

**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

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for the Year Ended 31 October 2025

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

The notes form part of these financial statements

VETERANS OUTDOORS CIO

BALANCE SHEET

31 October 2025

|  | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2025<br>Total<br>funds<br>£ | 2024<br>Total<br>funds<br>£ |
|--|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>FIXED ASSETS</b>                              |       |                            |                          |                             |                             |
| Tangible assets                                  | 5     | 389                        | -                        | 389                         | 389                         |
| <b>CURRENT ASSETS</b>                            |       |                            |                          |                             |                             |
| 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                      |
| <b>CREDITORS</b>                                 |       |                            |                          |                             |                             |
| Amounts falling due within one year              | 7     | (1,030)                    | -                        | (1,030)                     | (2,201)                     |
| <b>NET CURRENT ASSETS</b>                        |       | 59,349                     | 16,500                   | 75,849                      | 51,386                      |
| <b>TOTAL ASSETS LESS CURRENT<br/>LIABILITIES</b> |       | 59,738                     | 16,500                   | 76,238                      | 51,775                      |
| <b>NET ASSETS</b>                                |       | 59,738                     | 16,500                   | 76,238                      | 51,775                      |
| <b>FUNDS</b>                                     | 8     |                            |                          |                             |                             |
| Unrestricted funds                               |       |                            |                          | 59,738                      | 16,775                      |
| Restricted funds                                 |       |                            |                          | 16,500                      | 35,000                      |
| <b>TOTAL FUNDS</b>                               |       |                            |                          | 76,238                      | 51,775                      |

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               |
|                          | <u>          </u> | <u>          </u> |

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

**5. TANGIBLE FIXED ASSETS**

|  | Computer<br>equipment<br>£ |
|--|----------------------------|
| <b>COST</b>                            |                            |
| At 1 November 2024 and 31 October 2025 | <u>389</u>                 |
| <b>NET BOOK VALUE</b>                  |                            |
| At 31 October 2025                     | <u><u>389</u></u>          |
| At 31 October 2024                     | <u><u>389</u></u>          |

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<br>1.11.24<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.10.25<br>£ |
|--------------------------------------|--------------------|----------------------------------|------------------------------------|---------------------|
| <b>Unrestricted funds</b>            |                    |                                  |                                    |                     |
| 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              |
| <b>Restricted funds</b>              |                    |                                  |                                    |                     |
| 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              |
| <b>TOTAL FUNDS</b>                   | 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<br>resources<br>£ | Resources<br>expended<br>£ | Gains and<br>losses<br>£ | Movement<br>in funds<br>£ |
|--------------------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| <b>Unrestricted funds</b>            |                            |                            |                          |                           |
| 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>             |
| <b>Restricted funds</b>              |                            |                            |                          |                           |
| 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>           |
| <b>TOTAL FUNDS</b>                   | <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<br>1.11.23<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.10.24<br>£ |
|---|--------------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b>                         |                    |                                  |                     |
| 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/> 12,248       | <hr/> 4,527                      | <hr/> 16,775        |
| <b>Restricted funds</b>                           |                    |                                  |                     |
| 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<br>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/> 20,453       | <hr/> 14,547                     | <hr/> 35,000        |
| <b>TOTAL FUNDS</b>                                | <hr/> <hr/> 32,701 | <hr/> <hr/> 19,074               | <hr/> <hr/> 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<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>   |                            |                            |                           |
| 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                     |
| <b>Restricted funds</b>   |                            |                            |                           |
| Armed Forces Covenant Fund Trust Force<br>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<br>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<br>Artemis Phase 2               | 15,000                     | (10,500)                   | 4,500                     |
|   | 159,241                    | (144,694)                  | 14,547                    |
| <b>TOTAL FUNDS</b>  | <b>194,840</b>             | <b>(175,766)</b>           | <b>19,074</b>             |

**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<br>£      | 2024<br>£      |
|---------------------------------|----------------|----------------|
| <b>INCOME AND ENDOWMENTS</b>    |                |                |
| <b>Donations and legacies</b>   |                |                |
| Donations                       | 2,754          | 2,962          |
| Grants                          | 169,000        | 191,687        |
|                                 | <u>171,754</u> | <u>194,649</u> |
| <b>Investment income</b>        |                |                |
| Deposit account interest        | -              | 191            |
|                                 | <u>-</u>       | <u>191</u>     |
| <b>Total incoming resources</b> | <u>171,754</u> | <u>194,840</u> |
| <b>EXPENDITURE</b>              |                |                |
| <b>Charitable activities</b>    |                |                |
| 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> |
| <b>Total resources expended</b> | <u>149,541</u> | <u>175,766</u> |
| <b>Net income</b>               | <u>22,213</u>  | <u>19,074</u>  |

This page does not form part of the statutory financial statements

1<sup>ST</sup> NOVEMBER 2024 – 31<sup>ST</sup> 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](http://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

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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

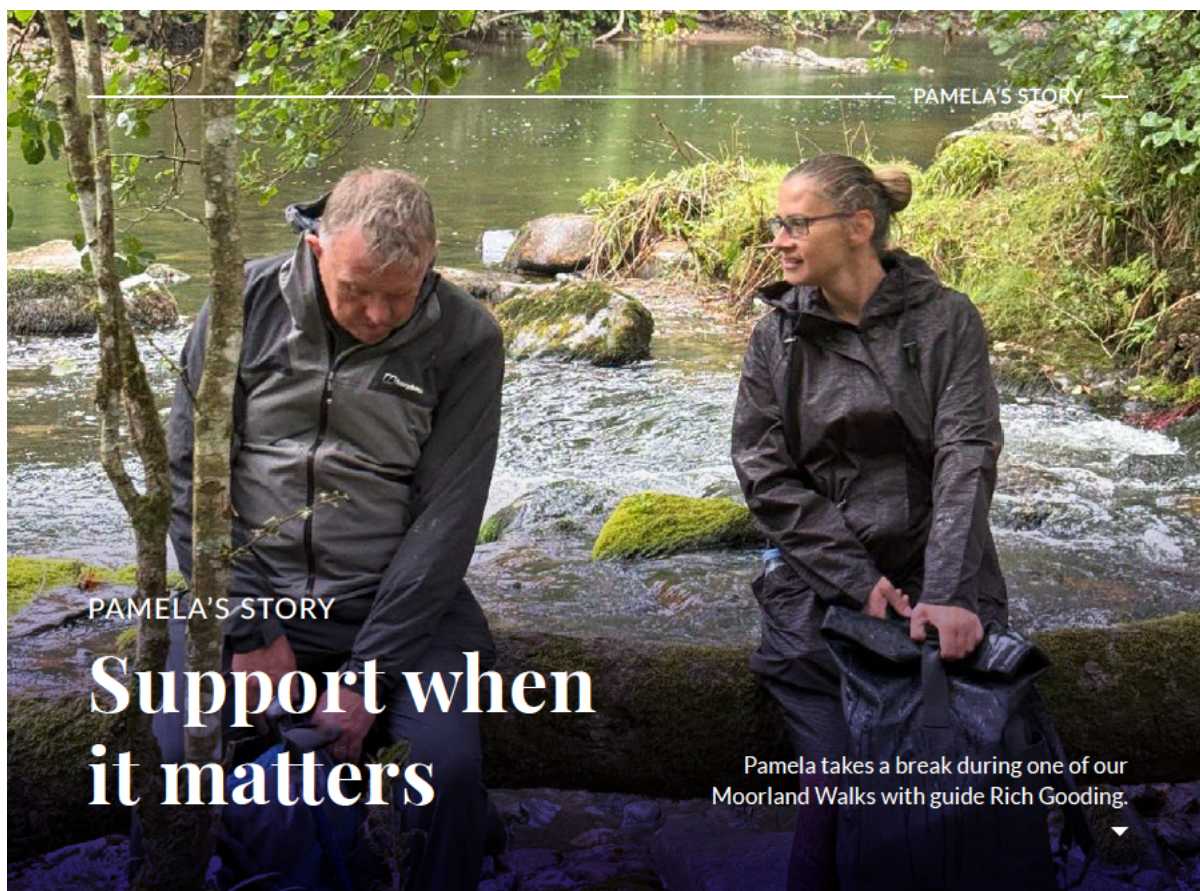


**17%**  
FAMILIES OF VETERANS  
OR THOSE STILL SERVING



**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 STORY

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





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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.