



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 4/4/2022 Period start date To 30/12/2022 Period end date

Charity name: CLEAN ASCENT

Charity registration number: 1183266

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide rock climbing, hill walking and mountaineering experiences and tuition to people living in Devon who have need by reason of their history of substance or alcohol abuse of support in their recovery from addiction, with a view to improving and nurturing their physical and mental wellbeing and reducing the likelihood of relapse
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To provide rock climbing, hill walking and mountaineering experiences and tuition to people living in Devon who have need by reason of their history of substance or alcohol abuse of support in their recovery from addiction, with a view to improving and nurturing their physical and mental wellbeing and reducing the likelihood of relapse
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We confirm that we are fully cognisant of the Charity commission guidance regarding public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
		We have 3 qualified and insured volunteers helping with course safety.

Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference									
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>We are currently running a program with clients referred from a Drug and Alcohol service in Plymouth and clients are so far giving very positive feedback. Our 2 pilot programmes demonstrated an efficacy for long term substance recovery with all the associated benefits to the individual. Long-term follow up at 5 years post programmes was 100%drug cessation, 100+% improvement in health factors and full employment in 3/3 participants. Also there were no further legal or mental health interventions, post programmes.</p> <p>We still have programmes running however our interim results discussed with Professor Hogarth, Clinical Psychologist, Exeter University are as follows.</p> <table><tr><td>Reduction in drug use (range 30-100%)</td><td>65%</td></tr><tr><td>Physical and Mental Well Being improvement</td><td>68%</td></tr><tr><td>Meaning of Life scores improvement</td><td>24%</td></tr><tr><td>Mental Health improvement</td><td>38%</td></tr></table> <p>. We are confident that current and future courses will achieve similar results. We have been able to continue our collaboration with the dept. of Psychology , Exeter University in order to analyse our outcomes. Recovered clients also give hope and inspiration to a much larger group of peers and therefore the Clean Ascent programs deliver a very powerful positive influence and benefits to the community.</p> <p>We already , given adequate funding, have</p>	Reduction in drug use (range 30-100%)	65%	Physical and Mental Well Being improvement	68%	Meaning of Life scores improvement	24%	Mental Health improvement	38%
Reduction in drug use (range 30-100%)	65%									
Physical and Mental Well Being improvement	68%									
Meaning of Life scores improvement	24%									
Mental Health improvement	38%									

		the capacity to run many more programmes without needing added administration costs.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	As above , our achievements to date are above and beyond most traditional substance abuse services and lower cost and more self sustaining.
Performance of fundraising activities against objectives set	Para 1.41	We endeavour to raise long-term funding and have been successful to date with 3 out of 4 applications. We now want to fulfil out full capacity and are therefore seeking longer term funds as we have growing evidence base as to our efficacy.
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the begining of the period we had reserves of £7647
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	This was our balance but was not helf in reserve and was used subsequently for course provision.
Amount of reserves held	Para 1.22	£3918
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Devon Community Fund The National Lottery Festival Medical Services
Investment policy and objectives including any social investment policy adopted	Para 1.46	None
A description of the principal risks facing the charity	Para 1.46	Lack of funding
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	We aim to recruit Trustees who have an insight into outdoor activities/mental health/education/ finance. No constitutional requirements.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Code of Practice Safeguarding training/policy Incl Safeguarding Lead) Risk Assessment Policy Covid Policy Privacy / GDPR policy DBS
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	CLEAN ASCENT
Other name the charity uses	
Registered charity number	1183266
Charity's principal address	The Old Wool Store Bow Lane Moretonhampstead NEWTON ABBOT TQ13 8PD

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Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	DR DAVID IRONS		2019-CURRENT	BOARD OF TRUSTEES CLEAN ASCENT
2	DR PHILLIP SKINNER		2019-CURRENT	BOARD OF TRUSTEES CLEAN ASCENT
3	MR JOHN SHEEHAN		2019-CURRENT	BOARD OF TRUSTEES CLEAN ASCENT
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Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	NONE	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	DR DAVID IRONS	
Position (eg Secretary, Chair, etc)	Chair, secretary	
Date	31/12/2022	

CA current account	AC 6587790600		Sort Code:089299				
Date	Payments IN	Amount	Payments OUT	Amount	BALANCE	REASON FOR PAYMENT	NOTES ON PAYMENT
20/12/2019	LOTTERY GRANT	£10,000.00			£10,000.00		
07/01/2020			Fundraising course	£49.10	£9,950.90	paid to DI for his CC payment of course fee	
20/01/2020	see notes	£0.00	Fundraiser refund to DI	£0.00	£9,950.90	refund of course payment due to cancellation and rearrangement of course	DI will repay if the course is not possible or will pay for DI or other trustee if possible
10/03/2020			Taunton Leisure	£187.76	£9,763.14	Equipment arranged by RJ	copy of invoice
12/05/2020	return 20-21		Jay Jackson - see invoice	£807.50	£8,955.64	Technical consultation and yearly retainer Risk Managment / Assessment for sites	copy of invoice
16/02/2022			TIBBS ACCOUNTANTS	£147.00	£8,808.64	Set up of CIC	Included in 21-22 April - april return
21/02/2022	Repayment of returned course fee DI	£49.10			£8,857.74		Included in 21-22 April - april return
22/03/2022			Sportcover Insurance	£1,211.00	£7,646.74	Insurance paid 22-23	Included in 21-22 April - april return
			Balance end of 21-22 yer		£7,646.74		
NEW TAX YEAR 05/04/2022							
09/04/2022			Agreed courses Hamouze house Roped Access	£4,440.00	£3,206.74		Included in 21-22 April - april return
09/04/2022			Repay DI grants online subs	£48.00	£3,158.74		Included in 21-22 April - april return
09/04/2022			Dropbox vault secure client data storage GDRP	£167.88	£2,990.86		Included in 21-22 April - april return
11/04/2022			VAT reclaim clarification	£90.00	£2,880.86		Included in 21-22 April - april return

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