

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

FOR

VETERANS OUTDOORS CIO

VETERANS OUTDOORS CIO

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for the Year Ended 31 October 2023

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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

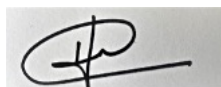
Trustees

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
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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
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CREDITORS

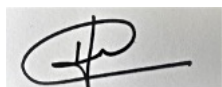
Amounts falling due within one year	6	(321)	-	(321)	(749)
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NET CURRENT ASSETS	11,859	20,453	32,312	50,307		

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

VETERANS OUTDOORS CIO

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

3	TRUSTEES' REMUNERATION AND BENEFITS
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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		
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			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		
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Net movement in funds, included in the above are as follows:

Incoming resources £	Resources expended £	Movement in funds £
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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 CIONOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 October 2023

7	MOVEMENT IN FUNDS - continued
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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
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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

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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



62%

FEMALE



10%

STILL SERVING



7%

REGISTERED DISABLED



18%

FAMILIES OF VETERANS
OR THOSE 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

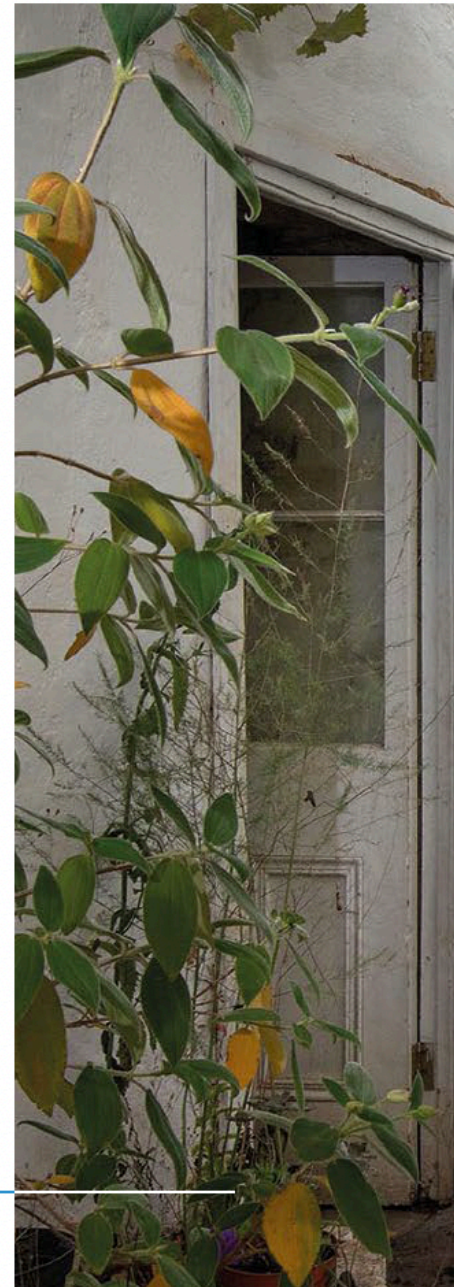
A road accident while cycling home prematurely ended the career of Royal Marine Commando Paul 'Charlie' Charles. A broken neck, fractured skull and traumatic brain injury were among injuries forcing him to give up the only job he'd ever wanted. After a period at the RN Recovery Unit, Hasler, he was referred 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

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."

◀ Sewing seeds for personal and horticultural growth at Pentillie

Rich,
RAF Veteran



Chair's Report

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

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.

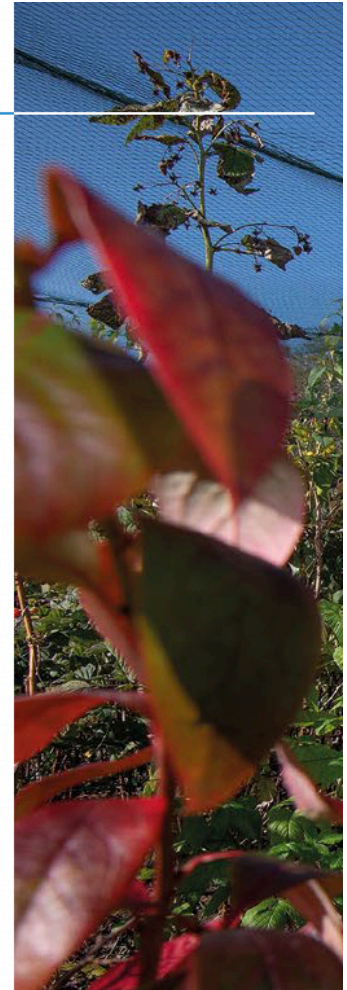
The trustees and I are proud to oversee an organisation that, we believe, delivers excellent value. We continue to be impressed at how Jeremy and team deliver the long-term support that the NHS and others can't, for a fraction of the budget that the NHS is saving by having Veterans Outdoors as a referral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