustees

Statement of Fundraising

Supporters of Adventure Therapy can be assured that we comply with the regulatory standards for fundraising. We are registered with the Fundraising Regulator and we are committed to the Fundraising Promise and adherence to the Code of Fundraising Practice. This report covers the requirements that charities must follow as set out in the Charities Act 2016. We also abide by our own Ethical Fundraising Policy. We are authorised to use the Fundraising Regulator logo on our fundraising materials and website. We do not use external fundraising agencies but would encourage any service providers we use for fundraising to also be signed up to the code.

We only work with service providers and appoint volunteers to carry out fundraising duties that we have confidence in and who have sufficient knowledge and expertise to support us as required, so we protect our supporters and the reputation of our charity. We ensure that the correct safeguards are in place with our suppliers and those who fundraise on our behalf. We require fundraising suppliers to confirm they comply with the Code of Fundraising Practice and provide training to volunteers, when required.

As a charity that does not receive statutory funding, we need to raise all funds through fundraising activities, to enable our work to continue.

This year we commenced with fundraising activities through Trusts and Grants and were grateful for existing support from Sport England and the Clare Milne Trust in addition to new grant funding from Tesco (via Groundwork UK), the National Lottery, Somerset Discovery Fund and Devon County Council.

On a day-to-day basis, all fundraising activities for the charity are managed by our Founder and CEO, who is a Full Member of the Institute of Fundraising and a Certified Member of the Institute of Legacy Management. We are aware of a continued need to recruit volunteers to assist with fundraising and this will be included in any revisions to our fundraising strategy. Overall, fundraising activities are overseen by our Board of Trustees.

Our website (www.adventuretherapy.org.uk) outlines our complaints policy for the public and clearly explains how an individual can complain. We have received no complaints with reference to fundraising during this financial year.

We are aware of our obligations to the public in this area and we are thorough in our fundraising activities to ensure there is no intrusion on people's privacy or any undue pressure applied in line with the latest General Data Protection legislation.

Our child safeguarding policy and our vulnerable adults policy is available on request. We do not intentionally carry out fundraising activities to people we consider to be vulnerable and we are committed to ensuring a parent, guardian or attorney is present and/or aware (referring to the GDPR directive), if a person we consider to be vulnerable indicates an intention to support our work, directly.

Receipts and Payments Account

(Income and Expenditure for the year ended 5 April 2021)

Receipts	**Unrestricted Funds**	**Restricted Funds**	**Total Funds 05.04.2021**	**Total Funds 05.04.2020**
Donations and Grants	£1,450.18	£51,682.58	£53,132.76	£7,681.43
Other	£0.00	£433.35	£433.35	£302.16
Total Receipts	**£1,450.18**	**£52,115.93**	**£53,566.11**	**£7,983.59**
Payments				
Charitable Expenditure	£0.00	£6,435.00	£6,435.00	£0.00
Marketing	£106.07	£674.14	£780.21	£1,270.47
Fundraising	£4.86	£821.00	£825.86	£0.00
Support costs	£956.59	£1,005.95	£1,962.54	£0.00
Governance costs	£192.00	£0.00	£192.00	£264.90
Activities	£0.00	£6,516.71	£6,516.71	£60.00
Total Payments	**£1,259.52**	**£15,452.80**	**£16,712.32**	**£1,595.37**
Net Receipts/Payments and net movement in funds	£190.66	£36,663.13	£36,853.79	£6,388.22
Reconciliation of Funds:				
Total funds brought forward	£208.22	£12,089.06	£0.00	£12,089.06
Total funds carried forward	£398.88	£48,752.19	£49,151.07	£0.00

Receipts and Payments Account

(Income and Expenditure for the year ended 5 April 2021)

Total Cash at Bank at 5 April 2021 — £49,151.07

Grants brought forward (from 5 April 2020)

Sport England	£5,909.06
Clare Milne Trust	£6,180.00

Grants received in this accounting period

Tesco (Groundwork UK)	£2,000.00
Groundwork UK	£500.00
National Lottery	£10,000.00
Somerset Discovery Fund	£32,952.00
Devon County Council	£3,370.00

The Receipts and Payments Account includes all gains and losses recognised in the year.

The Charitable Incorporated Organisation is entitled to exemption from audit for the year ended 5th April 2021.

"Harley became so confident by the end of the lesson and was so happy when he returned home."

– Harley's Mum

Statement of Assets and Liabilities for the year ended 5 April 2021

	2021	2020
Current assets		
Stock	£0.00	£0.00
Debtors	£0.00	£0.00
Bank current account	£49,151.07	£12,297.28
Current liabilities		
Creditors (amounts falling due within one year)	£0.00	£0.00
Net current assets		
Net assets	£36,853.79	£12,297.28
Funds		
Unrestricted funds	£190.66	£208.22
Restricted funds	£36,663.13	£12,089.06 (brought forward)
Total Charity Funds	**£49,151.07**	

Our surf sessions can help people to feel calmer and less anxious.

They provide a sense of accomplishment and help in everyday life, by improving resilience and overall wellbeing.

Notes to the Financial Statements for the year ended 5 April 2020

Adventure Therapy is a Charitable Incorporated Organisation (CIO) in England and Wales. Its principal address is 5 Seaview Estate, Ilfracombe, Devon EX34 9PP.

The accounts have been prepared in sterling which is the functional currency of the Charity.

The charity meets the definition of a public benefit entity.

The charity changed its principal bankers in March 2021 from Natwest Bank to The cooperative bank PLC.

The financial statements have been prepared on the assumption that the Charity is able to carry on as a going concern, which the Trustees consider appropriate having regard to the circumstances outlined in the Chairman's report and in grants which have been awarded during and since the end of this financial reporting period.

Approval

This Statement of Financial Activities was approved by the Board of Trustees on 22 July 2021 and is signed on its behalf by

Dean Gammon
Trustee, Treasurer

Notes to Accounts

Income

Income is recognised when the Charity has entitlement to and is in receipt of funds.

Income from voluntary sources is received by way of donations and gifts and is included in full in the Receipts and Payments Account (Statement of Financial Activities) when received.

Income from gift aid tax reclaims is recognised for all donations made prior to the year end, provided valid gift aid declarations are held.

Restricted Funds

These are stated by the donor of the funds or the appeal to which they relate, for specific purposes within the overall aims of the organisation. Donations and income deriving from restricted gifts will be used in accordance with specific purposes.

Unrestricted Funds

These are funds which may be used at the discretion of the management in furtherance of the objects of the Charity.

Donations

Donations received for the general purposes of the charity are included, if applicable, as unrestricted funds.

Donations for activities which are restricted by the donor are allocated as restricted funds. Donations required to be retained as capital in accordance with the donors wishes are accounted for as endowments – permanent or expendable, depending on the nature of the restriction.

Thank you to all of our supporters for your kindness and generosity in supporting Adventure Therapy during this difficult year and for helping to change lives through adventure.

Notes to Accounts (continued)

Donations of services and facilities

If applicable, properties, investments and other fixed assets donated to the charity are included as income at market value at the time that the charity takes control of the item. Donated services and facilities are included as income, if material, at their estimated value to the charity when received. And under the appropriate expenditure heading, depending on the nature of the service provided, at the same value and time.

Time donated by volunteers is of significant value to the charity, for which we are extremely grateful, but will not be recognised in the accounts as it cannot be reliably valued.

Legacy income

Gifts in Wills (legacies) are recognised when an Estate has been finalised by the Executor/s and a distribution is received from the Estate. Receipt of a legacy is only considered probable when the amount can be reliably measured and the Executors have advised the charity that a distribution will be made.

Where a legacy gift has been notified to the charity but the criteria for income recognition has not been met, the gift is treated as a contingent asset.

Whether the gift is a pecuniary legacy (a set amount of money in a Will) or a residuary legacy, gifts in Wills are recognised when amounts are distributed and in the case of residuary gifts, when the final Estate Accounts are agreed by the Executors and received by Adventure Therapy. Reversionary legacies are not recognised during the lifetime of the original beneficiary under the Will and are only recognised when the conditions of the gift are met and the legacy is distributed to Adventure Therapy.

Income received in advance

If income is received in advance of an event or the provision of another specific service, it is deferred until the criteria for income recognition is clearly met.

Interest received

Interest on funds held on deposit is included when it is received.

Notes to Accounts (continued)

Investment income

Investment income, when applicable, will be credited as income when it is received.

Grants

Income from grants, including capital grants, is included as income when the charity has entitlement to and is in receipt of funds. That is unless the donor specifies that grants given to the charity must be used in future accounting years, in which case the income would be deferred until those years or when donors impose conditions which must be fulfilled before the charity becomes entitled to use such income. The income would then be deferred and not included as an income resource until the conditions for its use have been met.

Grants received for specific purposes are accounted for as restricted funds. Grants that provide core funding or are of a general nature provided by charitable foundations are recorded as donations.

Fundraising Events

Voluntary income raised through events (principally donations) is recognised in the period in which the event takes place.

"I love being under the water and being able to breathe. It's so quiet, I feel like a fish."

Dylan, aged 13.

Expenditure

Expenditure is accounted for once there is a legal and constructive obligation to make a payment to a third party and that payment has been made. Expenditure has been classified under the following headings:

Charitable Expenditure

Comprises of direct expenditure (including staff costs) which are attributable to the charitable activities and support costs of Adventure Therapy.

Marketing

Marketing costs are spent to raise awareness of the organisation and include literature, advertising (in print format and digital media), website and other promotional materials.

Fundraising

The costs incurred in fundraising include encouraging individuals and organisations to make voluntary contributions and donations to the charity. This may, in the future, include the cost of the charity's fundraising offices, storage facilities, supporter groups and trading and investment management fees.

Support Costs

Administrative or support costs include office, desk space, computers, IT equipment and software, charity database, transport and insurance.

Governance

Governance costs comprises the costs of running the charity and ensuring it is legal and compliant. This would include the cost of legal advice for trustees, insurance costs, professional memberships, Data Protection and GDPR, preparing statutory accounts (including independent examination or external audit) and all costs of complying with constitutional and statutory requirements such as the costs of Board and Committee meetings.

Activities

Activities include the cost of instruction (i.e. paying our Approved Activity Providers) and associated costs, which may include the equipment required for an activity to take place.

Additional Notes

Taxation

The charity is exempt from Corporation Tax on its charitable activities.

The charity is not currently registered for VAT.

Pension Costs

Adventure Therapy did not enter into a pension scheme during this period.

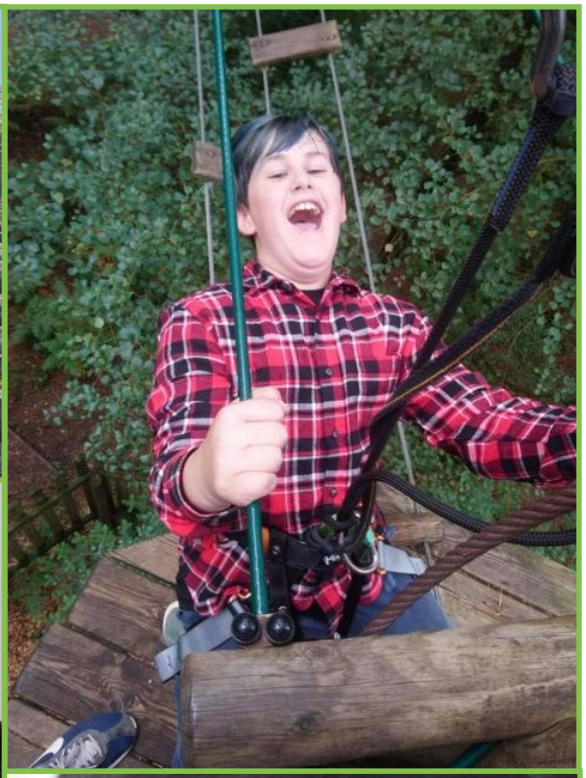
"I had a really great time, and it was a fantastic way to practice all of the balancing work that Lizzie and I have been doing during physiotherapy.

You are offering brilliant opportunities for people to experience new things."

– Louise

Making Life Great Outdoors

ADVENTURE Therapy



Registered with FUNDRAISING REGULATOR

Registered Charity Number 1173646

Making Life Great Outdoors

ADVENTURE Therapy

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#MakingLifeGreatOutdoors

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