

Veterans Outdoors

England & Wales · Charity number 1175204

Details

Other names THE VETERANS FARM ABLE FOUNDATION, Veterans Outdoors

Status Registered

Legal form CIO

Registered 2017-10-18

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

Contact

Address 4 Stonesclose
Modbury
Ivybridge
Devon
PL21 0RZ

Phone 07760729080

Email info@veteransoutdoors.org.uk

Website www.veteransoutdoors.org.uk

Activities

Objects: TO PROMOTE AND PROTECT THE MENTAL HEALTH AND WELLBEING OF VETERANS AND EMERGENCY SERVICES PERSONNEL SUFFERING FROM TRAUMA RELATED CONDITIONS BY PROVIDING OPPORTUNITIES FOR LEARNING RURAL AND CRAFT SKILLS ON FARMS AND ESTATES AND TO ASSIST IN THE TREATMENT AND CARE OF SUCH PERSONS WHO ARE IN NEED OF REHABILITATION AS A RESULT OF SUCH CONDITIONS.

Activities: To promote and protect the mental health and well-being of British military veterans, providing support, friendship and outdoor wellbeing for veterans, those still serving and those with a spousal connection. To offer horticultural therapy and other outdoor wellbeing activities, assisting in the treatment and care of such persons who may be in need of socialisation or rehabilitation.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment, Armed Forces/emergency Service Efficiency, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£171,754	£149,541	-	-
2024-10-31	£194,840	£175,766	-	-
2023-10-31	£171,412	£189,407	-	-
2022-10-31	£169,930	£192,664	-	-
2021-10-31	£220,133	£156,168	-	-
2020-10-31	£77,124	£58,404	-	-

Trustees

Name	Role	Appointed
Charles Weston-Baker	Chair	2023-01-31
Jessica Jane March		2025-05-27
Kelly Mullane		2023-09-26
Nicholas Griffiths		2019-12-03
Nicholas Wood		2025-05-27

Veterans Outdoors

England & Wales - Charity number 1175204

Accounts

REGISTERED CHARITY NUMBER: 1175204

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2025
FOR
VETERANS OUTDOORS CIO

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

VETERANS OUTDOORS CIO

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2025

	Page
Report of the Trustees	1 to 2
Independent Examiner's Report	3
Statement of Financial Activities	4
Balance Sheet	5
Notes to the Financial Statements	6 to 11
Detailed Statement of Financial Activities	12

VETERANS OUTDOORS CIO

REPORT OF THE TRUSTEES
for the Year Ended 31 October 2025

The trustees present their report with the financial statements of the charity for the year ended 31 October 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are:

- to provide support and outdoor wellbeing for military veterans, those still serving and their families;
- to offer horticultural therapy and other outdoor wellbeing activities on estates and farms in the South West.

FINANCIAL REVIEW

Reserves policy

The trustees have set a reserves policy of trying to hold funds to cover approximate six months recurring expenditure, that is about £90,000.

The free reserves in the general fund are £59,700 and the trustees are seeking funding to achieve the required reserves.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a CIO Foundation constitution registered on 18th October 2017 and amended on 1st November 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1175204

Principal address

4 Stonesclose
Galpin Street
Modbury
Ivybridge
Devon
PL21 0RZ

Trustees

H J White
Ms L Sinclair-Willis
N Griffiths
C Weston-Baker
Ms K Mullane
N Wood Chair (appointed 27.5.25)
Ms T Lambert-Lee (appointed 21.7.25)
Ms J March (appointed 27.5.25)
Ms S Smalley (appointed 21.7.25)

Independent Examiner

Ian Barrett
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

VETERANS OUTDOORS CIO

REPORT OF THE TRUSTEES
for the Year Ended 31 October 2025

Approved by order of the board of trustees on 30 March 2026 and signed on its behalf by:

N Wood - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
VETERANS OUTDOORS CIO

Independent examiner's report to the trustees of Veterans Outdoors CIO

I report to the charity trustees on my examination of the accounts of Veterans Outdoors CIO (the Trust) for the year ended 31 October 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Ian Barrett

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

7 May 2026

VETERANS OUTDOORS CIO

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 October 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		75,754	96,000	171,754	194,649
Investment income	2	-	-	-	191
Total		<u>75,754</u>	<u>96,000</u>	<u>171,754</u>	<u>194,840</u>
EXPENDITURE ON					
Charitable activities					
Charitable Activities		35,041	114,500	149,541	175,766
Net gains on investments		2,250	-	2,250	-
NET INCOME/(EXPENDITURE)		<u>42,963</u>	<u>(18,500)</u>	<u>24,463</u>	19,074
RECONCILIATION OF FUNDS					
Total funds brought forward		16,775	35,000	51,775	32,701
TOTAL FUNDS CARRIED FORWARD		<u>59,738</u>	<u>16,500</u>	<u>76,238</u>	<u>51,775</u>

The notes form part of these financial statements

VETERANS OUTDOORS CIO

BALANCE SHEET

31 October 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	5	389	-	389	389
CURRENT ASSETS					
Investments	6	12,250	-	12,250	-
Cash at bank and in hand		48,129	16,500	64,629	53,587
		60,379	16,500	76,879	53,587
CREDITORS					
Amounts falling due within one year	7	(1,030)	-	(1,030)	(2,201)
NET CURRENT ASSETS		<u>59,349</u>	<u>16,500</u>	<u>75,849</u>	<u>51,386</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>59,738</u>	<u>16,500</u>	<u>76,238</u>	<u>51,775</u>
NET ASSETS		<u>59,738</u>	<u>16,500</u>	<u>76,238</u>	<u>51,775</u>
FUNDS	8				
Unrestricted funds				59,738	16,775
Restricted funds				16,500	35,000
TOTAL FUNDS				<u>76,238</u>	<u>51,775</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 30 March 2026 and were signed on its behalf by:

N Wood - Trustee

The notes form part of these financial statements

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

2. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	-	191
	=====	=====

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2025

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 October 2025 nor for the year ended 31 October 2024.

Trustees' expenses

No trustees' expenses were reimbursed in the year to 31st October 2024 (2023: £nil).

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	35,408	159,241	194,649
Investment income	191	-	191
Total	<u>35,599</u>	<u>159,241</u>	<u>194,840</u>
EXPENDITURE ON			
Charitable activities			
Charitable Activities	31,072	144,694	175,766
NET INCOME	4,527	14,547	19,074
RECONCILIATION OF FUNDS			
Total funds brought forward	12,248	20,453	32,701
TOTAL FUNDS CARRIED FORWARD	<u>16,775</u>	<u>35,000</u>	<u>51,775</u>

5. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 November 2024 and 31 October 2025	389
NET BOOK VALUE	
At 31 October 2025	389
At 31 October 2024	389

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2025

6. CURRENT ASSET INVESTMENTS

	2025	2024
	£	£
Listed investments	12,250	-

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	1,030	2,201

8. MOVEMENT IN FUNDS

	At 1.11.24	Net movement in funds	Transfers between funds	At 31.10.25
	£	£	£	£
Unrestricted funds				
General fund	8,192	3,046	375	11,613
De Laszo Trust	4,958	42	(125)	4,875
Swire Trust	250	17,250	(250)	17,250
St James Place	1,875	(1,875)	-	-
Small Grants	1,500	(1,500)	-	-
Awards for all	-	8,500	-	8,500
Drapers	-	17,500	-	17,500
	16,775	42,963	-	59,738
Restricted funds				
Veterans' Foundation	6,000	4,000	-	10,000
RNRM Greenwich	-	1,500	-	1,500
Postcode Lottery	20,000	(20,000)	-	-
Garfield Weston	4,500	(4,500)	-	-
ACF Positive Pathways Womens Project Artemis Phase 2	4,500	500	-	5,000
	35,000	(18,500)	-	16,500
TOTAL FUNDS	51,775	24,463	-	76,238

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2025

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	2,754	(1,958)	2,250	3,046
De Laszo Trust	6,000	(5,958)	-	42
Swire Trust	20,000	(2,750)	-	17,250
St James Place	-	(1,875)	-	(1,875)
Small Grants	17,000	(18,500)	-	(1,500)
Awards for all	10,000	(1,500)	-	8,500
Drapers	20,000	(2,500)	-	17,500
	<u>75,754</u>	<u>(35,041)</u>	<u>2,250</u>	<u>42,963</u>
Restricted funds				
Devon Community Foundation	5,000	(5,000)	-	-
RAF Benevolent Fund	5,000	(5,000)	-	-
Veterans' Foundation	30,000	(26,000)	-	4,000
RNRM Greenwich	11,000	(9,500)	-	1,500
ABF Soldiers Charity	10,000	(10,000)	-	-
Postcode Lottery	-	(20,000)	-	(20,000)
Garfield Weston	-	(4,500)	-	(4,500)
ACF Positive Pathways Womens Project Artemis Phase 2	35,000	(34,500)	-	500
	<u>96,000</u>	<u>(114,500)</u>	<u>-</u>	<u>(18,500)</u>
TOTAL FUNDS	<u>171,754</u>	<u>(149,541)</u>	<u>2,250</u>	<u>24,463</u>

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2025

8. **MOVEMENT IN FUNDS - continued**

Comparatives for movement in funds

	At 1.11.23 £	Net movement in funds £	At 31.10.24 £
Unrestricted funds			
General fund	12,248	(4,056)	8,192
De Laszo Trust	-	4,958	4,958
Swire Trust	-	250	250
St James Place	-	1,875	1,875
Small Grants	-	1,500	1,500
	<hr/>	<hr/>	<hr/>
	12,248	4,527	16,775
Restricted funds			
D'Oyly Carte Trust	3,000	(3,000)	-
RAF Benevolent Fund	1,000	(1,000)	-
Veterans' Foundation	-	6,000	6,000
ABF Soldiers Charity	2,500	(2,500)	-
AFCFT Sustaining Active and Healthy Lifestyles	3,953	(3,953)	-
Postcode Lottery	10,000	10,000	20,000
Garfield Weston	-	4,500	4,500
ACF Positive Pathways Womens Project			
Artemis Phase 2	-	4,500	4,500
	<hr/>	<hr/>	<hr/>
	20,453	14,547	35,000
TOTAL FUNDS	<hr/>	<hr/>	<hr/>
	32,701	19,074	51,775

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2025

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,153	(12,209)	(4,056)
De Laszo Trust	6,000	(1,042)	4,958
Swire Trust	15,000	(14,750)	250
St James Place	2,500	(625)	1,875
Small Grants	3,946	(2,446)	1,500
	<u>35,599</u>	<u>(31,072)</u>	<u>4,527</u>
Restricted funds			
Armed Forces Covenant Fund Trust Force for Change Growing Together	39,250	(39,250)	-
D'Oyly Carte Trust	-	(3,000)	(3,000)
RAF Benevolent Fund	-	(1,000)	(1,000)
Veterans' Foundation	30,000	(24,000)	6,000
Awards for All	10,000	(10,000)	-
RNRM Greenwich	10,800	(10,800)	-
ABF Soldiers Charity	10,000	(12,500)	(2,500)
AFCFT Sustaining Active and Healthy Lifestyles	-	(3,953)	(3,953)
Postcode Lottery	24,191	(14,191)	10,000
Garfield Weston	20,000	(15,500)	4,500
ACF Positive Pathways Womens Project Artemis Phase 2	15,000	(10,500)	4,500
	<u>159,241</u>	<u>(144,694)</u>	<u>14,547</u>
TOTAL FUNDS	<u>194,840</u>	<u>(175,766)</u>	<u>19,074</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 October 2025.

VETERANS OUTDOORS CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 October 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,754	2,962
Grants	169,000	191,687
	<u>171,754</u>	<u>194,649</u>
Investment income		
Deposit account interest	-	191
	<u>171,754</u>	<u>194,840</u>
EXPENDITURE		
Charitable activities		
Staff remuneration	50,553	52,492
Core Service delivery costs	67,819	91,638
Fundraising	25,450	25,847
Motor expenses	538	-
Office expenses	426	463
Rent	25	116
Insurance	251	939
Website development	716	84
Training	-	18
Accountancy and bookkeeping	3,199	3,320
Subscriptions	120	174
Sundry expenses	49	217
Legal and professional fees	143	-
Staff expenses	252	458
	<u>149,541</u>	<u>175,766</u>
Total resources expended	<u>149,541</u>	<u>175,766</u>
Net income	<u>22,213</u>	<u>19,074</u>

This page does not form part of the statutory financial statements

1ST NOVEMBER 2024 – 31ST OCTOBER 2025

Reg Charity no: 1175204

Veterans Outdoors

ANNUAL REPORT FOR 24/25



**VETERANS CHARITY
OF THE YEAR '25-'26**

**UK VETERANS MENTAL HEALTH
CHARITY OF THE YEAR '25-'26**



www.veteransoutdoors.org.uk

Praise from many directions...



It's always gratifying to receive praise for our work, especially in a field as complex as veterans' mental health. Those moments when beneficiaries thank us for changing, or even saving, their lives are as important to us as they are for them.

This is not just because it conveys a sense of our job well done but because it informs the way we support those who cross our path in the future. Successful case studies are vital to our funders too, reassuring them that their faith in us is well-founded and their money is well spent. And our successes reinforce the bond of trust that exists between Veterans Outdoors and the numerous organisations that regularly refer beneficiaries to us – NHS hospitals and GP surgeries, Op. Courage, Op. Nova and so on.

We've never gone looking for praise so when it comes from further afield it's both surprising and energising for the team. This year we were delighted to receive a clutch of awards from panels that had examined our work - without our knowing - and had been impressed by our achievements.

The Southern Enterprise Awards named us as their **Veterans Charity of the Year** while the GHP Mental Health Awards picked us as **UK Veterans Mental Health Charity of the Year**. And while we were still trying to digest those two accolades, we were named as **Veterans Wellbeing Support Programme of the Year** at the Corporate Livewire Innovation and Excellence Awards.

The judging panels for all three awards variously praised our innovation, dedication and the overall quality of our care. Because we're only a small team of 6, it means that every member of our staff must take some credit for what we're achieving. We're like a family as well as being colleagues. Beneficiaries who spend time with us soon learn who everyone is and what they do. It's an important component of our success and it means we can guarantee the highest standards of safeguarding with all risks assessed, staff regularly trained and frequent case referrals discussed with relevant statutory bodies.

The stories of some of those beneficiaries are told elsewhere in this report, each one paying tribute to the life-changing experience of working with Veterans Outdoors. While we are always grateful and appreciative for those organisations who acknowledge our work with titles and awards, it's those real-life stories that we'll remember for years to come. Thank you to all those that make our work possible and to our beneficiaries whose stories inspire us every day.

Jeremy Hibbard,
Chief Executive

Contents

CEO Introduction	2
Our year in numbers	4
Pamela's Story	5
Teri's Story	6
Rich's Story	9
Chair's Report	10
Thank You	11

5



6



9



11



Our year in numbers



£171,754

GRANTS & DONATIONS



£149,541

EXPENDITURE



193

ACTIVE BENEFICIARIES
AS OF 31.10.25



117

EVENT DAYS

OF OUR BENEFICIARIES



35%
MALE



10%
REGISTERED DISABLED



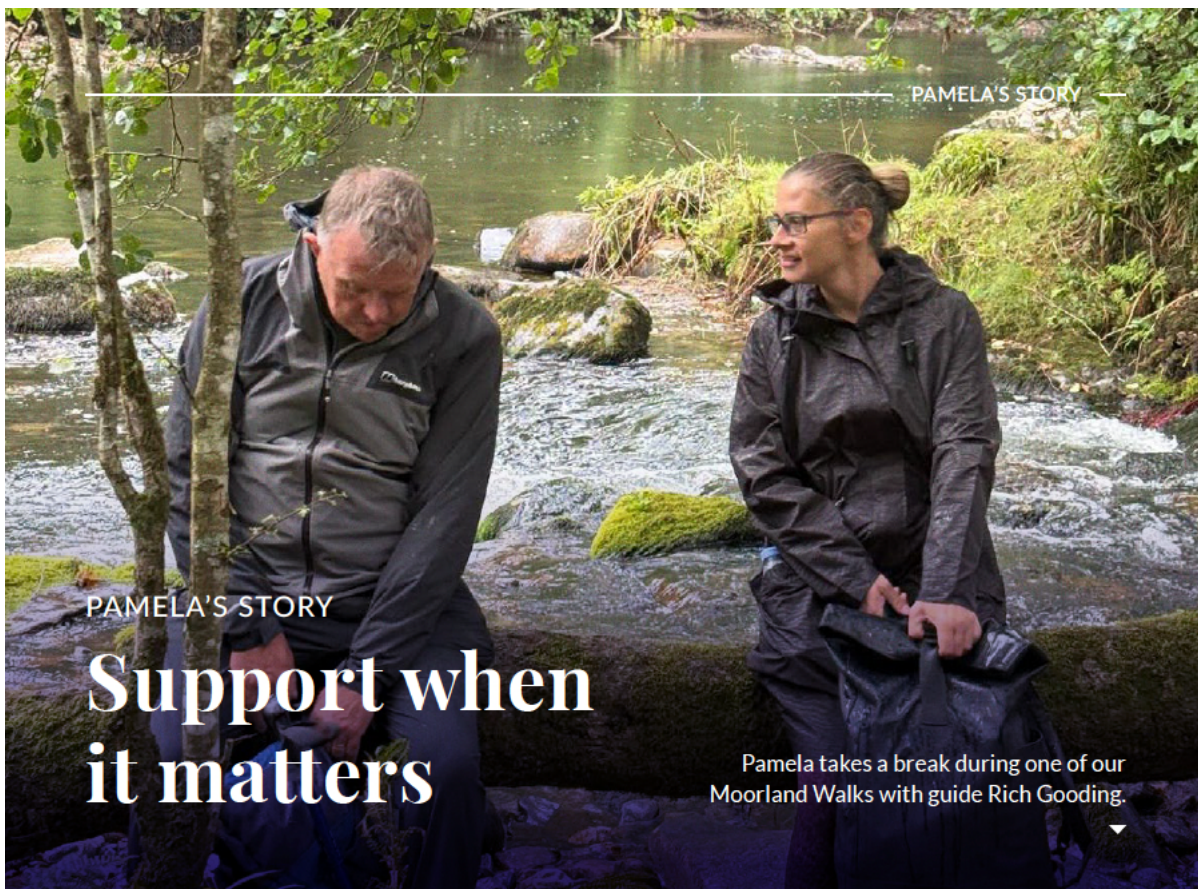
65%
FEMALE



17%
FAMILIES OF VETERANS
OR THOSE STILL SERVING



7%
STILL SERVING



PAMELA'S STORY

PAMELA'S STORY

Support when it matters

Pamela takes a break during one of our Moorland Walks with guide Rich Gooding.

Pamela, a former Naval steward joined us in July '25, attending Dartmoor Walks, a Yoga Course and an Emotional Resilience Course – all giving her much needed respite from a confusing and sometimes chaotic home life. She works as a nurse at Derriford Hospital in Plymouth, living in a shared house while her partner works abroad. She's torn between staying in Devon where she loves her job, or moving back North to be close to her family.

She was told about Veterans Outdoors during a counselling session and signed up for one of our Dartmoor Walks. She told us: "The team were very approachable. They knew about my difficulties and instantly made me feel welcome. They were so supportive, it's amazing. And I've made new friends that I speak to outside the events."

One of our ground-breaking Emotional Resilience Courses, this one on understanding emotions, was another turning point. "It's really improved my confidence. Before the course I didn't go anywhere, I was isolating myself, I was very down. I still get anxious, but I've learnt how to dial it down a peg or two. Veterans Outdoors is very supportive and able to sign post the right events for me."

“

The team were very approachable. They knew about my difficulties and instantly made me feel welcome.”

TERI'S STORY

Support for the supporter

Teri knows only too well the challenges of looking after an Army veteran partner. Her husband Mark, a Falklands Veteran, has complex PTSD, memory loss and suffered several strokes and heart attacks - including a cardiac arrest in which Teri nearly lost him. Medics brought him back with 'one last try' after 35 minutes of resuscitation. The impact on Teri's own health has been significant; she suffers from fibromyalgia and stress-related seizures. A wheelchair user, she can only stand for brief periods or walk short distances.

We met Teri, a qualified art therapist, when Veterans Outdoors was looking for someone to run an art therapy course for our beneficiaries. The course was a great success, but we realised that Teri was, herself, in need of some additional support and therapies. Not only was she running a community art project with her two co-directors but also supporting her husband and struggling with her own mobility issues. She desperately needed some time to park her responsibilities and have time to herself.

We invited Teri to join an Artemis (women only) Taiko Drumming workshop in the woods near Totnes. She loved the experience telling us: "it was physical - but at my own pace, energetic but not exhausting. I loved being part of a team, in sync with others."

Teri (left) finding her rhythm on ►
the Taiko Drumming Course





Teri's Art Therapy Courses proved very popular with all those veterans who attended

Subsequently, a day of falconry with us had a profound effect on Teri as she found peace and serenity in the woods. "The birds could pick up on anxiety, settle it and tune in with me. I could understand the interaction which was very emotional but uplifting. When I remember it, I feel at peace, I carry it with me. At times of stress, I cast my mind back to my time in the woods. It was a privilege, the best thing I have done in a long time."

Inspired by her work with Veterans Outdoors, Teri is now facilitating free art-led therapy courses for female veterans, helping both the community art project and her own mental wellbeing.

She tells us: "I have been thinking a lot about what being a part of Veterans Outdoors means to me. It feels like a safe space, a place where I can be myself without the pressure of having to support my husband and put him first. It's time just for me, time to decompress and let go... important time not just so I can relax but so that I can really feel lifted by the time I go home."

I'm so grateful to have V.O. as a resource for me. There are very few places where I can go and feel supported and valued as a wife of a veteran."



Veterans Outdoors feels like a place where I can be myself without the pressure of having to support my husband and put him first."





RICH'S STORY

Finding calm in nature

Rich, an army veteran, joined us in 2023, referred by Project Nova which supports veterans who've had a brush with the criminal justice system. He's struggled with his mental health and alcohol abuse and has issues with crowds and noise. He knows being outdoors helps his mental health but sometimes, when he's in crisis, he might book on to an event and then cancel because he's not had any sleep or his mental health is in a poor state.

In July 25 an incident involving his neighbours had him isolating at home during the day and training at the gym at midnight so as not to encounter them. After another, highly stressful, court appearance we invited him to attend a Falconry Day, picking him up in the morning to make sure he got there. Thoughts of his chaotic home life were stressing him by the time he arrived on location but then he was introduced to George the Owl who, remarkably, sensed Rich's stress levels and the pair calmed down as they relaxed together.



Veterans' Outdoors is amazing. It caters for all types of veterans, not just those with mental health issues. You have always been there for me, on the end of a phone, you have never given up on me. I'm so grateful for that."

► Rich finds peace with George the Owl.

He told us: "George the owl knew I was stressed and I love animals and trust them more than people. It was incredible, walking to the glade in the woods felt like a real adventure, a real journey. Then, sat in the hammock, I was so relaxed. I remind myself of that daily, thinking of how relaxed I felt."

At the time of writing, we're working with Op Nova supporting Rich as he tries to fight eviction from his accommodation, noting that his flat represents stability which cuts the risk of him drinking and reoffending, reducing the ultimate risk of further trouble with the law.

He says: "Veterans' Outdoors is amazing. It caters for all types of veterans, not just those with mental health issues. I love the walks and being out meeting new people. It's not just about the events, you have always been there for me, on the end of a phone, you have never given up on me. I'm so grateful for that."



Chair's Report

It's been a privilege to join the board of Veterans Outdoors this year as trustee and then as its new Chair. The more I learn about the charity - its history, its ambition and its many successes - the more impressed I am by the amazing things that Jeremy, Fiona, Mike, Sam, Catherine and Bernard are able to achieve in an increasingly difficult climate.

Last year's report talked about the sense that, militarily, the world was changing and our forces, and those that support them, need to be ready to accept and adapt to a new world order.

Writing now, in the Spring of 2026, it's still unclear what that new world order is going to look like. While there's a growing hope that UK forces may not be involved in direct combat in the near future, the likelihood of us being involved in a peace-keeping capacity grows ever stronger. Either way, it's gratifying that defence spending has been increased and extra funding has been earmarked for veteran support.

We now wait to see where that money is going to be spent and what shape the Government's £50m Operation VALOUR project - its veteran support programme - is going to be. In the South West, Veterans Outdoors is part of a very strong team with our Artemis (women only) project proving to be

much admired and highly valued. On our horizon, too, our new Grassroots Hub - our base at Kitley which we hope will be up and running by the end of '26. It will transform the way we work and enable us to spend more time with more beneficiaries while giving veterans in the South West a greater freedom to socialise and to create their own events. As we increase our reputation and our size we must look to the long term see if our processes and principles can be rolled out elsewhere in the UK.

Elsewhere in this report, our CEO has talked about the recognition we've already received and that various awards panels have praised our innovation. That same innovative spirit is what makes us such an important part of any programme and is what will guarantee that Veterans Outdoors continues to play an important part in veterans' care and support in the years to come.

Nick Wood,
Chair of Trustees



Innovative spirit is what makes us such an important part of any programme"



THANK YOU



Our fortnightly Dartmoor walks are one of our most popular activities. The wetter the better!

Our sincerest thanks to our visionary and generous funders for their support.

In 24/25 these included:

- 29th May 1961 Charitable trust
- Army Benevolent Fund
- Armed Forces Covenant Fund Trust
- The Astor Foundation
- The Carew Pole Charitable Trust
- The Clare Milne Trust
- Company of Arts Scholars
- The De Laszlo Foundation
- Devon Community Foundation
- D'Oyly Carte Charitable Trust
- Drapers Charitable Fund
- Edgar E. Lawley Foundation
- The Elmgrant Trust
- The Finnis Scott Foundation
- Garfield Weston Foundation
- The Grace Trust
- David Gibbons Foundation
- The Hedley Foundation
- Anton Jurgens Charitable Trust
- Lennox Hannay Charitable Trust
- The MacRobert Trust
- The National Lottery – Awards 4 All
- PF Charitable Trust
- Postcode Local Trust
- Queen Mary's Roehampton Trust
- Roger Clutterbuck Charitable Trust
- Royal Air Force Benevolent Fund
- Royal Naval and Royal Marines Charity
- The Schreier Foundation
- Souter Charitable Trust
- St. James Place Foundation
- The Swire Charitable Trust
- The Veterans Foundation



Contact address: 4 Stonesclose,
Galpin Street,
Modbury,
Ivybridge,
Devon,
PL21 0RZ.

Veterans Outdoors is run by CEO Jeremy Hibbard reporting to a Board of Trustees chaired by Nick Wood.

Other trustees during the period were: Nick Griffiths, Tilly Lambert-Lee, Jess March, Kelly Mullane, Sara Smalley, Charles Weston-Baker, Haydn White and Laura Sinclair-Willis (Associate Trustee).

Trustees are recruited by invitation.

Veterans Outdoors

England & Wales - Charity number 1175204

Accounts

REGISTERED CHARITY NUMBER: 1175204

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024
FOR
VETERANS OUTDOORS CIO

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

VETERANS OUTDOORS CIO

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2024

	Page
Report of the Trustees	1
Independent Examiner's Report	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 to 10
Detailed Statement of Financial Activities	11

VETERANS OUTDOORS CIO

REPORT OF THE TRUSTEES
for the Year Ended 31 October 2024

The trustees present their report with the financial statements of the charity for the year ended 31 October 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are:

- to provide support and outdoor wellbeing for military veterans, those still serving and their families;
- to offer horticultural therapy and other outdoor wellbeing activities on estates and farms in the South West.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a CIO Foundation constitution registered on 18th October 2017 and amended on 1st November 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1175204

Principal address

4 Stonesclose
Galpin Street
Modbury
Ivybridge
Devon
PL21 0RZ

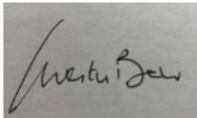
Trustees

H J White Chair
Ms L Sinclair-Willis
N Griffiths
C Weston-Baker
Ms K Mullane

Independent Examiner

Ian Barrett
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

Approved by order of the board of trustees on 3 June 2025 and signed on its behalf by:



Charles Weston Baker, Interim Chair

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
VETERANS OUTDOORS CIO

Independent examiner's report to the trustees of Veterans Outdoors CIO

I report to the charity trustees on my examination of the accounts of Veterans Outdoors CIO (the Trust) for the year ended 31 October 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Ian Barrett

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

23 June 2025

VETERANS OUTDOORS CIO

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 October 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		35,408	159,241	194,649	171,019
Investment income	2	191	-	191	393
Total		35,599	159,241	194,840	171,412
EXPENDITURE ON					
Charitable activities					
Charitable Activities		31,072	144,694	175,766	189,407
NET INCOME/(EXPENDITURE)		4,527	14,547	19,074	(17,995)
RECONCILIATION OF FUNDS					
Total funds brought forward		12,248	20,453	32,701	50,696
TOTAL FUNDS CARRIED FORWARD		16,775	35,000	51,775	32,701

The notes form part of these financial statements

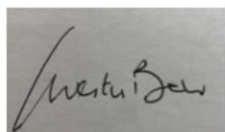
VETERANS OUTDOORS CIO

BALANCE SHEET

31 October 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	5	389	-	389	389
CURRENT ASSETS					
Cash at bank and in hand		18,587	35,000	53,587	32,633
CREDITORS					
Amounts falling due within one year	6	(2,201)	-	(2,201)	(321)
NET CURRENT ASSETS		<u>16,386</u>	<u>35,000</u>	<u>51,386</u>	<u>32,312</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>16,775</u>	<u>35,000</u>	<u>51,775</u>	<u>32,701</u>
NET ASSETS		<u>16,775</u>	<u>35,000</u>	<u>51,775</u>	<u>32,701</u>
FUNDS	7				
Unrestricted funds				16,775	12,248
Restricted funds				35,000	20,453
TOTAL FUNDS				<u>51,775</u>	<u>32,701</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 3 June 2025 and were signed on its behalf by:



Charles Weston Baker, Interim Chair

The notes form part of these financial statements

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

2. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	191	393

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2024

3. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

No trustees' expenses were reimbursed in the year to 31st October 2024 (2023: £nil).

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	54,319	116,700	171,019
Investment income	393	-	393
Total	<u>54,712</u>	<u>116,700</u>	<u>171,412</u>
 EXPENDITURE ON			
Charitable activities			
Charitable Activities	58,660	130,747	189,407
NET INCOME/(EXPENDITURE)	(3,948)	(14,047)	(17,995)
 RECONCILIATION OF FUNDS			
Total funds brought forward	16,196	34,500	50,696
TOTAL FUNDS CARRIED FORWARD	<u>12,248</u>	<u>20,453</u>	<u>32,701</u>

5. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 November 2023 and 31 October 2024	<u>389</u>
NET BOOK VALUE	
At 31 October 2024	<u>389</u>
At 31 October 2023	<u>389</u>

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2024

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	<u>2,201</u>	<u>321</u>

7. MOVEMENT IN FUNDS

	At 1.11.23	Net movement in funds	At 31.10.24
	£	£	£
Unrestricted funds			
General fund	12,248	(4,056)	8,192
De Laszo Trust	-	4,958	4,958
Swire Trust	-	250	250
St James Place	-	1,875	1,875
Small Grants	-	1,500	1,500
	<u>12,248</u>	<u>4,527</u>	<u>16,775</u>
Restricted funds			
D'Oyly Carte Trust	3,000	(3,000)	-
RAF Benevolent Fund	1,000	(1,000)	-
Veterans' Foundation	-	6,000	6,000
ABF Soldiers Charity	2,500	(2,500)	-
AFCFT Sustaining Active and Healthy Lifestyles	3,953	(3,953)	-
Postcode Lottery	10,000	10,000	20,000
Garfield Weston	-	4,500	4,500
ACF Positive Pathways Womens Project	-	4,500	4,500
Artemis Phase 2	-	4,500	4,500
	<u>20,453</u>	<u>14,547</u>	<u>35,000</u>
TOTAL FUNDS	<u>32,701</u>	<u>19,074</u>	<u>51,775</u>

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2024

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,153	(12,209)	(4,056)
De Laszo Trust	6,000	(1,042)	4,958
Swire Trust	15,000	(14,750)	250
St James Place	2,500	(625)	1,875
Small Grants	3,946	(2,446)	1,500
	35,599	(31,072)	4,527
Restricted funds			
Armed Forces Covenant Fund Trust Force for Change Growing Together	39,250	(39,250)	-
D'Oyly Carte Trust	-	(3,000)	(3,000)
RAF Benevolent Fund	-	(1,000)	(1,000)
Veterans' Foundation	30,000	(24,000)	6,000
Awards for All	10,000	(10,000)	-
RNRM Greenwich	10,800	(10,800)	-
ABF Soldiers Charity	10,000	(12,500)	(2,500)
AFCFT Sustaining Active and Healthy Lifestyles	-	(3,953)	(3,953)
Postcode Lottery	24,191	(14,191)	10,000
Garfield Weston	20,000	(15,500)	4,500
ACF Positive Pathways Womens Project Artemis Phase 2	15,000	(10,500)	4,500
	159,241	(144,694)	14,547
TOTAL FUNDS	194,840	(175,766)	19,074

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2024

7. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.11.22 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	3,696	8,552	12,248
Garfield Weston Foundation	12,500	(12,500)	-
	<u>16,196</u>	<u>(3,948)</u>	<u>12,248</u>
Restricted funds			
Armed Forces Covenant Fund Trust Force for Change Growing Together	2,000	(2,000)	-
D'Oyly Carte Trust	-	3,000	3,000
RAF Benevolent Fund	-	1,000	1,000
Veterans' Foundation	7,500	(7,500)	-
RNRM Greenwich	4,000	(4,000)	-
ABF Soldiers Charity	2,500	-	2,500
AFCIF Afghanistan	13,500	(13,500)	-
Sundry grants and trusts	5,000	(5,000)	-
AFCFT Sustaining Active and Healthy Lifestyles	-	3,953	3,953
Postcode Lottery	-	10,000	10,000
	<u>34,500</u>	<u>(14,047)</u>	<u>20,453</u>
TOTAL FUNDS	<u><u>50,696</u></u>	<u><u>(17,995)</u></u>	<u><u>32,701</u></u>

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2024

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	54,712	(46,160)	8,552
Garfield Weston Foundation	-	(12,500)	(12,500)
	<u>54,712</u>	<u>(58,660)</u>	<u>(3,948)</u>
Restricted funds			
Armed Forces Covenant Fund Trust Force for Change Growing Together	3,250	(5,250)	(2,000)
D'Oyly Carte Trust	4,000	(1,000)	3,000
RAF Benevolent Fund	4,000	(3,000)	1,000
Veterans' Foundation	35,000	(42,500)	(7,500)
RNRM Greenwich	12,000	(16,000)	(4,000)
ABF Soldiers Charity	10,000	(10,000)	-
AFCTF Afghanistan	1,750	(15,250)	(13,500)
Sundry grants and trusts	500	(5,500)	(5,000)
AFCTF Other	1,750	(1,750)	-
AFCTF Sustaining Active and Healthy Lifestyles	9,500	(5,547)	3,953
MacRoberts Trust	10,000	(10,000)	-
Postcode Lottery	14,950	(4,950)	10,000
Clare Milne Trust	10,000	(10,000)	-
	<u>116,700</u>	<u>(130,747)</u>	<u>(14,047)</u>
TOTAL FUNDS	<u>171,412</u>	<u>(189,407)</u>	<u>(17,995)</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 October 2024.

VETERANS OUTDOORS CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 October 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,962	1,645
Grants	191,687	169,374
	<hr/>	<hr/>
	194,649	171,019
Investment income		
Deposit account interest	191	393
	<hr/>	<hr/>
Total incoming resources	194,840	171,412
EXPENDITURE		
Charitable activities		
Staff remuneration	52,492	50,809
Core Service delivery costs	91,638	103,999
Service delivery subcontractor remuneration	-	2,591
Fundraising	25,847	21,482
Office expenses	463	130
Rent	116	539
Insurance	939	574
Website development	84	636
Training	18	76
Advertising	-	127
Accountancy and bookkeeping	3,320	3,926
Subscriptions	174	-
Sundry expenses	217	75
Legal and professional fees	-	3,980
Staff expenses	458	463
	<hr/>	<hr/>
	175,766	189,407
Total resources expended	175,766	189,407
	<hr/>	<hr/>
Net income/(expenditure)	19,074	(17,995)
	<hr/> <hr/>	<hr/> <hr/>

This page does not form part of the statutory financial statements

1ST NOVEMBER 2023 - 31ST OCTOBER 2024

Reg Charity no: 1175204

Veterans Outdoors

ANNUAL REPORT FOR 23/24



www.veteransoutdoors.org.uk

Consistent care in a changing world.

As we compile this report, in the Spring of 2025, the world is changing and our military is being forced to adapt to an uncertain new world order. Although this annual report covers the period from 23 - 24, we would be remiss not to be looking ahead to the challenges that the future is about to bring.

Significant increases in the defence budget will lead to greater military recruitment and, soon, more veterans. It's essential that part of an increased defence budget needs to be earmarked for the care of our service personnel when their military careers are over.

It's not just about those who've been injured, those with PTSD from combat or those who've witnessed terrible things during service. A good proportion of our veterans are simply struggling to adapt to life after leaving what, for many, was the only career they ever wanted. As a nation we pride ourselves on the training we give to get recruits ready for military service. It's regarded as the best in the world but we're less good at 'de-training' service personnel to prepare them for life after the military

So it's important that we continue to listen to those around us, the organisations we work closely with and, importantly, the beneficiaries we serve.

The NHS has already described us as 'not just valuable but vital' and it estimates that our unique programme of wraparound

care saves them somewhere in the region of £2m per year. You'll see from the figures published elsewhere in this report that our own annual budget is a fraction of that figure. As part of that discussion we were invited to join the Devon Mental Healthcare Alliance and at our first meeting with that body there was considerable interest in how we are able to provide such comprehensive, effective care with such limited resources.

While we can point to the way we manage our finances and spend every penny on veterans' care, the key principle is, of course, teamwork. We have the amazing support of some visionary funders, listed elsewhere in this report, and our in-house team - Si, Jodi, Catherine, Sam, Bernard and new recruits for '25, Fiona and Mike - must all take credit. It's our staff that our beneficiaries talk to and these are crucial conversations that help us ensure that we will continue to serve the veterans' community in the best ways we can.

Jeremy Hibbard,
Chief Executive

Contents

CEO Introduction	2
Our Year in Numbers	4
Amy's Story	5
Nigel's Story	6
Charly's Story	9
Chair's Report	10
Thank You	11

5



6



9



Our year in numbers



£194,840

GRANTS & DONATIONS



£175,766

EXPENDITURE



216

ACTIVE BENEFICIARIES



156

EVENT DAYS

OF OUR BENEFICIARIES



47%

MALE



11%

REGISTERED DISABLED



53%

FEMALE



18%

FAMILIES OF VETERANS
OR THOSE STILL SERVING



6%

STILL SERVING

AMY'S STORY

Growing confidence

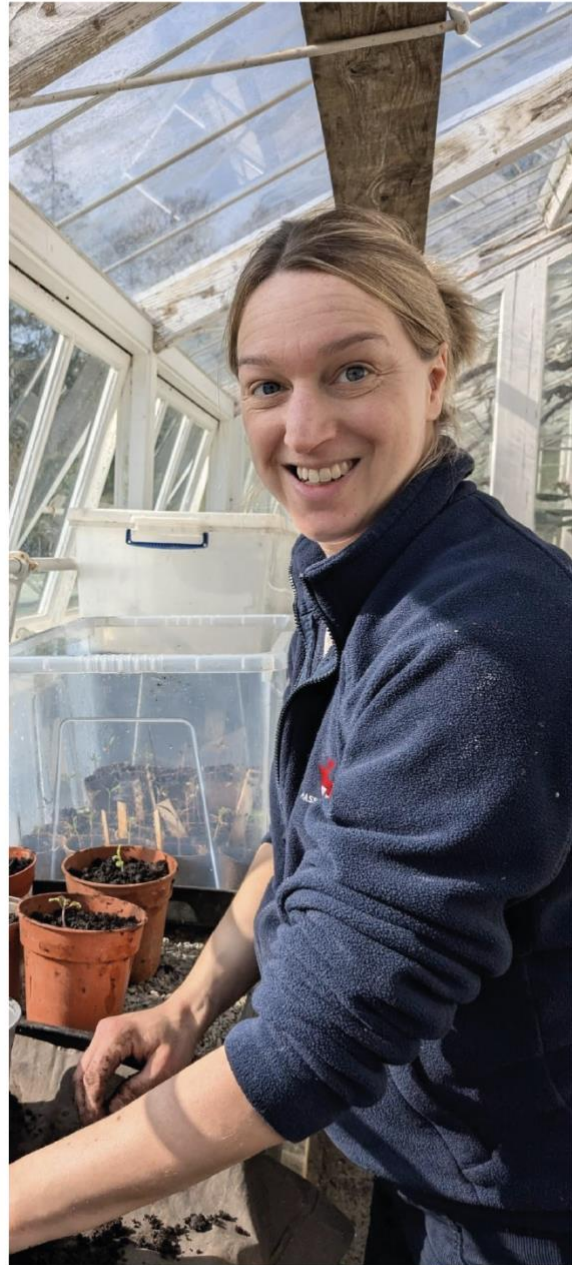
PTSD from experiences in training ended RAF Nurse Amy's nine year service career and left her struggling, after a medical discharge, with her mental health and the added pressure of a new baby. An NHS mental health nurse suggested she contact Veterans Outdoors which she did, hoping to meet like-minded people who may have had similar experiences. She wanted to gain happiness and confidence from getting her identity back.

Amy's first event with us was a Dartmoor Walk and she enjoyed the exercise, the fresh air and the company of a small group of fellow veterans. After a few of these walks, she joined the weekly horticultural therapy sessions at Pentillie where she quickly became a regular. "I don't like big groups of people, so joining Pentillie was easier for me with a smaller group, being outside and being able to banter with the guys. It helped me to relax. It gave me some structure to my week and some 'me-time' away from everyday life".

As Amy's confidence grew, she went on to join in other VO wellbeing events, including our Artemis Project for female veterans and spouses. She attended one of our Emotional Resilience courses recently and reported that it helped her with practical advice on boundary setting that she can apply in all aspects of her life.

Amy was a strong member of our VO Team in the Tri-Service Rehabilitation Triathlon on Plymouth Hoe in June 2024. Her husband, Stuart, is also a keen cyclist and kindly raised money for Veterans Outdoors by doing a sponsored triathlon.

After another recent event, Amy told us "It's been good to engage with others and have a laugh. It's boosted my confidence and I am starting to feel like my old self. It's good to know I still have something to offer!"





NIGEL'S STORY

New friends and a fresh start

Nigel signed up for the Royal Navy when he was just 15 and served for 12 years as a Leading Chef. "I'd always had an interest in cooking, so I got to learn how to be a chef and to travel the world." He left to be with his wife and growing family and took on the new challenge of becoming a dairy farmer in Cornwall. "It was a complete change going from being in an enclosed galley to working outside, but I'd always loved being outdoors."

But when his wife of 57 years passed away, Nigel suddenly found himself lost. "I felt in a rut, trapped, like my life had ended. I wondered 'what do I do now, how do I start again?' With a big hole in his life, Nigel didn't want to sit at home feeling isolated, so he contacted his GP and, through, the Plymouth Veterans Hub, he started to join groups to mix with people, including Veterans Outdoors. With his love and knowledge of the outdoors, he felt right at home with the other veterans on our weekly Wednesday horticultural therapy project.

Nigel fondly remembers his first event with us: "The moment I walked in, it felt like I'd never been away from the Armed Forces Community. It was like I was going home. I was surprised to feel that way as I left the Royal Navy 52 years ago." Nigel is an instrumental member of our team of beneficiaries at Pentillie walled garden, coming up with some great ideas and methods of what to grow and creating delicious salads from the Pentillie produce. He's also joined in other VO wellbeing events such as archery, kayaking and axe-throwing!



Nigel says "I'm not a sociable person, I find it easier to do and talk than just talk. That's what I like about Pentillie walled garden days, that you can chat or not chat whilst gardening. No one cares and everyone is welcome." Nigel's son is also a VO beneficiary and joins in when he can.

“
The moment I walked in, it felt like I'd never been away from the Armed Forces Community. It was like I was going home.”





Veterans Outdoors has given me confidence to start a new hobby, join new groups, and has provided a safe space to exist in emotionally, build friendships and feel part of something that the civilian world doesn't offer. I feel very lucky to have been a part of such a charity."

CHARLY'S STORY

Supporting spouses and partners too

Charly self-referred to Veterans Outdoors after hearing about us from a military welfare organisation. As the spouse of a serving Army Officer, she was often on her own, running the home with three young children. Constantly being re-posted had made it hard to make friends. Being new to the area she wanted to meet people who understood her situation so she could find a sense of belonging and take some time for herself. Her dream was to pursue her passion for interior design and set up her own business.

On registering, we offered Charly a social support meeting with our Head of Welfare to understand her current situation and discuss a plan for the best way for us to support her. Our welfare team validated the importance of finding some 'me time' to enhance her mental wellbeing and supported Charly in joining our regular Artemis (women only) wellbeing events and also our ongoing horticultural therapy programme when she could. It helped her find some balance, to connect with herself, with nature and with like-minded people. She made good friends and shared both the worries and wins of being an army spouse.

Charly and her family have recently moved on again and she took this time to reflect on the changes in her life over the last year. These include the good friends she has made, the increase

in her confidence and skill set and the interior design business she has successfully established.

She told us, "I have been a member of VO and VO Artemis for a year, attending a mix of fitness, relaxation & group activities which have been varied, enjoyable & confidence building - both socially and practically. The evening Canoe on the river Dart with BBQ was relaxing as well as confidence building in terms of picking up a skill that I hadn't done in over 15 years & meeting new people. The Chill 'n' Chat Artemis event was an emotionally safe space in which to relax & recuperate & I appreciated the emphasis on it being a safe emotional space to unwind in."



Every event and group that I have attended and joined has been encouraging, fun, emotionally safe & practically helpful. Whether it be practical advice or a non-judgemental listening ear, I have always come away from each event feeling better than when I arrived."



▶ Veterans Outdoors' events are open to spouses and partners too.

Chair's Report

The pages of this report detail some of the amazing work that the Veterans Outdoors team have done in the year 23/24 – and which they continue to do today. Slowly but surely our knowledge and reputation are expanding, retaining our reputation as one of the most respected veterans' mental health charities in the UK today.

So it continues to frustrate us – and other veterans' support organisations working hard in this sector – that despite the valuable nature of our work we remain reliant on charitable donations. We depend on the kindness of some generous and visionary funders who can see the extraordinary benefit in what we do, but we must still compete against others for the funding we need to retain our position in the system.

A senior NHS figure in Devon & Cornwall has told us that we save the NHS and Social Services in the region somewhere between £1m and £2m per year by providing a holistic service that they can't...and we do it for a fraction of the money that we are saving the system. So, we ask, why can't the system provide us (and others) with regular funding in the way that it does for other areas of social prescribing – for instance counselling, which GP's surgeries in the South West pay for, externally, at a generous hourly rate, but which rarely produces the long term benefits that we do.

“
Change is clearly needed. The long-term care and support of our veterans needs to be taken seriously as a more formal and routinely funded area of UK healthcare.”

Change is clearly needed, and Jeremy is working hard to convince contacts at Westminster and in the NHS (and anyone else who'll listen!) that the long-term care and support of our veterans needs to be taken seriously as a more formal and routinely funded area of UK healthcare. Not only will it mean that organisations like Veterans Outdoors can continue saving the NHS and Social Services significant proportions of their budgets, but a vital, valuable and highly trained section of our potential workforce can continue to contribute positively to society.

Haydn White,
Chair of Trustees





▶ BBC TV News filming a Veterans Outdoors 'Artemis' (women only) event at The Glade, Dartington.

Our sincerest thanks to our visionary and generous funders for their support.

In 23/24 these included:

- 29th May 1961 Charitable trust
- Army Benevolent Fund
- Armed Forces Covenant Fund Trust
- The Astor Foundation
- The Carew Pole Charitable Trust
- The Clare Milne Trust
- Company of Arts Scholars
- The De Laszlo Foundation
- D'Oyly Carte Charitable Trust
- Edgar E. Lawley Foundation
- The Elmgrant Trust
- The Finnis Scott Foundation
- Garfield Weston Foundation
- David Gibbons Foundation
- The Hedley Foundation
- Anton Jurgens Charitable Trust
- Lennox Hannay Charitable Trust
- The MacRobert Trust
- The National Lottery – Awards 4 All
- PF Charitable Trust
- Postcode Local Trust
- Roger Clutterbuck Charitable Trust
- Royal Air Force Benevolent Fund
- Royal Naval and Royal Marines Charity
- Souter Charitable Trust
- St. James Place Foundation
- The Swire Charitable Trust
- The Veterans Foundation



Contact address: 4 Stonesclose,
Galpin Street,
Modbury,
Ivybridge,
Devon,
PL21 0RZ.

Veterans Outdoors is run by CEO Jeremy Hibbard reporting to a board of Trustees chaired during the 23/24 period by Haydn White.

Other trustees during the period were: Kelly Mullane, Laura Sinclair-Willis, Nick Griffiths, & Charles Weston-Baker. Trustees are recruited by invitation.

Veterans Outdoors

England & Wales - Charity number 1175204

Accounts

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023

FOR

VETERANS OUTDOORS CIO

VETERANS OUTDOORS CIO

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2023

Page

Report of the Trustees	1	
Independent Examiner's Report	2	
Statement of Financial Activities	3	
Balance Sheet	4	
Notes to the Financial Statements	5	to 10
Detailed Statement of Financial Activities	11	

VETERANS OUTDOORS CIO

REPORT OF THE TRUSTEES
for the Year Ended 31 October 2023

The trustees present their report with the financial statements of the charity for the year ended 31 October 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are:

- to provide support and outdoor wellbeing for military veterans, those still serving and their families;
- to offer horticultural therapy and other outdoor wellbeing activities on estates and farms in the South West.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a CIO Foundation constitution registered on 18th October 2017 and amended on 1st November 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1175204

Principal address

4 Stonesclose
Galpin Street
Modbury
Ivybridge
Devon
PL21 0RZ

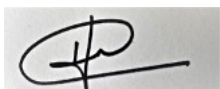
Trustees

H J White Chair
Ms L Sinclair-Willis
J Rossiter (resigned 30.5.23)
Ms G T Phillips
N Griffiths
C Weston-Baker (appointed 31.1.23)
Ms K Mullane (appointed 26.10.23)

Independent Examiner

Ian Barrett
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

Approved by order of the board of trustees on 19 February 2024 and signed on its behalf by:



H J White - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF VETERANS OUTDOORS CIO

Independent examiner's report to the trustees of Veterans Outdoors CIO

I report to the charity trustees on my examination of the accounts of Veterans Outdoors CIO (the Trust) for the year ended 31 October 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

	1	accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
	2	the accounts do not accord with those records; or
	3	the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Ian Barrett

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

2 April 2024

VETERANS OUTDOORS CIO

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 October 2023

		Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies	54,319		116,700	171,019		169,930
Investment income	2	393	-	393	-	
Total	54,712	116,700	171,412	169,930		
EXPENDITURE ON Charitable activities						
Charitable Activities			58,660	130,747	189,407	192,664
NET INCOME/ (EXPENDITURE)	(3,948)		(14,047)	(17,995)		(22,734)

RECONCILIATION OF FUNDS

Total funds brought forward		16,196	34,500	50,696	73,430
-----------------------------	--	---------------	---------------	---------------	--------

TOTAL FUNDS CARRIED FORWARD	12,248	20,453	32,701	50,696	
------------------------------------	---------------	---------------	---------------	---------------	--

VETERANS OUTDOORS CIO**BALANCE SHEET**

31 October 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	5	389	-	389	389

CURRENT ASSETS

Cash at bank and in hand		12,180	20,453	32,633	51,056
--------------------------	--	---------------	---------------	---------------	--------

CREDITORS

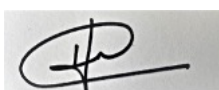
Amounts falling due within one year	6	(321)	-	(321)	(749)
-------------------------------------	---	--------------	---	--------------	-------

NET CURRENT ASSETS	11,859	20,453	32,312	50,307	
---------------------------	---------------	---------------	---------------	---------------	--

TOTAL ASSETS LESS CURRENT LIABILITIES	12,248	20,453	32,701	50,696	
--	---------------	---------------	---------------	---------------	--

NET ASSETS	12,248	20,453	32,701	50,696	
FUNDS	7				
Unrestricted funds	12,248	16,196			
Restricted funds	20,453	34,500			
TOTAL FUNDS	32,701	50,696			

The financial statements were approved by the Board of Trustees and authorised for issue on 19 February 2024 and were signed on its behalf by:



NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2023

1	ACCOUNTING POLICIES
----------	----------------------------

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

2	INVESTMENT INCOME
----------	--------------------------

		2023 £	2022 £
	Deposit account interest	393	-

3	TRUSTEES' REMUNERATION AND BENEFITS
----------	--

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

Trustees' expenses

No trustees' expenses were reimbursed in the year to 31st October 2023 (2022: £nil).

		4	COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES		
			Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM					
	Donations and legacies	27,970	141,960		169,930
EXPENDITURE ON Charitable activities					
	Charitable Activities		41,074	151,590	192,664
	NET INCOME/ (EXPENDITURE)	(13,104)	(9,630)		(22,734)
RECONCILIATION OF FUNDS					
	Total funds brought forward	29,300	44,130		73,430
	TOTAL FUNDS CARRIED FORWARD	16,196	34,500		50,696
		5	TANGIBLE FIXED ASSETS		
					Computer equipment £
COST					
	At 1 November 2022 and 31 October 2023				389
NET BOOK VALUE					
	At 31 October 2023				389
	At 31 October 2022				389

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2023

6		CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
			2023	2022
			£	£
	Trade creditors	321		749

7		MOVEMENT IN FUNDS		
----------	--	--------------------------	--	--

		At 1.11.22 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds				
	General fund	3,696	8,552	12,248
	Garfield Weston Foundation	12,500	(12,500) -	
		16,196	(3,948)	12,248
Restricted funds				
	Armed Forces Covenant Fund Trust Force for Change Growing Together	2,000	(2,000) -	
	D'Oyly Carte Trust	-	3,000	3,000
	RAF Benevolent Fund	-	1,000	1,000
	Veterans' Foundation	7,500	(7,500) -	
	RNRM Greenwich	4,000	(4,000) -	
	ABF Soldiers Charity	2,500	-	2,500
	AFCTF Afghanistan	13,500	(13,500) -	
	Sundry grants and trusts	5,000	(5,000) -	
	AFCFT Sustaining Active and Healthy Lifestyles	-	3,953	3,953
	Postcode Lottery	-	10,000	10,000
		34,500	(14,047)	20,453
	TOTAL FUNDS	50,696	(17,995)	32,701

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2023

7		MOVEMENT IN FUNDS - continued		
----------	--	--------------------------------------	--	--

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

Incoming resources £	Resources expended £	Movement in funds £
----------------------------	----------------------------	---------------------------

Unrestricted funds

	General fund	54,712	(46,160)	8,552
	Garfield Weston Foundation	-	(12,500)	(12,500)
		54,712	(58,660)	(3,948)

Restricted funds

	Armed Forces Covenant Fund Trust Force for Change Growing Together	3,250	(5,250)	(2,000)
	D'Oyly Carte Trust	4,000	(1,000)	3,000
	RAF Benevolent Fund	4,000	(3,000)	1,000
	Veterans' Foundation	35,000	(42,500)	(7,500)
	RNRM Greenwich	12,000	(16,000)	(4,000)
	ABF Soldiers Charity	10,000	(10,000)	-
	AFCTF Afghanistan	1,750	(15,250)	(13,500)
	Sundry grants and trusts	500	(5,500)	(5,000)
	AFCTF Other	1,750	(1,750)	-
	AFCFT Sustaining Active and Healthy Lifestyles	9,500	(5,547)	3,953
	MacRoberts Trust	10,000	(10,000)	-
	Postcode Lottery	14,950	(4,950)	10,000
	Clare Milne Trust	10,000	(10,000)	-
		116,700	(130,747)	(14,047)
	TOTAL FUNDS	171,412	(189,407)	(17,995)

VETERANS OUTDOORS CIO**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2023****7 MOVEMENT IN FUNDS - continued****Comparatives for movement in funds**

		At 1.11.21 £	Net movement in funds £	At 31.10.22 £
Unrestricted funds				
	General fund	16,800	(13,104)	3,696
	Garfield Weston Foundation	12,500	-	12,500

29,300 (13,104) 16,196

Restricted funds

	Armed Forces Covenant Fund Trust Positive Pathways Artemis	17,728	(17,728)	-
	Armed Forces Covenant Fund Trust Force for Change Growing Together	6,991	(4,991)	2,000
	Awards for All National Lottery	7,170	(7,170)	-
	D'Oyly Carte Trust	1,178	(1,178)	-
	Finnis Scott Foundation	2,250	(2,250)	-
	RAF Benevolent Fund	2,000	(2,000)	-
	The Fore	6,513	(6,513)	-
	Torbay Community Grant	300	(300)	-
	Veterans' Foundation	-	7,500	7,500
	RNRM Greenwich	-	4,000	4,000
	ABF Soldiers Charity	-	2,500	2,500
	AFCTF Afghanistan	-	13,500	13,500
	Sundry grants and trusts	-	5,000	5,000
		44,130	(9,630)	34,500
	TOTAL FUNDS	73,430	(22,734)	50,696

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2023

7 MOVEMENT IN FUNDS - continued

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

		Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds				
	General fund	27,970	(41,074)	(13,104)
Restricted funds				
	Armed Forces Covenant Fund Trust Positive Pathways Artemis	-	(17,728)	(17,728)
	Armed Forces Covenant Fund Trust Positive Pathways 2 year grant Get Grounded	35,000	(35,000)	-
	Armed Forces Covenant Fund Trust Force for Change Growing Together	9,500	(14,491)	(4,991)

	Awards for All National Lottery	-	(7,170)	(7,170)
	Devon Community Foundation	2,000	(2,000)	-
	D'Oyly Carte Trust	4,000	(5,178)	(1,178)
	Finnis Scott Foundation	-	(2,250)	(2,250)
	RAF Benevolent Fund	-	(2,000)	(2,000)
	The Fore	-	(6,513)	(6,513)
	Torbay Community Grant	-	(300)	(300)
	Veterans' Foundation	15,000	(7,500)	7,500
	Western Power	8,597	(8,597)	-
	RNRM Greenwich	11,913	(7,913)	4,000
	ABF Soldiers Charity	10,000	(7,500)	2,500
	AFCTF Afghanistan	33,250	(19,750)	13,500
	Sundry grants and trusts	12,700	(7,700)	5,000
	TOTAL FUNDS	169,930	(192,664)	(22,734)

8 RELATED PARTY DISCLOSURES

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

VETERANS OUTDOORS CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

for the Year Ended 31 October 2023

2023
£

2022
£

INCOME AND ENDOWMENTS

Donations and legacies

Donations	1,645	8,969
Grants	169,374	160,961
	171,019	169,930

Investment income

Deposit account interest	393	-
Total incoming resources	171,412	169,930

EXPENDITURE**Charitable activities**

Staff remuneration	50,809	51,876
Core Service delivery costs	103,999	85,413
Service delivery subcontractor remuneration	2,591	21,775
Fundraising	21,482	23,635
Office expenses	130	1,661
Rent	539	289
Insurance	574	-
Website development	636	564
Training	76	416
Advertising	127	731
Accountancy and bookkeeping	3,926	4,457
Subscriptions	-	303
Sundry expenses	75	51
Legal and professional fees	3,980	1,152
Staff expenses	463	341
	189,407	192,664

Total resources expended	189,407	192,664
Net expenditure	(17,995)	(22,734)

Veterans Outdoors

ANNUAL REPORT FOR 22/23



Jeremy Hibbard,
Chief Executive



Veterans Outdoors is not just surviving – it's thriving.

In the financial world, it's said that if your new business is still going three years after launch, it's probably going to survive. The end of 2023 marked three years since our re-launch and I'm pleased to say that Veterans Outdoors is not just surviving – it's thriving. 2023 was the year we turned from being valuable into being vital.

Veterans tell us we're the only organisation in the South West to provide the kind of longer-term, wrap-around care that some need in order to move forward with their lives.

Emotional resilience training, which we began trialling last year, is now at the very heart of what we do and our programme of courses continues to evolve and expand, with training for spouses and partners too. We have always believed that to support a veteran sometimes you need to support their family as well. Every activity we organise is now carefully evaluated so that we can fully assess its therapeutic benefit enabling us to build exactly the right programme for each beneficiary.

This has translated into a significant increase in the numbers of referrals we now get from key partners like NHS Mental Health Services,

GP's surgeries, Op. Courage and Hasler Coy. We'll often get four or five referrals in a week and about 2/3 of them will be female veterans, in line with the important role now played by Artemis, our project created exclusively for women from a service background.

And with the referrals comes recognition for the whole V.O. team. Our funders, referral partners and, of course, our beneficiaries, contact me often to praise Si, Jodi, Sam, Catherine and Bernard for their care and efficiency. We remain a small team but our dedication, innovation and attention to detail means we're punching well above our weight in the complex world of veterans' care.

Jeremy Hibbard,
Chief Executive

Content Page

CEO Introduction 2

Our year in numbers 4

Ellie's Story 5

Charlie's Story 6

Rich's Story 9

Chair's Report 10

Thank You 11

5



6



9



11



Our year in numbers



£171,412
GRANTS & DONATIONS



£189,407
EXPENDITURE



204
ACTIVE BENEFICIARIES

IN 2022/2023



We ran a total of

204
EVENT DAYS



Including

3
ONLINE EVENTS

OF OUR BENEFICIARIES



38%
MALE



7%
REGISTERED DISABLED



62%
FEMALE



18%
FAMILIES OF VETERANS
OR THOSE STILL SERVING



10%
STILL SERVING

Ellie's Story

Ellie and her husband, both ex-Army, joined us in 2022. They attended moorland walks and then Ellie, thinking her anxiety was under control, signed up for an Artemis mindfulness event. When she attended, she realised she still had serious anxiety issues and had been avoiding events that she couldn't attend without her husband. This was reinforced at an Artemis Yoga class where she realised that her anxiety symptoms, raised heart rate and racing thoughts were having an adverse effect on her wellbeing.

During regular monitoring, our welfare team noticed Ellie's low scores and invited her for a one-to-one session where she acknowledged her issues had worsened during COVID. She was struggling to leave the house and had abandoned her dream of taking her grandchild swimming.

We worked with Ellie to help her find coping strategies. She made changes to her lifestyle and attended a 12-week fitness course. As her confidence increased, she offered to run an online baking course for other female veterans. It was a big success and a big turning point for her. She lost weight, got fitter, found her confidence, and joined her local swimming pool – where she now takes her grandchild swimming.

Her strength, kindness, and determination to help others has continued to grow. She now regularly volunteers for a local charity helping others with their finances and she has also recently entered and completed a 5Km run which is something she thought she would never be able to do.

She says "The one-to-one session I had was invaluable, it was lovely to be able to speak about my anxiety issues in a completely safe and non-judgemental way. I am more confident, I feel fitter and I'm more active. I am really happy and have the confidence to do things independently."

Ellie,
Army Veteran

“ The one-to-one session I had was invaluable, it was lovely to be able to speak about my anxiety issues in a completely safe and non-judgemental way.”



Charlie's Story

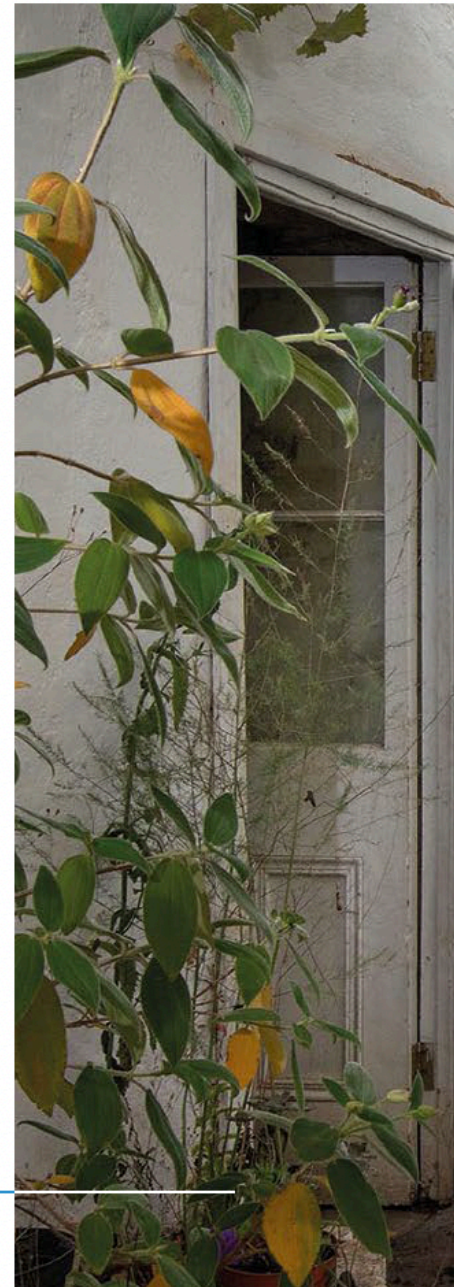
A road accident while cycling home prematurely ended the career of Royal Marine Commando Paul 'Charlie' Charles. A broken neck, fractured skull and traumatic brain injury were among injuries forcing him to give up the only job he'd ever wanted. After a period at the RN Recovery Unit, Hasler, he was referred to Veterans Outdoors. He attended some of our events and activities, joined our veterans' horticultural group and found a real passion for being in an outside environment.

As he adapted to his lifelong injuries, he made new friends and his confidence grew. He was mentored by the charity's Head of Operations, Si Richardson, who Charlie describes as both an inspiration and role model. Charlie told us: "Knowing I had the continued support of Si and the charity, I have been able to grow, thrive and recover, living my best life."

Eventually he found the confidence to put in hours of hard work, dedication and training to take part in the 2023 Invictus games where he won a gold medal and three silvers in the swimming. He says "Life changed dramatically for me but with the support of Si and the team at Veterans Outdoors I've been able to achieve my goals and lead a happy life. If it wasn't for them I wouldn't be where I am today."

“ With the support of Si and the team at Veterans Outdoors I've been able to achieve my goals and lead a happy life

Charlie, 
Royal Marine Veteran







Rich's Story

◀ Sewing seeds for personal and horticultural growth at Pentillie

Rich,
RAF Veteran

▼

Rich was referred to Veterans Outdoors by Op Courage in March 2023. Nine years previously he'd been discharged from the RAF after a motorbike accident which left him in constant pain with knee, rib and shoulder damage as well as a brain injury.

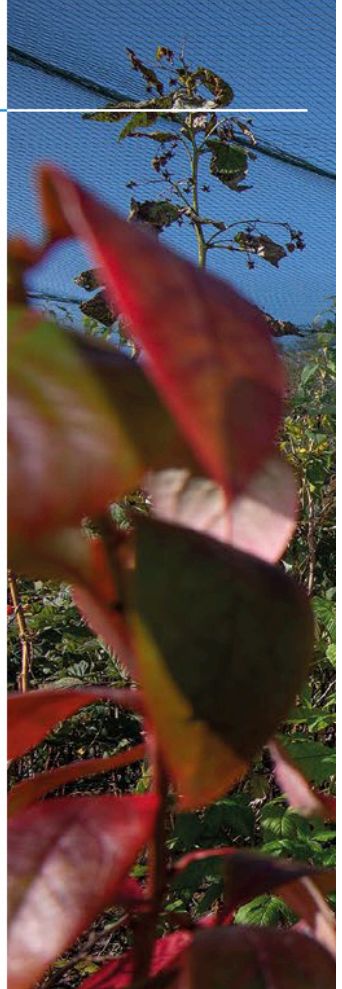
Since the accident his life had spiralled downwards. "He'd got divorced and his living arrangements were unsettled." He found himself anxious, losing confidence and withdrawing from everyday life. "I was just wasting my days away" he said, "I felt I didn't belong anywhere or to anything." A brief moment contemplating suicide was a wake-up call. "I knew I had to get my mental health back on track, find my own place, meet like-minded people and start talking again."

Four months on, with determination and the support of Veterans Outdoors he's doing just that. A series of V.O. events

and courses have given him time to focus on his wellbeing, learn new skills and meet like-minded people who he now sees in his own time. The Veterans Outdoors Soil-to-Supper Horticulture Therapy Course at Dartington "reignited my passion for gardening and helped with my confidence". He went on to use his gardening and growing knowledge, along with his carpentry skills, in the regular weekly sessions at Pentillie Castle in Cornwall and at Beaumont Park in Plymouth.

V.O. introduced Rich to a local landscaping firm and he's now landed a full-time job which he loves. He's outdoors and using his carpentry. Rich is still an active beneficiary with V.O., attending evening and weekend events like kayaking on the River Dart. It ensures he keeps up the self-care he needs for his wellbeing, continues to try new things and has a laugh with fellow veterans. "It's the best I've felt for 10 years," he says, "life is so much better now."





Digging deep on Pentillie Wednesdays, one of our most popular activities.

Chair's Report

As a charity becomes more vital and the community it serves depend, increasingly, upon it, the need for sustainability increases too. Funders will look more closely to see whether they are getting value for money. That's particularly true in the current, tough, economic climate.

The trustees and I are proud to oversee an organisation that, we believe, delivers excellent value. We continue to be impressed at how Jeremy and team deliver the long-term support that the NHS and others can't, for a fraction of the budget that the NHS is saving by having Veterans Outdoors as a referral partner. That's a topic for discussions that we must now open at a regional and national level.

This small, tightly run charity is setting new benchmarks for the way that Veterans are cared for, with a programme of wraparound care that, veterans tell us, they can't find anywhere else. It's holistic, flexible and bespoke for each veteran who comes to us.

There's always more work to do, so in the coming months communicating our value is going to be as important as the wellbeing work we do every day. We hope that all those who've benefited from our support will spread the word, enabling us to continue developing our unique programmes of care.

Haydn White,
Interim Chair

Haydn White,
Chair





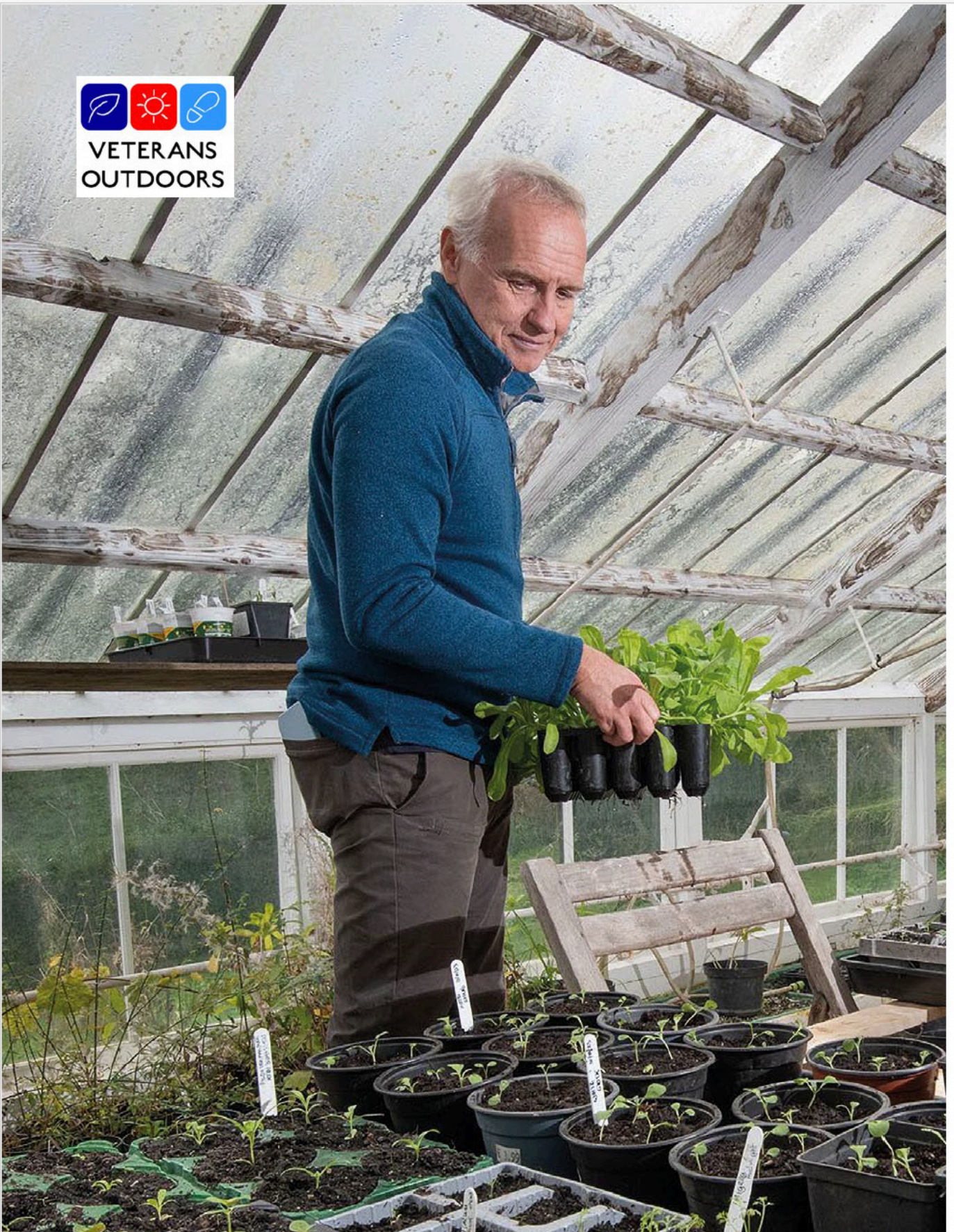
THANK YOU

Thank You

We couldn't achieve any of this without the support of our visionary and generous funders.

In 22/23 these included:

- 29th May 1961 Charitable trust
- Army Benevolent Fund
- Armed Forces Covenant Fund Trust
- The Astor Foundation
- The Carew Pole Charitable Trust
- The Clare Milne Trust
- The De Laszlo Foundation
- D'Oyly Carte Charitable Trust
- Edgar E. Lawley Foundation
- The Elmgrant Trust
- The Finnis Scott Foundation
- The Hedley Foundation
- Lennox Hannay Charitable Trust
- The MacRobert Trust
- The National Lottery – Awards 4 All
- PF Charitable Trust
- Postcode Local Trust
- Roger Clutterbuck Charitable Trust
- Royal Air Force Benevolent Fund
- Royal Naval and Royal Marines Charity
- Souter Charitable Trust
- St. James Place Foundation
- The Swire Charitable Trust
- The Veterans Foundation



**Contact
address:**

4 Stonesclose,
Galpin Street,
Modbury,
Ivybridge,
Devon,
PL21 0RZ.

Veterans Outdoors is run by CEO Jeremy Hibbard reporting to a board of Trustees chaired during the 22/23 period by Haydn White.

Other trustees during the period were Grania Phillips (res.), Jamie Rossiter (res.), Nick Griffiths, Charles Weston-Baker, Laura Sinclair-Willis and Kelly Mullane. Trustees are recruited by invitation.

Veterans Outdoors

England & Wales - Charity number 1175204

Accounts

REGISTERED CHARITY NUMBER: 1175204

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022
FOR
VETERANS OUTDOORS CIO

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

VETERANS OUTDOORS CIO

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2022

	Page
Report of the Trustees	1
Independent Examiner's Report	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 to 10
Detailed Statement of Financial Activities	11

VETERANS OUTDOORS CIO

REPORT OF THE TRUSTEES
for the Year Ended 31 October 2022

The trustees present their report with the financial statements of the charity for the year ended 31 October 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are:

- to provide support and outdoor wellbeing for military veterans, those still serving and their families;
- to offer horticultural therapy and other outdoor wellbeing activities on estates and farms in the South West.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a CIO Foundation constitution registered on 18th October 2017 and amended on 1st November 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1175204

Principal address

4 Stonesclose
Galpin Street
Modbury
Ivybridge
Devon
PL21 0RZ

Trustees

S Harrison
H J White Chair
Ms L Sinclair-Willis
J Rossiter
Ms G T Phillips
N Griffiths

Independent Examiner

Ian Barrett
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

Approved by order of the board of trustees on 28 March 2023 and signed on its behalf by:

H J White - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
VETERANS OUTDOORS CIO

Independent examiner's report to the trustees of Veterans Outdoors CIO

I report to the charity trustees on my examination of the accounts of Veterans Outdoors CIO (the Trust) for the year ended 31 October 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Ian Barrett

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

24 April 2023

VETERANS OUTDOORS CIO

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 October 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		27,970	141,960	169,930	220,133
EXPENDITURE ON					
Charitable activities					
Charitable Activities		41,074	151,590	192,664	156,168
NET INCOME/(EXPENDITURE)					
Other recognised gains/(losses)		(13,104)	(9,630)	(22,734)	63,965
Gains/(losses) on revaluation of fixed assets		-	-	-	(10,000)
Net movement in funds		(13,104)	(9,630)	(22,734)	53,965
RECONCILIATION OF FUNDS					
Total funds brought forward		29,300	44,130	73,430	19,465
TOTAL FUNDS CARRIED FORWARD		16,196	34,500	50,696	73,430

The notes form part of these financial statements

VETERANS OUTDOORS CIO

BALANCE SHEET

31 October 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	4	389	-	389	-
CURRENT ASSETS					
Cash at bank and in hand		16,556	34,500	51,056	74,511
CREDITORS					
Amounts falling due within one year	5	(749)	-	(749)	(1,081)
NET CURRENT ASSETS		<u>15,807</u>	<u>34,500</u>	<u>50,307</u>	<u>73,430</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>16,196</u>	<u>34,500</u>	<u>50,696</u>	<u>73,430</u>
NET ASSETS		<u>16,196</u>	<u>34,500</u>	<u>50,696</u>	<u>73,430</u>
FUNDS	6				
Unrestricted funds				16,196	29,300
Restricted funds				34,500	44,130
TOTAL FUNDS				<u>50,696</u>	<u>73,430</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28 March 2023 and were signed on its behalf by:

H J White - Trustee

The notes form part of these financial statements

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

2. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

No trustees' expenses were reimbursed in the year to 31st October 2021 (2020: £1,347).

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2022

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	105,077	115,056	220,133
	<hr/>	<hr/>	<hr/>
EXPENDITURE ON			
Charitable activities			
Charitable Activities	68,055	88,113	156,168
	<hr/>	<hr/>	<hr/>
NET INCOME	37,022	26,943	63,965
Transfers between funds	(356)	356	-
Other recognised gains/(losses)			
Gains/(losses) on revaluation of fixed assets	(7,584)	(2,416)	(10,000)
	<hr/>	<hr/>	<hr/>
Net movement in funds	29,082	24,883	53,965
	<hr/>	<hr/>	<hr/>
RECONCILIATION OF FUNDS			
Total funds brought forward	218	19,247	19,465
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS CARRIED FORWARD	<u>29,300</u>	<u>44,130</u>	<u>73,430</u>
	<hr/>	<hr/>	<hr/>
4. TANGIBLE FIXED ASSETS			Computer equipment £
COST			
Additions			389
			<hr/>
NET BOOK VALUE			
At 31 October 2022			389
			<hr/>
At 31 October 2021			-
			<hr/>

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2022

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	749	1,081

6. MOVEMENT IN FUNDS

	At 1.11.21	Net movement in funds	At 31.10.22
	£	£	£
Unrestricted funds			
General fund	16,800	(13,104)	3,696
Garfield Weston Foundation	12,500	-	12,500
	<u>29,300</u>	<u>(13,104)</u>	<u>16,196</u>
Restricted funds			
Armed Forces Covenant Fund Trust			
Positive Pathways Artemis			
	17,728	(17,728)	-
Armed Forces Covenant Fund Trust Force for Change Growing Together	6,991	(4,991)	2,000
Awards for All National Lottery	7,170	(7,170)	-
D'Oyly Carte Trust	1,178	(1,178)	-
Finnis Scott Foundation	2,250	(2,250)	-
RAF Benevolent Fund	2,000	(2,000)	-
The Fore	6,513	(6,513)	-
Torbay Community Grant	300	(300)	-
Veterans' Foundation	-	7,500	7,500
RNRM Greenwich	-	4,000	4,000
ABF Soldiers Charity	-	2,500	2,500
AFCTF Afghanistan	-	13,500	13,500
Sundry grants and trusts	-	5,000	5,000
	<u>44,130</u>	<u>(9,630)</u>	<u>34,500</u>
TOTAL FUNDS	<u>73,430</u>	<u>(22,734)</u>	<u>50,696</u>

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2022

6. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	27,970	(41,074)	(13,104)
Restricted funds			
Armed Forces Covenant Fund Trust Positive Pathways Artemis			
	-	(17,728)	(17,728)
Armed Forces Covenant Fund Trust Positive Pathways 2 year grant Get Grounded	35,000	(35,000)	-
Armed Forces Covenant Fund Trust Force for Change Growing Together	9,500	(14,491)	(4,991)
Awards for All National Lottery	-	(7,170)	(7,170)
Devon Community Foundation	2,000	(2,000)	-
D'Oyly Carte Trust	4,000	(5,178)	(1,178)
Finnis Scott Foundation	-	(2,250)	(2,250)
RAF Benevolent Fund	-	(2,000)	(2,000)
The Fore	-	(6,513)	(6,513)
Torbay Community Grant	-	(300)	(300)
Veterans' Foundation	15,000	(7,500)	7,500
Western Power	8,597	(8,597)	-
RNRM Greenwich	11,913	(7,913)	4,000
ABF Soldiers Charity	10,000	(7,500)	2,500
AFCTF Afghanistan	33,250	(19,750)	13,500
Sundry grants and trusts	12,700	(7,700)	5,000
	<u>141,960</u>	<u>(151,590)</u>	<u>(9,630)</u>
TOTAL FUNDS	<u>169,930</u>	<u>(192,664)</u>	<u>(22,734)</u>

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2022

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.11.20 £	Net movement in funds £	Transfers between funds £	At 31.10.21 £
Unrestricted funds				
General fund	218	16,938	(356)	16,800
Garfield Weston Foundation	-	12,500	-	12,500
	218	29,438	(356)	29,300
Restricted funds				
Armed Forces Covenant Fund Trust Positive Pathways Artemis	-	17,728	-	17,728
Armed Forces Covenant Fund Trust Positive Pathways 2 year grant Get Grounded	16,831	(17,187)	356	-
Armed Forces Covenant Fund Trust Force for Change Growing Together	-	6,991	-	6,991
Awards for All National Lottery	-	7,170	-	7,170
Devon Community Foundation	1,216	(1,216)	-	-
D'Oyly Carte Trust	-	1,178	-	1,178
Finnis Scott Foundation	-	2,250	-	2,250
RAF Benevolent Fund	-	2,000	-	2,000
The Fore	-	6,513	-	6,513
Torbay Community Grant	-	300	-	300
Awards for All	1,200	(1,200)	-	-
	19,247	24,527	356	44,130
TOTAL FUNDS	19,465	53,965	-	73,430

VETERANS OUTDOORS CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2022

6. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	70,077	(45,555)	(7,584)	16,938
Garfield Weston Foundation	20,000	(7,500)	-	12,500
Clare Milne Trust	15,000	(15,000)	-	-
	<u>105,077</u>	<u>(68,055)</u>	<u>(7,584)</u>	<u>29,438</u>
Restricted funds				
Armed Forces Covenant Fund Trust Positive Pathways Artemis				
	33,250	(15,522)	-	17,728
Armed Forces Covenant Fund Trust Positive Pathways 2 year grant Get Grounded	-	(17,187)	-	(17,187)
Armed Forces Covenant Fund Trust Force for Change Growing Together	19,000	(12,009)	-	6,991
Awards for All HUGS	2,256	(2,256)	-	-
Awards for All National Lottery	9,570	(2,400)	-	7,170
CLA Trust	1,000	(1,000)	-	-
Devon Community Foundation	6,000	(6,000)	(1,216)	(1,216)
D'Oyly Carte Trust	3,000	(1,822)	-	1,178
Finnis Scott Foundation	4,000	(1,750)	-	2,250
Nineveh Trust	2,000	(2,000)	-	-
RAF Benevolent Fund	4,000	(2,000)	-	2,000
Schreier Foundation	2,000	(2,000)	-	-
The Fore	15,000	(8,487)	-	6,513
Devon County Council Covid Fund	680	(680)	-	-
Torbay Community Grant	300	-	-	300
Veterans' Foundation	13,000	(13,000)	-	-
Awards for All	-	-	(1,200)	(1,200)
	<u>115,056</u>	<u>(88,113)</u>	<u>(2,416)</u>	<u>24,527</u>
TOTAL FUNDS	<u>220,133</u>	<u>(156,168)</u>	<u>(10,000)</u>	<u>53,965</u>

7. RELATED PARTY DISCLOSURES

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

VETERANS OUTDOORS CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 October 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	1	-
Donations	8,969	-
Grants	160,960	220,133
	<u>169,930</u>	<u>220,133</u>
Total incoming resources	169,930	220,133
EXPENDITURE		
Charitable activities		
Staff remuneration	51,876	65,241
Core Service delivery costs	85,413	-
Service delivery subcontractor remuneration	21,775	30,779
Other service delivery costs	-	16,093
Fundraising	23,635	25,266
Motor expenses	-	159
Office expenses	1,661	1,668
Rent	289	584
Insurance	-	1,262
Website development	564	2,300
Training	416	393
Advertising	731	891
Accountancy and bookkeeping	4,457	4,598
Subscriptions	303	314
Sundry expenses	51	151
Legal and professional fees	1,152	6,469
Staff expenses	341	-
	<u>192,664</u>	<u>156,168</u>
Total resources expended	192,664	156,168
Net (expenditure)/income	(22,734)	63,965

This page does not form part of the statutory financial statements

1ST NOVEMBER 2021 - 31ST OCTOBER 2022

Reg Charity no: 1175204

Veterans Outdoors

ANNUAL REPORT FOR 21/22



www.veteransoutdoors.org.uk

Jeremy Hibbard, ▶
Chief Executive



A focus on changing lives

Our cover photo captures the wonderful moment that one of our veterans realised her life had just changed. After three days on one of our flagship courses, she discovered she could do, again, something she'd thought she wasn't capable of. You can read Poppy's full story in the Case Studies section of this report, but her journey with us is a great example of the resilience work that Veterans Outdoors is now doing.

While the activities, welfare guidance and peer support that we offer remain important to our veterans, many have asked us for sustainable life skills. They want strategies to give them the confidence to deal with the pressures and hurdles of everyday life. We started this work in 21/22 and we're already building on it in 22/23. This kind of support is not being offered elsewhere so it **reinforces our role as one of the most important veterans' charities** in the South West. And it makes us an even more valuable referral partner for the NHS, Op. Courage and the many other statutory bodies that support the wider forces family.

Our reputation as innovators has served us well during a difficult period for the

whole of the charity sector. Funding bodies have recognised, especially, the value of Artemis, our unique project for female veterans, and they continue to support us delivering this valuable work. Female veterans now account for more than 60% of our overall cohort and we value, highly, their feedback and imagination when it comes to planning our way forward.

None of this would happen without the brilliant Veterans Outdoors team who deliver a comprehensive programme of events and unrivalled welfare support. As CEO I'm lucky to work alongside Si, Jodi, Catherine, Mandy, Bernard and Sam as well as our supportive board of trustees and a growing portfolio of operational partners.

There can be few other jobs where people regularly thank you for changing their lives so **it's a real privilege to be part of an organisation that is able to make such a difference.** We look forward to expanding our knowledge, understanding, influence and, of course, our cohort of beneficiaries in the months and years to come.

Jeremy Hibbard,
Chief Executive

Content Page

CEO Introduction	2
Our year in numbers	4
Poppy's Story	5
Kat's Story	6
H's Story	9
Chair's Report	10
Thank You	11

5



6



8



11



Our year in numbers



£169,930
GRANTS & DONATIONS



£192,664
EXPENDITURE



94
ACTIVE BENEFICIARIES
Regularly engaging in 21/22

IN 2021/2022



We ran a total of

175

EVENT DAYS



Including

10

ONLINE EVENTS

Total number of events



Events online

OF OUR BENEFICIARIES



26%
ARE MALE



3%
ARE REGISTERED DISABLED



74%
ARE FEMALE



10%
ARE FROM THE FAMILIES
OF VETERANS OR THOSE
STILL SERVING



6%
ARE STILL SERVING

Poppy's Story

The Warrior Equine team are among our most important partners, delivering life-changing interventions to many of our beneficiaries. Their three day courses are always over-subscribed and we remain grateful to those funders who have donated specifically to enable us to work with Ele and her team.

Poppy had spent 15 years in the Royal Marines Band, a job she absolutely loved. When illness forced her to leave she was devastated and suffered a breakdown. The life she'd lost came to be

symbolised by her saxophone, unloved and untouched in its case under her bed.

"I couldn't bear to open the case", she says, "just the smell would remind me of the life I'd had and which was now gone." A three-day Warrior Equine/Veterans Outdoors therapy course gave Poppy the skills she needed to overcome her anxiety and our cover photo captured the moment she was able to open the case for the first time in three years, take out the saxophone and play the assembled cohort a quick tune.

"This has really changed my life" she told us. "I feel that if can do this.....I can do anything!"

“ *The smell would remind me of the life I'd had and which was now gone.* ”

Poppy,
Warrior Equine



Kat's Story

Kat is a Royal Navy Veteran in her thirties and is a single mother of a seven year old boy. She joined Artemis, our women's project, in May 2022, after seeing it advertised on Facebook.

She told us how she had become riddled with anxiety which got worse as Covid continued. She became more and more socially isolated to the point where she was only leaving the house to go to work and take her son to school. She never did anything for herself and her mood was deteriorating to the point of despair. She felt she had lost her identity and confidence which led her to feel hopeless and worthless, **Kat was desperate to get her spark for life back for the benefit of her son.**

We were able to offer Kat a programme of events to 'find herself again' - these included an evening canoe trip and BBQ, overnight canoeing and camping, yoga, breathwork and cold-water swimming, photography and mindfulness.

The amalgamation of these events identified and addressed a lot for Kat, helping her to realise that spending time with others relieves her sense of loneliness, evoking a feeling of empowerment and motivation. **She now has more confidence and self-belief to chase her dreams and make new friends.** She has used her newfound hobbies, skills and interests to bolster up her CV and get herself a new job.

Kat says Veterans Outdoors' Artemis project saved her from the darkest depths. "It's helped me to put perspective on situations in my life. I have been grateful for the opportunity and would recommend it to anyone requiring help. It's given me a whole new outlook on life. I have definitely been more positive on a daily basis. Things are looking good."

“ *I have been grateful for the opportunity and would recommend it to anyone.* ”

Kat,
Royal Navy Veteran 



— KAT'S STORY —



Our twice-yearly 10 week 'soil-to-supper' courses have been shown to boost confidence and improve positive thinking.



H's Story

H. is a 52 year-old Army Veteran who left at the end of his engagement after 26 years of service. Working, then, four days per week, he joined our 'Soil to Supper' Course in September '21 because he wanted to get some new knowledge and meet some like-minded people. He's really enjoyed learning growing skills and has built a polytunnel in his own garden, volunteering in the walled garden at Dartington after the first course and subsequently attending our weekly sessions at Pentillie Castle in Cornwall.

Since joining Veterans Outdoors, H. has experienced some tough times. The sudden death of his father and a worrying health diagnosis for one of his sons impacted on the whole family. **H's wife and eldest son have also registered and taken part in courses and wellbeing days with us** and we've been able to offer welfare support to the whole family. H's son joined him on our Soil to Supper Course and it gave them a chance to reflect on their situation, build their relationship and encourage a joint passion for growing veg at home.

Of the soil-to-supper course, H. says "it's changed the way I think about certain parts of my life. It's encouraged me to spend more time in my own garden, which I find relaxing. It has let me relax and de-stress at home after a particularly stressful time. The Veterans Outdoors team have helped me greatly."



◀ Planting out in the walled garden at Dartington on one of our popular soil-to-supper courses.

Chair's Report

It's has been nearly a decade since our Armed Forces were last engaged in large scale combat operations and some might assume that the number of veterans needing support is falling and there is less need for charities like Veterans Outdoors.

They couldn't be more wrong. Combat induced mental health conditions can take many years to surface and there are many other, non-combat reasons that might cause mental health issues or trauma among our servicemen and women - illness, accident, or maltreatment to name just a few. As our understanding of what causes and constitutes mental illness grows, **we're forever finding new and better ways of supporting our services community**, helping men and women to fulfil their true potential.

It's great to see Veterans Outdoors at the forefront of this work, working closely with beneficiaries and other partners to discover exactly what works, devising programmes that can offer veterans the skills and resilience they need to cope with everyday situations that, previously, they may have found difficult. With the NHS and other statutory mental health

services stretched like never before, Veterans Outdoors is becoming ever more vital, growing in both reputation and importance.

Slowly but surely, we're cementing our place within the landscape of veterans' support and while there will always be more work to be done, the progress so far has been impressive. The Trustees and I are proud to be part of this dynamic organisation, supporting a team that puts the wellbeing of our veterans at its very heart.

Haydn White,
Interim Chair



Haydn White,
Interim Chair ▶



THANK YOU

Thank You

At Veterans Outdoors we do our best
to put smiles on **everyone's** faces!

We couldn't achieve any of this without the support of some visionary and generous funders.

In 21/22 these included:

- The Armed Forces Covenant Fund Trust (Positive Pathways, Get Grounded, Growing Together projects and Afghan Fund)
- The National Lottery's Awards for All fund
- The Clare Milne Trust
- The De Laszlo Trust
- The Devon Community Foundation
- Devon County Council Covid fund (DCC COVID)
- The Finnis Scott Foundation
- The Fore
- Garfield Weston Foundation
- Mole Valley Farmers
- Royal Air Force Benevolent Fund
- P F Charitable Trust
- St James's Place Foundation
- The Swire Charitable Trust
- The Veterans' Foundation
- ABF - The Soldiers Charity
- The Astor Foundation
- Carew Pole Charitable Trust
- David Gibbons Foundation
- D'Oyly Carte Charitable Trust
- The Elmgrant Trust
- The Hedley Foundation
- The Hendy Foundation
- The MacRobert Trust
- Nineveh Charitable Trust
- Royal Navy Royal Marines Charity
- Volant Charitable Trust
- Western Power



Contact address: 4 Stonesclose,
Galpin Street,
Modbury,
Ivybridge,
Devon,
PL21 0RZ

Veterans Outdoors is run by CEO Jeremy Hibbard, chaired during the 21/22 period by Stewart Harrison with Haydn White replacing him as interim chair from August '22.

Other trustees at 31.10.22 were Grania Phillips, Jamie Rossiter, Nick Griffiths and Laura Sinclair-Willis. Trustees are recruited by invitation.

Veterans Outdoors

England & Wales - Charity number 1175204

Accounts

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021
FOR
VETERANS OUTDOORS CIO

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

VETERANS OUTDOORS CIO

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2021

	Page
Report of the Trustees	1
Independent Examiner's Report	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 to 9
Detailed Statement of Financial Activities	10

VETERANS OUTDOORS CIO

REPORT OF THE TRUSTEES for the Year Ended 31 October 2021

The trustees present their report with the financial statements of the charity for the year ended 31 October 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are:

- to provide support and outdoor wellbeing for military veterans, those still serving and their families;
- to offer horticultural therapy and other outdoor wellbeing activities on estates and farms in the South West.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a CIO Foundation constitution registered on 18th October 2017 and amended on 1st November 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1175204

Principal address

4 Stonesclose
Galpin Street
Modbury
Ivybridge
Devon
PL21 0RZ

Trustees

S Harrison Chair
H J White (appointed 25.5.21)
Ms L Sinclair-Willis (appointed 25.5.21)
J Rossiter (appointed 1.1.21)
Ms G T Phillips
N Griffiths

Independent Examiner

Ian Barrett
FCA FCIE
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

Approved by order of the board of trustees on 30 August 2022 and signed on its behalf by:

SF Harrison

S Harrison - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
VETERANS OUTDOORS CIO

Independent examiner's report to the trustees of Veterans Outdoors CIO

I report to the charity trustees on my examination of the accounts of Veterans Outdoors CIO (the Trust) for the year ended 31 October 2021.

Responsibilities and basis of report

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


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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Ian Barrett
FCA FCIE
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

30 August 2022

VETERANS OUTDOORS CIO

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 October 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		<u>105,077</u>	<u>115,056</u>	<u>220,133</u>	<u>77,124</u>
EXPENDITURE ON					
Charitable activities					
Charitable Activities		68,055	88,113	156,168	58,404
NET INCOME		37,022	26,943	63,965	18,720
Transfers between funds	5	<u>(356)</u>	<u>356</u>	<u>-</u>	<u>-</u>
Adjustment to brought forward balance		<u>(7,584)</u>	<u>(2,416)</u>	<u>(10,000)</u>	<u>-</u>
Net movement in funds		29,082	24,883	53,965	18,720
RECONCILIATION OF FUNDS					
Total funds brought forward		218	19,247	19,465	745
TOTAL FUNDS CARRIED FORWARD		<u>29,300</u>	<u>44,130</u>	<u>73,430</u>	<u>19,465</u>

The notes form part of these financial statements

VETERANS OUTDOORS CIO

BALANCE SHEET

31 October 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Cash at bank and in hand		30,381	44,130	74,511	19,465
CREDITORS					
Amounts falling due within one year	4	(1,081)	-	(1,081)	-
NET CURRENT ASSETS		<u>29,300</u>	<u>44,130</u>	<u>73,430</u>	<u>19,465</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>29,300</u>	<u>44,130</u>	<u>73,430</u>	<u>19,465</u>
NET ASSETS		<u>29,300</u>	<u>44,130</u>	<u>73,430</u>	<u>19,465</u>
FUNDS	5				
Unrestricted funds				29,300	218
Restricted funds				<u>44,130</u>	<u>19,247</u>
TOTAL FUNDS				<u>73,430</u>	<u>19,465</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 30 August 2022 and were signed on its behalf by:

SF Harrison

S Harrison - Trustee

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 October 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

2. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

No trustees' expenses were reimbursed in the year to 31st October 2021 (2020: £1,347).

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>16,829</u>	<u>60,295</u>	<u>77,124</u>
EXPENDITURE ON			
Charitable activities			
Charitable Activities			
	17,356	41,048	58,404
NET INCOME/(EXPENDITURE)	(527)	19,247	18,720

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	745	-	745
TOTAL FUNDS CARRIED FORWARD	<u>218</u>	<u>19,247</u>	<u>19,465</u>

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	<u>1,081</u>	<u>-</u>

5. MOVEMENT IN FUNDS

	At 1.11.20 £	Net movement in funds £	Transfers between funds £	At 31.10.21 £
Unrestricted funds				
General fund	218	16,938	(356)	16,800
Garfield Weston Foundation	-	<u>12,500</u>	-	<u>12,500</u>
	218	29,438	(356)	29,300
Restricted funds				
Armed Forces Covenant Fund Trust Positive Pathways Artemis	-	17,728	-	17,728
Armed Forces Covenant Fund Trust Positive Pathways 2 year grant Grounded	16,831	(17,187)	356	-
Armed Forces Covenant Fund Trust Force for Change Growing Together	-	6,991	-	6,991
Awards for All National Lottery	-	7,170	-	7,170
Devon Community Foundation	1,216	(1,216)	-	-
D'Oyly Carte Trust	-	1,178	-	1,178
Finnis Scott Foundation	-	2,250	-	2,250
RAF Benevolent Fund	-	2,000	-	2,000
The Fore	-	6,513	-	6,513
Torbay Community Grant	-	300	-	300
Awards for All	<u>1,200</u>	<u>(1,200)</u>	-	-
	<u>19,247</u>	<u>24,527</u>	<u>356</u>	<u>44,130</u>
TOTAL FUNDS	<u>19,465</u>	<u>53,965</u>	<u>-</u>	<u>73,430</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2021

5. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	70,077	(45,555)	(7,584)	16,938
Garfield Weston Foundation	20,000	(7,500)	-	12,500
Clare Milne Trust	<u>15,000</u>	<u>(15,000)</u>	<u>-</u>	<u>-</u>
	105,077	(68,055)	(7,584)	29,438
Restricted funds				
Armed Forces Covenant Fund Trust Positive Pathways Artemis				
	33,250	(15,522)	-	17,728
Armed Forces Covenant Fund Trust Positive Pathways 2 year grant Get Grounded	-	(17,187)	-	(17,187)
Armed Forces Covenant Fund Trust Force for Change Growing Together	19,000	(12,009)	-	6,991
Awards for All HUGS	2,256	(2,256)	-	-
Awards for All National Lottery	9,570	(2,400)	-	7,170
CLA Trust	1,000	(1,000)	-	-
Devon Community Foundation	6,000	(6,000)	(1,216)	(1,216)
D'Oyly Carte Trust	3,000	(1,822)	-	1,178
Finnis Scott Foundation	4,000	(1,750)	-	2,250
Nineveh Trust	2,000	(2,000)	-	-
RAF Benevolent Fund	4,000	(2,000)	-	2,000
Schreier Foundation	2,000	(2,000)	-	-
The Fore	15,000	(8,487)	-	6,513
Devon County Council Covid Fund	680	(680)	-	-
Torbay Community Grant	300	-	-	300
Veterans' Foundation	13,000	(13,000)	-	-
Awards for All	<u>-</u>	<u>-</u>	<u>(1,200)</u>	<u>(1,200)</u>
	<u>115,056</u>	<u>(88,113)</u>	<u>(2,416)</u>	<u>24,527</u>
TOTAL FUNDS	<u>220,133</u>	<u>(156,168)</u>	<u>(10,000)</u>	<u>53,965</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2021

5. **MOVEMENT IN FUNDS - continued**

Comparatives for movement in funds

	At 1.11.19 £	Net movement in funds £	At 31.10.20 £
Unrestricted funds			
General fund	745	(527)	218
Restricted funds			
Armed Forces Covenant Fund Trust			
Positive Pathways Artemis			
	-	16,831	16,831
Devon Community Foundation	-	1,216	1,216
Awards for All	-	<u>1,200</u>	<u>1,200</u>
	-	<u>19,247</u>	<u>19,247</u>
TOTAL FUNDS	<u>745</u>	<u>18,720</u>	<u>19,465</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	16,829	(17,356)	(527)
Restricted funds			
Armed Forces Covenant Fund Trust			
Positive Pathways Artemis			
	33,250	(16,419)	16,831
Devon Community Foundation	6,245	(5,029)	1,216
Veterans' Foundation	10,000	(10,000)	-
Awards for All	9,600	(8,400)	1,200
Teignbridge District Council Covid grant	<u>1,200</u>	<u>(1,200)</u>	<u>-</u>
	<u>60,295</u>	<u>(41,048)</u>	<u>19,247</u>
TOTAL FUNDS	<u>77,124</u>	<u>(58,404)</u>	<u>18,720</u>

6. RELATED PARTY DISCLOSURES

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

VETERANS OUTDOORS CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 October 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	<u>220,133</u>	<u>77,124</u>
Total incoming resources	220,133	77,124
EXPENDITURE		
Charitable activities		
Staff remuneration	65,241	40,684
Service delivery subcontractor remuneration	30,779	-
Other service delivery costs	16,093	2,095
Fundraising	25,266	-
Motor expenses	159	1,289
Office expenses	1,668	4,162
Rent	584	103
Insurance	1,262	737
Website development	2,300	1,966
Training	393	-
Advertising	891	295
Accountancy and bookkeeping	4,598	553
Subscriptions	314	433
Sundry expenses	151	2,237
Legal and professional fees	6,469	170
Staff expenses	-	510
Repairs and maintenance	-	777
Capital acquisitions	-	1,046
Trustees' expenses	-	1,347
	<u>156,168</u>	<u>58,404</u>
Total resources expended	<u>156,168</u>	<u>58,404</u>
Net income	<u><u>63,965</u></u>	<u><u>18,720</u></u>

— 1ST NOVEMBER 2020 - 31ST OCTOBER 2021 —



Veterans Outdoors

ANNUAL REPORT



Reg Charity no:
1175204

www.veteransoutdoors.org.uk

Previously (20-21)
The Veterans Farm Able Foundation.



A year of consolidation and innovation

Jeremy Hibbard,
CEO, Veterans Outdoors
(Previously The Veterans Farm Able Foundation)

We hear wonderful comments every week from veterans who joined our courses and activities in 20/21. It was a year of both consolidation and innovation for the charity, establishing it as one of the leading providers of wellbeing activities for the veterans' community in the Southwest.

It was a difficult period for all charities with COVID impacting fundraising throughout the sector and restricting some activities. With increased anxiety among veterans, with places of sanctuary like coffee shops and community centres closed, The Veterans Farm Able Foundation (as we were in 20/21) took the bold decision to maintain operations throughout the year, augmenting outdoor activities with online support sessions, for individuals and groups. We were equally agile and responsive in our fundraising, tripling revenues from the previous year in a very difficult fundraising environment.

Our biggest innovation this year came with Project Artemis, a programme of support, activities and events exclusively for female veterans. We recognised

that a woman's journey through the services can be different from that of male counterparts and we felt it was important that female veterans should have events and safe spaces where they can feel comfortable to talk to, and mix with, others. We are one of only two charities in the UK delivering projects exclusively for women veterans and the only one in the South of England.

Veterans who attend our courses report significant increases in their wellbeing. Our individual monitoring shows improvements in sleeping, eating, self-care, confidence, optimism and energy levels.

None of this could happen without our brilliant, hardworking staff. We're a small team, but big on enthusiasm, care and ambition and that shows in our outcomes.

We have projects that regularly deliver on reducing anxiety for our beneficiaries, while increasing their confidence and sociability. Our veterans note significant improvements in their problem-solving skills, their optimism and their ability to make friends. The partnerships we are developing, along with great support from Trustees and Funding Bodies, are enabling us to position ourselves as a unique offering to veterans. We provide a broad variety of therapeutic outdoor activities in supportive environments with friendly, knowledgeable mentors. But we know too, that we must never stand still. We will continue to expand our partnerships and explore new ways of supporting our veterans, equipping them with survival skills for life. In doing so we'll continue to grow our reputation as innovators within the sector.

Content Page

CEO Introduction 2

5

Our year in numbers 4

Horticulture at Pentillie Castle 5

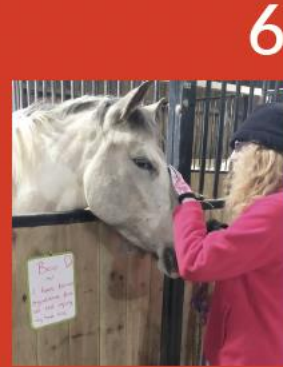
Debbie's Story 6

DA's Story 8

Soil to Supper 10

Chair's Report 11

Thank You 11



Our year in numbers



£220,133
GRANTS & DONATIONS



£156,168
EXPENDITURE



74
ACTIVE BENEFICIARIES
(Regularly engaging) - as at oct 31st 2021

IN 2020/2021



We ran a total of

194
EVENT DAYS



Including

64
ONLINE EVENTS

Total number of events



Events online

OF OUR BENEFICIARIES



45%
ARE MALE



7%
ARE DISABLED



55%
ARE FEMALE



7%
ARE FROM THE FAMILIES
OF VETERANS OR THOSE
STILL SERVING



11%
ARE STILL SERVING



Army Veteran

Horticulture at Pentillie Castle

In 20/21 we began weekly horticultural visits to the walled garden at Pentillie Castle near Saltash.

This wonderful, secluded site was generously made available to us by the Coryton Family who own and run the castle itself. The 2.5 acre garden and it's wonderful array of greenhouses and

potting sheds are the perfect site for our ad hoc sessions - anyone can come and do as little or as much work as they like. Some set about creating their own allotment-style veg patches, others enjoy

the maintenance aspect while others like DA (see below) get stuck into very specific areas of growing in the garden.

**“THIS CHARITY
HAS LITERALLY
SAVED MY LIFE.”**

Debbie's Story



◀ Debbie,
RAF veteran

Every day used to be a bad day. Now they're far less frequent - and when they happen I can deal with them.

Debbie, an RAF veteran, was referred to us in October 2020 by the RFEA Forces Employment Charity's Project Nova. She suffered from high levels of anxiety, depression and was recovering from cancer. She had little family support, had just left a toxic marriage and was socially isolated leaving her with low confidence, poor self-esteem and trust issues around other people.

During her first few months with us she needed intense and consistent support. She attended a range of activities and programmes including a 6 week mindfulness course, monthly group support sessions and 12 sessions of 1-1 counselling. She joined our community garden projects and helped to create two sensory community gardens, from planning to delivery, over the spring and summer. A lover of horses, we also found her a place on an equine therapy course.

One year on, Debbie feels much stronger and more confident. She's built friendships and is more comfortable socialising and meeting new people. She's taken on a leadership role with a project to regenerate and re-wild a community garden space in Plymouth.

DA's Story

DA served in the Royal Signals for 7 years. He was fit and active and was the Army Cycling Champion in 1975. In 1980, following a nervous breakdown, he was medically discharged from the Army. After a difficult time over the years being accepted by other support organisations, DA was referred to Veterans Outdoors in the summer of 2021 by another one of our beneficiaries.

He suffered from high anxiety and was lonely and isolated, becoming very nervous and socially awkward around other people. In 2003 he was diagnosed with Autism and he also has a cognitive condition called face blindness. When he told us he loves being outside we matched him to our programme at Pentillie Castle – a safe space where he can self-lead and create his own growing space while supported by a mentor and an on-site horticulturist.

Recognising that one of the Pentillie greenhouses was actually a disused melon house, DA set about renovating the space and has since grown the first melon onsite in, we think about 50 years.

DA learnt techniques to ground himself and has connected regularly with new people and built new friendships. The group have a WhatsApp social group and are socialising outside of the programme.

He says:

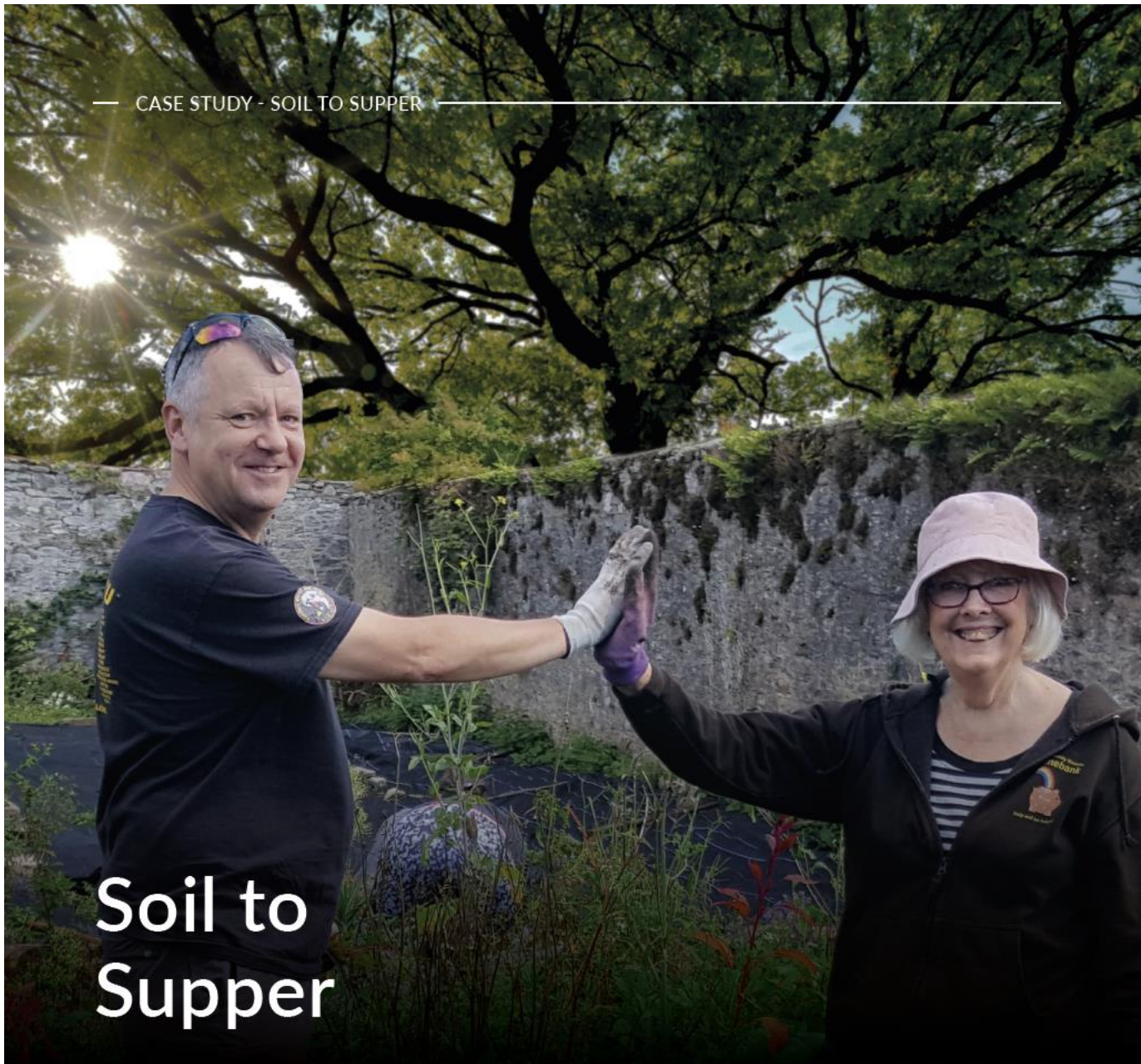
Since starting with Farm Able (now Veterans Outdoors) I'm in an environment doing something I love and I feel a lot better in myself. I love being with other people who understand and accept me for who I am. Being part of a group of like-minded people, being part of a team, being in a safe environment and not feeling isolated are some of the reasons I am actively involved with the charity.

DA,
Royal Signals



This page does not form part of the statutory financial statements

**“I LOVE BEING
WITH OTHER
PEOPLE WHO
UNDERSTAND AND
ACCEPT ME FOR
WHO I AM.”**



Soil to Supper

In Late Summer 2021 we launched a 10-week 'Soil to Supper' Horticultural Therapy course in the iconic walled garden on the Dartington Estate near Totnes.

Led by Schumacher College's renowned permaculturist, Jan Hornby, a cohort of 8 beneficiaries made new friends, felt the wellbeing benefit of working with nature and learned how to prepare, plant and grow a variety of edible crops.

All those attending the course noted significant improvements in their mental health. Anxiety levels were reduced, confidence and energy levels increased and the cohort reported notable improvements in problem solving skills, decision making and general optimism.

One of the veterans on the course told us...

“Thinking about the bad stuff used to be a daily – sometimes hourly – thing. Shortly after the course finished I realised I wasn't thinking about it any more.”

▲ Course #1

at Dartington

Chair's Report

As a Board of Trustees it has been wonderful to watch the charity grow during the past year. As the knowledge and reputation of the charity has grown, so has our funding.

It's gratifying to see prominent funding bodies, like the Armed Forces Covenant Trust Fund, recognising the innovative programmes we're putting in place to support our veterans.

The team are now working hard to develop new partnerships, increasing referrals to our services and developing sustainable programmes that deliver

survival skills for life. Wellbeing support is not always something that's needed in the immediate aftermath of combat. Sometimes issues can take years to surface so we need to make sure we're here for many years to come and I'm confident the current team are the best people to make that happen.



▲
Stewart Harrison,
Chair, Veterans Outdoors

(Previously The Veterans Farm Able Foundation)

Thank You

We couldn't achieve any of this without the support of some visionary and generous funders.

In 20/21 these included:

- The Armed Forces Covenant Fund Trust (Positive Pathways, Get Grounded and Growing Together projects)
- The National Lottery's Awards for All fund
- The Clare Milne Trust
- The De Laszlo Trust
- The Devon Community Foundation
- Devon County Council Covid fund (DCC COVID)
- The Finnis Scott Foundation
- The Fore
- Garfield Weston Foundation
- The Roger and Jean Jefcoate Trust
- Mole Valley Farmers
- Royal Air Force Benevolent Fund
- P F Charitable Trust
- St James's Place Foundation
- The Swire Charitable Trust
- The Veterans' Foundation



Veterans Outdoors is run by CEO Jeremy Hibbard reporting to a board of Trustees chaired by Stewart Harrison.

Other Trustees at 31.10.21 were Grania Phillips, Jamie Rossiter, Nick Griffiths, Haydn White and Laura Sinclair-Willis. Trustees are recruited by invitation.

**Contact
address:** 4 Stonesclose,
Galpin Street,
Modbury,
Ivybridge,
Devon,
PL21 ORZ.