

# Trust

# **ees' Annu al Repor t**

**For the  
Year 1 May  
2022 to 30  
April 2023  
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.

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
	<hr/>
Net Movement of Funds	<b>(2,680)</b>

### **Reconciliation of Movement in Funds**

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

### **Balance Sheet**

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

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.

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

<b>Trustee Name</b>	<b>Office</b>	<b>Dates (if not acted for whole year)</b>
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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