

HEAD OUTDOORS

England & Wales · Charity number 1186181

Details

Status Registered

Legal form CIO

Registered 2019-11-06

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

Contact

Address 4 Excelsior Road
Poole
Dorset
BH14 8TT

Phone 07970503553

Email info@headoutdoors.org

Website www.headoutdoors.org

Activities

Objects: THE OBJECT OF THE CIO IS: TO ADVANCE IN LIFE AND RELIEVE NEEDS OF YOUNG PEOPLE THROUGH: (A) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE; (B) PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS

Activities: We raise funds to support improvements in the health of young people suffering mental health challenges. Our beneficiaries access sport and outdoor activities through grants we make following careful review of their needs as well as the capabilities and experience of service providers. Beneficiaries include young people in the care of NHS registered facilities or identified in education settings,

Classification

- **How:** Provides Services, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities

Geography

- Bournemouth
- Dorset
- Hampshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	-	-	-	-
2024-04-30	£2,217	£1,191	-	-
2023-04-30	£129	£2,809	-	-
2022-04-30	£3,356	£1,052	-	-
2021-04-30	£3,850	£0	-	-

Trustees

Name	Role	Appointed
Adam Stiling	Chair	2019-11-06
Luke Webb		2022-09-01
Rhiannon Stiling		2019-11-06

HEAD OUTDOORS

England & Wales - Charity number 1186181

Accounts

**Head
Outdoors**

Trust

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**For the
Year 1 May
2023 to 30
April 2024
Charity
registratio
n number:
1186181**

Objectives and Activities

The objective of Head Outdoors is to advance in life and relieve needs of young people through:

(a) The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life;

(b) Providing support and activities which develop their skills, capacities, and capabilities to enable them to participate in society as mature and responsible individuals.

We raise funds to support improvements in the health of young people suffering mental health challenges. Our beneficiaries access sport and outdoor activities through grants we make following careful review of their needs as well as the capabilities and experience of service providers. Beneficiaries include young people in the care of NHS registered facilities or identified in education settings. We operate in Dorset and are based in Bournemouth and Poole.

Head Outdoors was conceived by Adam and Rhiannon Stiling (founding Trustees of Head Outdoors) in 2017 after they asked for charity donations at their wedding instead of receiving gifts to fund a project focused on their love of water sports and its positive mental health impact.

The generous donations of their friends and family resulted in enough funding to cover half day weekly activity sessions at Hengistbury Head Outdoor Centre for two years for Pebble Lodge, a residential service caring for young people with mental health issues.

The Head Outdoors charity was established to both support Pebble Lodge in a more sustainable manner and to expand the delivery of services benefiting more young people in this area.

The Trustees confirm that they have had referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

Policy on Grant Making

Head Outdoors will not currently fund any grants without cash being available. All Trustees need to agree to any grant decision and ensure it aligns with the goals of supporting young people.

Contribution Made by Volunteers

Head Outdoors relies on volunteers and its Trustees for its fund raising activities.

Achievements and Performance

During 2023 Head Outdoors made several grants to Pebble Lodge for sessions with Resurface and also to Brockenhurst College for sessions with the New Forest Activity Centre.

Financial Review

Statement of Financial Activities

	£
Donations received	2,217
Grants given	(1,122)
Administrative Costs	(69)
Net Movement of Funds	<u>1,026</u>

Reconciliation of Movement in Funds

	£
Opening Funds	3,474
Movement in Funds	1,026
Closing Funds	<u>4,500</u>

Balance Sheet

	£
Cash at Bank	<u>4,500</u>
Unrestricted Funds	<u>4,500</u>

As at 31 April 2024 Head Outdoors had a cash balance of £4,500.

Reserves held represent funds raised and not yet spent.

Head Outdoors will not currently fund any grants without cash being available.

The charity's principal sources of funds is via fund raising and the receipt of donations.

Structure, Governance and Management

The charity is a CIO governed by a constitution.

Trustee selection methods

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Reference and Administrative details

Charity Name: Head Outdoors

Registered Charity number 1186181

Charity's Principal address 4 Excelsior Road
Poole
BH14 8TT

Trustee Name year)	Office	Dates (if not acted for whole
Adam Stiling	Chairperson	
Rhiannon Stiling	Treasurer	
Joanne Sheppard	Trustee	
Luke Webb	Trustee	

Declarations

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

Signed on behalf of the charity's trustees:

Signature



Full name Rhiannon Stiling
Position Treasurer
Date 26 May 2025

HEAD OUTDOORS

England & Wales - Charity number 1186181

Accounts

**Head
Outdoors**

Trust

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**For the
Year 1 May
2022 to 30
April 2023
Charity
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Objectives and Activities

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Head Outdoors was conceived by Adam and Rhiannon Stiling (founding Trustees of Head Outdoors) in 2017 after they asked for charity donations at their wedding instead of receiving gifts to fund a project focused on their love of water sports and its positive mental health impact.

The generous donations of their friends and family resulted in enough funding to cover half day weekly activity sessions at Hengistbury Head Outdoor Centre for two years for Pebble Lodge, a residential service caring for young people with mental health issues.

Other Trustees spearheaded this programme with additional support from volunteers who willingly gave their time and expertise in coaching and supporting these teenagers.

Luke Webb joined as a Trustee in 2022 bringing his wealth of experience as an NHS Mental Health Nurse working at Pebble Lodge.

The Head Outdoors charity was established to both support Pebble Lodge in a more sustainable manner and to expand the delivery of services benefiting more young people in this area.

The Trustees confirm that they have had referred to the guidance

contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

Policy on Grant Making

Head Outdoors will not currently fund any grants without cash being available. All Trustees need to agree to any grant decision and ensure it aligns with the goals of supporting young people.

Contribution Made by Volunteers

Head Outdoors relies on volunteers and its Trustees for its fund raising activities.

Achievements and Performance

After Covid 19 halted activity with Pebble Lodge and with the Hengistbury Head Outdoor Centre closing, Head Outdoors looked for new partners in 2021 and successful sessions were held at Horse Course, New Forest Activity Centre, Resurface and The Project Climbing Centre. Assessment of outcomes after these sessions indicated achievement of our goals.

During 2022 and early 2023 Head Outdoors has made several grants to Pebble Lodge for sessions with Resurface and also to Brockenhurst College for sessions with the New Forest Activity Centre.

Financial Review

Statement of Financial Activities

	£
Donations received	129
Grants given	(2,809)
Administrative Costs	0
	<u>(2,680)</u>
Net Movement of Funds	<u><u>0</u></u>

Reconciliation of Movement in Funds

	£
Opening Funds	6,154
Movement in Funds	(2,680)
Closing Funds	<u><u>3,474</u></u>

Balance Sheet

	£
Cash at Bank	<u><u>3,474</u></u>
Unrestricted Funds	<u><u>3,474</u></u>

As at 31 April 2023 Head Outdoors had a cash balance of £3,474.

Reserves held represent funds raised and not yet spent.

Head Outdoors will not currently fund any grants without cash being available.

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Structure, Governance and Management

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Trustee selection methods

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

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Registered Charity number 1186181

Charity's Principal address 4 Excelsior Road
Poole
BH14 8TT

Trustee Name	Office	Dates (if not acted for whole year)
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Adam Stiling
Rhiannon Stiling
Joanne Sheppard
Rob Howlett
Luke Webb

Chairperson
Treasurer
Trustee
Trustee
Trustee

Resigned 25 July 2022
Appointed 25 July 2022

Declarations

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

Signed on behalf of the charity's trustees:

Signature



Full name Rhiannon Stiling
Position Treasurer
Date 16 May 2025

HEAD OUTDOORS

England & Wales - Charity number 1186181

Accounts

Trustees' Annual Report

For the Year 1 May 2021 to 30 April 2022

Charity registration number: 1186181

Objectives and Activities

The objective of Head Outdoors is to advance in life and relieve needs of young people through:

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Head Outdoors was conceived by Adam and Rhiannon Stiling (founding Trustees of Head Outdoors) in 2017 after they asked for charity donations at their wedding instead of receiving gifts to fund a project focussed on their love of water sports and its positive mental health impact.

Working with Rob Howlett and Jo Sheppard (founding Trustees of Head Outdoors) at Hengistbury Head Outdoor Education Centre (HHOEC), the couple contacted Pebble Lodge, a residential service caring for young people with mental health issues. The generous donations of their friends and family resulted in enough funding to cover half day weekly activity sessions for two years.

Jo and Rob spearheaded this programme with additional support from volunteers who willingly gave their time and expertise in coaching and supporting these teenagers. Luke Webb joined as a Trustee in 2022 bringing his wealth of experience as an NHS Mental Health Nurse working at Pebble Lodge.

Having demonstrated the success of this programme through positive outcomes for the young people and their care staff, the Head Outdoors charity was established to both support Pebble Lodge in a more sustainable manner and to expand the delivery of services benefiting more young people in this area.

The Trustees confirm that they have had referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

Policy on Grant Making

Contribution Made by Volunteers

Achievements and Performance

After Covid 19 halted activity with Pebble Lodge and with the Hengistbury Head Outdoor Centre closing, Head Outdoors spent the second half of 2021 identifying and trialling several outdoor options for young adults under the care of Pebble Lodge.

Successful sessions were held at Horse Course, New Forest Activity Centre, Resurface and The Project Climbing Centre.

All sessions were highly beneficial with Pebble Lodge residents getting significant value from outdoor activity beyond the facility. Assessment of outcomes after these sessions indicated achievement of our goals.

The majority of funds were via a donation from the John Ackroyd Charitable Trust and we thank them for their grant.

Subsequent to the year end in 2022 Head Outdoors has made several grants to Pebble Lodge for sessions with Resurface and also to Brockenhurst College for sessions with the New Forest Activity Centre.

Financial Review

Statement of Financial Activities

	£
Donations received	3,356
Grants given	(983)
Administrative Costs	(69)
Net Movement of Funds	<u>2,304</u>

Reconciliation of Movement in Funds

	£
Opening Funds	3,850
Movement in Funds	2,304
Closing Funds	<u>6,154</u>

Balance Sheet

	£
Cash at Bank	<u>6,154</u>
Unrestricted Funds	<u>6,154</u>

As at 31 April 2022 Head outdoors had a cash balance of £6,154

Reserves held represent funds raised and not yet spent.

Head Outdoors will not currently fund any grants without cash being available. The reason for the inactivity during the first reporting period was due to the impact of the Covid -19 pandemic and lockdown of the NHS facility being supported and the closure of Hengistbury Head Outdoor Centre.

However, during the remainder of 2021 and during 2022 Head outdoors restarted its funding of Pebble Lodge across other outdoor centres in Dorset.

The charity's principal sources of funds is via fund raising and the receipt of donations.

Structure, Governance and Management

The charity is a CIO governed by a constitution.

Trustee selection methods

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

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BH14 8TT

Trustee Name	Office	Dates (if not acted for whole year)
Adam Stiling	Chairperson	
Rhiannon Stiling	Treasurer	
Joanne Sheppard	Trustee	
Rob Howlett	Trustee	Resigned 25 July 2022
Luke Webb	Trustee	Appointed 25 July 2022

Declarations

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

Signed on behalf of the charity's trustees:

Signature



Full name

Rhiannon Stiling

Position

Treasurer

Date

20 April 2023

HEAD OUTDOORS

England & Wales - Charity number 1186181

Accounts

Trust ees' Annu

al Repor t

**For the
Year 6
November
2019 to 30
April 2021
Charity
registratio
n number:
1186181**

Objectives and Activities

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The Trustees confirm that they have had referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

Policy on Grant Making

Due to Covid the charity made no grants during this period.

Achievements and Performance

After Covid 19 halted activity with Pebble Lodge and with the Hengistbury Head Outdoor Centre closing, Head Outdoors spent the second half of 2021 identifying and trialing several outdoor options for young adults under the care of Pebble Lodge.

Successful sessions were held at Horse Course, New Forest Activity Centre, Resurface and The Project Climbing Centre.

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Financial Review

Statement of Financial Activities

Donations received

Grants given

Administrative Costs

Net Movement of Funds

Reconciliation of Movement in Funds

Opening Funds

Movement in Funds

Closing Funds

Balance Sheet

Cash at Bank

Unrestricted Funds

As at 31 April

2021 Head

outdoors had a

cash balance of

£3,850

Reserves held

represent funds

raised and not yet

spent.

Head Outdoors will not currently fund any grants without cash being available. The reason for the inactivity during the first reporting period was due to the impact of the Covid -19 pandemic and lockdown of the NHS facility being supported and the closure of Hengistbury Head Outdoor Centre.

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Trustee Name (year)	Office	Dates (if not acted for whole year)
Adam Stiling	Chairperson	
Rhiannon Stiling	Treasurer	
Joanne Sheppard	Trustee	
Rob Howlett	Trustee	Resigned 25 July 2022

Luke Webb

Trustee

Appointed 25 July 2022

Declarations

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

Signed on behalf of the charity's trustees:

Signature

A handwritten signature in blue ink, appearing to read 'Rhiannon Stiling'.

Full name Rhiannon Stiling

Position Treasurer

Date 16 May 2025

