

# CLIMB2RECOVERY

England & Wales · Charity number 1186493

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-11-21

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

## Contact

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**Address** 3 Coastguard Close  
Gosport  
Hampshire  
PO12 2ND

**Phone** 07792632401

**Email** [Joe@c2r.org](mailto:Joe@c2r.org)

**Website** [www.C2R.org](http://www.C2R.org)

## Activities

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**Objects:** THE ADVANCEMENT OF HEALTH AND PROMOTION OF THE EFFICIENCY OF THE ARMED FORCES OF THE CROWN, BY ENABLING SERVING PERSONNEL AND VETERANS, WHO HAVE BEEN INJURED IN OR AS A RESULT OF SERVICE, TO PARTICIPATE IN ADVENTUROUS TRAINING, PRIMARILY, BUT NOT EXCLUSIVELY IN THE UK.

**Activities:** Climb 2 Recovery (C2R) supports chronically wounded, injured, and sick veterans through fully funded adaptive climbing programs. Since 2016, C2R has delivered over 1,100 annual training days at just £105 per person per day. Climbing aids emotional regulation, self-esteem, and mindfulness while fostering camaraderie and purpose. Dr. Lucy Sheen-Harker describes it as life-changing and life-saving.

## Classification

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- **How:** Provides Services, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport, Armed Forces/emergency Service Efficiency, Recreation
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

## Geography

- France
- Italy
- Scotland
- Spain
- Switzerland
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-20	£186,534	£123,720	-	-
2023-11-20	£70,492	£85,951	-	-
2022-11-20	£135,709	£123,219	-	-
2021-11-20	£116,891	£88,000	-	-
2020-11-20	£75,583	£50,763	-	-

## Trustees

Name	Role	Appointed
<b>Alexander Nicholas Janzen</b>	Chair	2025-03-10
Alexander Mackenzie		2019-11-21
Ben David Johnson		2025-03-10
Benjamin Lawson		2025-11-20
Dr Lucy Rose Sheen Harker		2025-07-01
John Sims-Hilditch		2019-11-21
Kristian Alexander Smith		2025-03-10
Nicholas Arding		2025-03-10
William Mackay		2019-11-21

**CLIMB2RECOVERY**

England & Wales - Charity number 1186493

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# Accounts

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Registered company number CE019696

Registered charity number 1186493

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR**  
**ENDED 20 NOVEMBER 2024**

**FOR**

**CLIMB 2 RECOVERY**



## CLIMB 2 RECOVERY

### CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 20 NOVEMBER 2024

Report of the Trustees

Independent Examiner's Report

Statement of Financial Activities

Balance Sheet



## CLIMB 2 RECOVERY REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 20 NOVEMBER 2024

The Trustees of the charity present their report with the financial statements of the charity for the year ended 20 November 2024. The Trustees have adopted the provisions of Accounting and Reporting by Charities:

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

### **STRUCTURE, GOVERNANCE AND MANAGEMENT Governing Document**

The Charity is controlled by its governing document dated 30 June 2019.

#### **Registered Charity number**

1186493 – registered on the 21 November 2019.

#### **Registered office**

3 Coastguard Close  
Gosport  
Hampshire  
PO12 2ND

#### **Trustees**

William Mackay - Chairperson  
John Sims-Hilditch  
Ibrar Ali  
Alexander Mackenzie  
Daniel White

#### **Independent examiner**

Tibbs Accounting Services Ltd  
4 The Triangle  
Poole  
Dorset  
BH16 5PG



## CLIMB 2 RECOVERY REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 20 NOVEMBER 2024

### Trustees' Report, Climb 2 Recovery

The Trustees are pleased to present their report and accounts for the period 21 November 2023 to 20 November 2024.

### STRUCTURE, GOVERNANCE AND MANAGEMENT

The Charity is controlled by its governing document dated 30 June 2019.

The recruitment of trustees is undertaken by the Board of Trustees. They will recruit a person who is willing to act as a trustee and has an interest in the activities, beneficiaries, and ultimate success of the charity.

### Objectives and activities

We have referred to the Charity Commission's guidance on public benefit when reviewing our aims and objectives and planning future activities.

**Enhancing recovery through climbing**

**CLIMB 2 RECOVERY C2R**

**Why Climbing? Why a Year-Round Program?**



**Adaptive climbing** is at the core of C2R because it brings substantial physical, psychological, social, and emotional benefits. Regular climbing complements traditional treatment approaches, sometimes achieving outcomes where conventional therapies may struggle. For veterans managing chronic wounds, injuries, disabilities, or trauma, the therapeutic impact of climbing is exceptional, with research describing it as a "near-ideal therapeutic activity." Dr. Sheen-Harker has even characterised C2R's programme as "life-changing and life-saving."

Grounded in evidence-based methods, C2R's approach provides a "therapeutic" experience without formal therapy requirements - our members only need to show up, join in, and enjoy.

**The impact of this activity is both life-changing and life-saving**

**Building a Lasting Community**

Beyond individual events, C2R fosters lasting connections by creating opportunities throughout the year for members to reconnect, gain new skills, and enjoy the outdoors. This sustained engagement offers an invaluable support network, especially important for service members and veterans facing unique life challenges.





Enhancing recovery through climbing

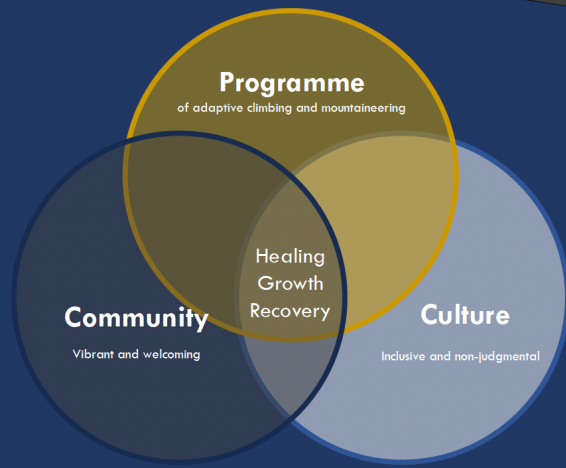
## C2R - OUR CORE VALUES

### Our Core Values

Three principles guide C2R's mission:

1. The **programme** - a regular year-round schedule of adaptive climbing and mountaineering;
2. The **community** - a vibrant, welcoming community of military friends and supporters;
3. The **culture** - an inclusive, non-judgmental culture where courtesy, politeness, and friendship are the only expectations.

Together, these values make C2R a place where veterans can heal, grow, and climb toward recovery.



Enhancing recovery through climbing

## TRUSTEE REPORT - 2024

### Introduction

2024 has been another successful and transformative year for Climb 2 Recovery. We are immensely proud of the charity's ongoing growth and the expanding opportunities we provide for our injured, wounded, and sick members. It is deeply rewarding to see both the increase in our membership and the meaningful impact our programs continue to have on our beneficiaries' lives.

### Positive Feedback and Future Plans

The feedback and testimonials we have received from our members this year have been overwhelmingly positive and incredibly inspiring. These stories drive us to continue expanding our offerings in 2025, with new opportunities for members at every stage of their journey. We are excited to welcome new beneficiaries to the C2R community in the coming year and to support each member's unique recovery path through climbing, outdoor training, and beyond.

### Progression Pathway

This year, the Board of Trustees was particularly pleased to display the formalised progression pathway for our members. This pathway enables beneficiaries to track their development through a structured hierarchy of courses, empowering them to take charge of their own progress. This system not only supports personal growth but also allows members to pursue nationally recognised outdoor instructor qualifications.

We are thrilled to see many C2R members using these qualifications to secure new employment opportunities and to support other organisations in safely accessing the outdoors. This progression underscores the charity's commitment to providing practical, lasting benefits that extend far beyond our immediate programs.





# C2R IMPACT SUMMARY

Enhancing the recovery and rehabilitation of seriously wounded service people and veterans

2024



## WHO WE ARE | C2R

Climb 2 Recovery is a supportive community for veterans and active service members from the Royal Navy, Royal Marines, Army, and Royal Air Force who face significant physical or psychological challenges. For those navigating these hardships, joining a community that regularly comes together outdoors, especially in the mountains, can be profoundly life-changing.



8 YEARS SUPPORTING OUR VETERANS

Over 175 members



## C2R DELIVERED & SUPPORTED

- 14 x fully funded residential courses;
- Peak District learn to lead climb
- Lake District scrambling
- Alps multi pitch climbing
- North Wales learn to Multi-pitch course
- Scotland Winter Mountaineering Skills training
- Morocco Expedition Trekking
- Pembrokeshire learn to lead climb

More than 1,143 Individual Training days in 2024

*'C2R came at a tough time for me, offering adventure, support, and a much-needed escape. I'll be forever grateful for the community and the positive impact it's had on my life.'*

## AWARDS & QUALIFICATIONS

C2R has enabled members to complete training with;

- 24 Mountain First Aid members certified
- 7 Rock Climbing Instructors trained
- 6 Rock Climbing Instructors qualified
- 6 Mountain Leaders trained
- 4 Mountain Leaders qualified
- 1 Personal Protective Equipment Inspector certified

48 Training & Assessment courses completed

Total cost of C2R activities for 2024 was £120,000

At a cost of £105 per person, per day of activity

We supported 115 very active members, and welcomed 30 new members who attended multiple courses throughout the year

Enhancing recovery through climbing



[www.C2R.org](http://www.C2R.org)  
E | [joe@C2R.org](mailto:joe@C2R.org)  
Climb 2 Recovery  
Registered charity No. 1186493  
3 Coastguard Close, Hampshire,  
PO12 2ND



## Financial review

It is the policy of the charity to hold in reserve the equivalent of three months running cost for our core UK program. Current free reserves meet this requirement. The financial results for the year are shown in the following pages.

Approved by order of the board of Trustees on 17 July 2025 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'W Mackay'.

W Mackay – Chairman

Registered company number  
CE019696

Registered charity number  
1186493

**CLIMB2RECOVERY**  
**Report and Unaudited Accounts**  
**For the Period Ended**  
**20th November 2024**



**CLIMB2RECOVERY**  
**Registered Company Number: CE019696**  
**Registered Charity Number: 1186493**  
**Company Information**

**Trustees**

W MacKay  
J Sims-Hilditch  
I Ali  
A MacKenzie  
D White

**Accountants**

Tibbs Accounting Services  
4 The Triangle  
Upton  
Poole  
Dorset  
BH16 5PG

**Registered Office**

6 Egdon Court  
Upton  
Poole  
Dorset  
BH16 5NR

**Registered Company Number: CE019696**  
**Registered Charity Number: 1186493**



**CLIMB2RECOVERY**  
Registered Company Number: CE019696  
Registered Charity Number: 1186493

**Trustee's Report**

The Trustees present their report and accounts for the period ended 20th November 2024.

**Principal Activities**

The company's principal activity during the year was the provision of climbing and related activities to current and ex service personnel

**Trustees**

The following persons served as Trustees during the year:

W MacKay  
J Sims-Hilditch  
I Ali  
A MacKenzie  
D White

**Small company provisions**

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the Board of Trustees on 8th May 2025 and signed on its behalf.

W MacKay

On behalf of The Trustees



**CLIMB2RECOVERY**  
Registered Company Number: CE019696  
Accountants' Report

**Accountants' Report to the Board of Trustees of the unaudited accounts of CLIMB2RECOVERY**

In accordance with the engagement letter, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the accounts of the Company which comprise the Surplus & Loss Account, the Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Trustees, as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the accounts that we have been engaged to compile, report to the Company's Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's Board of Trustees, as a body, for our work or for this report.

We have carried out this engagement in accordance with technical guidance issued by the Chartered Institute of Management Accountants in England and Wales and the Institute of Chartered Accountants in England and Wales and have complied with the ethical guidance laid down by those institutes relating to members undertaking the compilation of accounts.

You have acknowledged on the Balance Sheet as at 20th November 2024 your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the Company at the end of the financial year and of its Surplus or loss for the financial year. You consider that the Company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the accounts. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the accounts.

Tibbs Accounting Services  
4 The Triangle  
Upton  
Poole  
Dorset  
BH16 5PG



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Income & Expenditure Account**  
**for the period ended 20th November 2024**

	Notes	2024	2023
<b>Income</b>		186,534	70,492
<b>Direct Expenses</b>		(90,264)	(85,951)
<b>Gross Surplus</b>		<u>96,270</u>	<u>(15,460)</u>
<b>Administrative Expenses</b>		(33,456)	(22,404)
<b>Operating Surplus</b>	2	<u>62,814</u>	<u>(37,863)</u>
<b>Finance Charges &amp; Interest</b>		-	(117)
<b>Surplus / (Deficit) on ordinary activities</b>		<u><u>62,814</u></u>	<u><u>(37,980)</u></u>



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Balance Sheet**  
**as at 20th November 2024**

		2024	2023
		£	£
<b>Fixed Assets</b>			
Tangible Assets	5	-	-
<b>Current Assets</b>			
Debtors	6	678	-
Stock		-	-
Cash at Bank & In Hand		97,085	34,948
		<u>97,762</u>	<u>34,948</u>
<b>Creditors - amounts falling due within one year</b>	7	<u>(482)</u>	<u>(482)</u>
<b>Net Current Liabilities</b>		97,280	34,466
<b>Creditors - amounts falling due after more than one year</b>	8	-	-
<b>Net Assets</b>		<u>97,280</u>	<u>34,466</u>
<b>Capital &amp; Reserves</b>			
Income & Expenditure Account	10	97,280	34,466
<b>Total Capital &amp; Reserves</b>		<u>97,280</u>	<u>34,466</u>

The Trustees are satisfied that the Company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the member has not required the Company to obtain an audit in accordance with section 476 of the Act.

The Trustees acknowledges their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

W MacKay

On behalf of The Trustees  
 Approved by the Board on 8th May 2025



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Notes to the Accounts**  
**for the period ended 20th November 2024**

**1. Accounting Policies**

**Basis of Preparation**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

**Income**

Income represents the value, net of discounts, of goods provided to customers and work carried out in respect of services provided to customers. The Company is not registered for value added tax.

**Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

All Assets - 18% reducing balance

**2. Operating Surplus**

	2024	2023
	£	£
This is stated after charging:		
Depreciation of Owned Fixed Assets	-	-
Trustee's Remuneration	-	-
	-	-

**3. Taxation**

	2024	2023
	£	£
UK Corporation Tax	-	-
	-	-

**5. Tangible Fixed Assets**

	£ Equipment	£ Total
<b>Cost:</b>		
At 21st November 2023	-	-
Additions in Year	-	-
At 20th November 2024	-	-
<b>Depreciation:</b>		
At 21st November 2023	-	-
Provided during the Year	-	-
At 20th November 2024	-	-
<b>Net Book Value:</b>		
At 21st November 2023	-	-
At 20th November 2024	-	-



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Notes to the Accounts (contd)**  
**for the period ended 20th November 2024**

	2024	2023
	£	£
<b>6. Debtors</b>		
	-	-
Trade Debtors	-	-
Other Debtors	<u>678</u>	<u>-</u>
	<u>678</u>	<u>-</u>
<b>7. Creditors: Amounts falling due within one year</b>		
	2024	2023
	£	£
	400	400
Trade Creditors	400	400
Trustees Current Account	<u>82</u>	<u>82</u>
	<u>482</u>	<u>482</u>
<b>8. Creditors: Amounts falling due after more than one year</b>		
	2024	2023
	£	£
	-	-
Trustees Capital Account	<u>-</u>	<u>-</u>
	<u>-</u>	<u>-</u>
<b>10. Income &amp; Expenditure Account</b>		
	2024	2023
	£	£
As at start of period	34,466	72,446
Surplus for the period	62,814	(37,980)
Drawings	<u>-</u>	<u>-</u>
At end of period	<u>97,280</u>	<u>34,466</u>



**CLIMB2RECOVERY**

**Management Information**

**For the Period Ended 20th November 2024**

**The following pages do not form part of the statutory financial statements**



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Income & Expenditure Account**  
**for the period ended 20th November 2024**

	2024		2023	
	£	£	£	£
<b>Income</b>				
Grants & Donations	121,685		70,492	
Other Grants & Income	<u>64,849</u>		-	
		<u>186,534</u>		<u>70,492</u>
<b>less: Direct Expenses</b>				
Training Expenses	2,254		907	
Regional Activity Budgets	-		-	
Grants & Donations	-		986	
Guides	-		-	
Activity Costs	64,668		54,538	
Travel & Accommodation Costs	21,095		28,858	
Equipment (incl hire)	<u>2,247</u>		<u>662</u>	
		<u>90,264</u>		<u>85,951</u>
<b>Gross Surplus</b>		<u><u>96,270</u></u>		<u><u>(15,460)</u></u>
<b>less: Administrative Expenses</b>				
Personnel Costs:				
Wages	<u>29,795</u>		<u>17,608</u>	
		<u>29,795</u>		<u>17,608</u>
General Administrative Expenses				
Office Systems	-		-	
Office Costs	<u>-</u>		<u>627</u>	
		<u>-</u>		<u>627</u>
Legal & Professional Costs:				
Accountancy & Bookkeeping Fees	676		732	
Advertising	-		602	
Subscriptions	1,575		1,280	
Insurance	1,410		1,556	
Bank Charges	<u>-</u>		<u>117</u>	
		<u>3,661</u>		<u>4,286</u>
<b>Net Surplus / (Deficit)</b>		<u><u>62,814</u></u>		<u><u>(37,980)</u></u>



Grants and support received, included in the above, are from the following:

**Enhancing recovery through climbing**

**FUNDING IMPACT STATEMENT**

**In 2024,**  
Climb 2 Recovery received £130,000 in donations and grants, funding that allowed us to deliver a full year of impactful programming at a total cost of £120,000. This funding covered **1,143** training days at an average of just £105 per person per day - an exceptionally cost-effective model that maximises the impact of each contribution.

Our approach is designed for efficiency. C2R operates without costly overheads: we don't maintain office space or vehicles, keep a small part-time staff, and avoid the expenses of professional fundraisers. We make use of budget-friendly bunkhouses, prepare our own meals, and maintain our own equipment, which is durable and well cared for. This streamlined setup allows us to minimise costs while delivering a high-impact programme, ensuring that every pound goes directly toward supporting our members' recovery and growth.

**For 2025,**  
with an anticipated budget of £160,000, we plan to expand our reach, delivering approximately **1,200** training days. This would not be possible without the invaluable support of our funders, to whom we extend our heartfelt gratitude:

- **The Armed Forces Covenant Fund Trust**
- **Greenwich Hospital**
- **The Veterans Foundation**
- **The Army Benevolent Fund**
- **RMA - The Royal Marines Charity**
- **Team Forces**
- **Patron Capital**
- **Carole & Geoffrey Lawson Foundation**

Together, these partnerships enable C2R to continue creating life-changing opportunities for our veteran community. Thank you for your generous support.

**907** Individual Training days in **2023**

**1,143** Individual Training days in **2024**

**1,200** Individual Training days for **2025**

**CLIMB2RECOVERY**

England & Wales - Charity number 1186493

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# Accounts

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Registered company number CE019696

Registered charity number 1186493

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR**  
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**FOR**

**CLIMB 2 RECOVERY**



## CLIMB 2 RECOVERY

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John Sims-Hilditch  
Ibrar Ali  
Alexander Mackenzie  
Daniel White

#### **Independent examiner**

Tibbs Accounting Services Ltd  
4 The Triangle  
Poole  
Dorset  
BH16 5PG



## CLIMB 2 RECOVERY REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 20 NOVEMBER 2023

### Trustees' Report, Climb 2 Recovery

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The recruitment of trustees is undertaken by the Board of Trustees. They will recruit a person who is willing to act as a trustee and has an interest in the activities, beneficiaries, and ultimate success of the charity.

### Objectives and activities

We have referred to the Charity Commission's guidance on public benefit when reviewing our aims and objectives and planning future activities.



Enhancing recovery through climbing

WHO WE ARE ... C2R

Climb 2 Recovery supports seriously wounded, injured and sick service people and veterans, all of whom have completed at least two-years of conventional treatment - yet remain chronically and severely disabled by their adversity, through a year-round programme of fully-funded residential adaptive and progressive climbing and mountaineering.

Climb 2 Recovery has been delivering activity since 2016, registered as a charity in 2019, and became an Affiliated Club of the British Mountaineering Council and a Skills Course Provider for Mountain Training UK in 2023. Our programme is well established, has a track record of delivering success and safety, and organisational / charitable transparency and accountability.

Climb 2 Recovery delivered 900-training days (per person/per day) in 2023, supporting 140+ members, of whom 85 members attend multiple courses throughout the year, and we now have the capacity to grow by 60+ members per year from 2024. We sponsor members towards a variety of goals and qualifications, including the Rock-Climbing Instructor, Mountain Leader, and Industrial Rope Access.

Climb 2 Recovery delivered all this in 2023 for £110,000 that's £121 per person / per day, for which we deliver highly professional evidence-based therapeutic activity, all year round, throughout the country and overseas, supporting hundreds of people, representing exceptional value for money.



"The impact of this activity is

broad and far reaching ..."



Enhancing recovery through climbing

## CEO STATEMENT 2023



Finding the words to sum up Climb 2 Recovery is difficult because we are so much more than just a charity, a climbing club or a training provider.

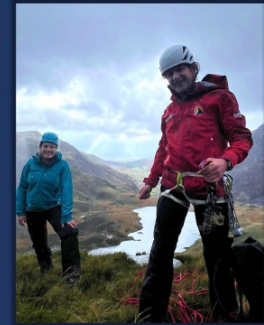
For me, Climb 2 Recovery is a place of great adventure; a place where we regularly come together to overcome often incredible adversity and far exceed expectations; we are a wonderful community of people, of dear friends, who have fun and laugh together; we accept people regardless of ability, disability or adversity, and nor do we have any expectations or make any demands that people aren't happy with; we thrive in the outdoors and amongst nature, we relish the peace, calm and tranquility; and climbing universally affords us valuable respite, calm from the chaos, time to heal and to find a healthier perspective and outlook.

When we return from the hills, we are stronger, clearer headed, more optimistic, and better able to face the challenges of life, so our time in the mountains really isn't about escaping - it's about living, looking forwards, and constantly striving to do better in the rest of life.

Among our other notable achievements this year we qualified our first qualified **Mountaineering & Climbing Instructor**, the highest award for climbing in the UK and the culmination of four years investing, training and mentoring by C2R; and we became an **Affiliated Club of the British Mountaineering Council** and a **Skills Course Provider for Mountain Training UK**, reflecting the high regard and maturity that Climb 2 Recovery is held in across the climbing and mountaineering world.

This is why Climb 2 Recovery is so unique and our members so frequently describe their experience with us as transformative or life-changing. It's also why I am so proud and honoured to have been invited by the Board of Trustees to be CEO C2R.

**C2R CEO Joe Winch 2023**



Enhancing recovery through climbing

## TRUSTEE STATEMENT 2023



**2023** represents our 7th year supporting service personnel and veterans that have been wounded, injured, become sick or disadvantaged with physical or mental health injuries. This is also our 4th year operating as a registered charity.

The charity continues to see strong demand for membership with a significant increase in beneficiaries working towards and achieving recognised outdoor leadership qualifications. This is a testament to the hard work and dedication of our members, many of whom are gaining employment and work experience as they work towards becoming qualified instructors.

The board of Trustees are very proud of the quantity and quality of opportunities that Climb 2 Recovery offer the membership and the meaningful positive change this brings to members lives. All this is achieved whilst continuing to work within a very modest budget. We are committed to allowing the charity to grow to support the increasing demand for our services. We are passionate about continuing to provide advanced opportunities to our more experienced members.

Not only does this aspect allow those members to grow but this also strengthens the competence and ability of the charity to do more in the future.

With our membership now exceeding 140, seeing a significant rise in 2023, it has been incredible to see the peer-to-peer support continue to grow within our community during courses. In fact, this support extends far beyond the formal Climb 2 Recovery activity with friendships and support networks having a beneficial impact on our members lives and assisting members get back into the workplace.

We would like to thank all the organisations and individuals that make C2R possible. We would also like to thank our training partner Adventure Expertise.

Finally, we would like to thank the members for all their hard work and enthusiasm this year. which make our charity so special.

**Mac Mackay, IFMGA**  
**C2R Chair of Trustees**

**A climbing community  
for wellbeing**



## Enhancing recovery through climbing

Over the last two years Lucy Sheen-Harker researched the positive impact of regular climbing on combat-related trauma conditions, like PTSD, using Climb 2 Recovery and our membership towards her Professional Doctorate in Psychology (PhD Psyc). Dr Sheen-Harker's research was driven by the need to better address the psychological challenges faced by wounded veterans, especially given the limited efficacy of traditional trauma therapies on this community.

The C2R members involved in the research revealed profound insights – highlighting the immense challenges of their psychological injuries, and the associated social isolation and sense of disruption to their identity and confidence. Engaging with Climb 2 Recovery's programme though offered them renewed purpose, achievement, and a strong sense of belonging. The members emphasised the importance of continuous involvement (rather than one off experiences) and the anticipation of regular climbing events, which fostered an incredibly supportive community reminiscent of the best of their military relationships. Climbing too was tremendously therapeutic, providing mindfulness-like focus and aiding in staying present, whilst countering the pull of traumatic past experiences, for protracted and extended periods.

## Understanding more facilitating success

## C2R contributes to important research



Moreover, climbing helped the members better manage their anxiety and fear, whilst offering a positive outlet for these emotions. Dr Sheen-Harker highlighted the crucial role of the shared experiences among Climb 2 Recovery members which greatly combated feelings of shame and promoted a sense of deserving support.

The findings of the research underscored the value of peer relationships and mentoring whilst supporting veterans with chronic psychological difficulties, emphasising the need for a holistic, whole of life, as well trauma-focused approach to recovery. Importantly, the C2R programme, with its parallels to the best and most positive aspects of military life, such as camaraderie and adventure, and the importance of continuous community involvement, served as a powerful means of aiding veterans in their recovery journey.

In short, Dr Sheen-Harker said C2R;

*'provides a life-changing opportunity', and that;*

*'engagement in C2R had been an invaluable experience in providing the members a renewed sense of achievement, identity, and purpose in life'.*

# C2R IMPACT REPORT

Enhancing the recovery and rehabilitation of seriously wounded service people and veterans



### WHO WE ARE | C2R

Climb 2 Recovery supports seriously wounded, injured and sick service people and veterans, all of whom have completed at least two-years of conventional treatment - yet remain chronically and severely disabled by their adversity, through a year-round programme of fully-funded residential adaptive and progressive climbing and mountaineering.

Over **140** members



**7 YEARS**  
SUPPORTING  
OUR  
VETERANS



### C2R DELIVERED & SUPPORTED...

- Peak District learn to lead climb
- Lake District scrambling
- North Wales learn to Multi-pitch course
- Scotland Winter Mountaineering Skills training
- Morocco Expedition Trekking
- Pembrokeshire learn to lead climb
- Cornwall learn to lead climb

More than **907** Individual Training days in 2023

Dr Sheen-Harker said; *'engagement in C2R had been an invaluable experience in providing the members a renewed sense of achievement, identity, and purpose in life'.*

### AWARDS & QUALIFICATIONS

C2R has enabled members to complete training with;

- 6** IRATA Level 1 Rope Access Awards
- 3** Rock Climbing Instructors trained
- 4** Rock Climbing Instructors qualified
- 5** Mountain Leaders trained
- 5** Mountain Leaders qualified
- 1** Mountaineering & Climbing Instructor qualified

20 Training & Assessment courses completed

Total cost of C2R activities for 2023 was **£110,000**

Supported **85 very active members**, who attended multiple courses throughout the year, and welcomed **29 new members**

## Enhancing recovery through climbing



[www.C2R.org](http://www.C2R.org)  
E1 [join@C2R.org](mailto:join@C2R.org)  
Climb 2 Recovery  
Registered charity No. 1186493  
3 Coastguard Close, Hampshire,  
PO12 2ND



## Financial review

It is the policy of the charity to hold in reserve the equivalent of three months running cost for our core UK program. Current free reserves meet this requirement. The financial results for the year are shown in the following pages.

Approved by order of the board of Trustees on 11 September 2024 and signed on its behalf by:

*William Mackay*

W Mackay – Chairman



Registered company number  
CE019696

Registered charity number  
1186493

**CLIMB2RECOVERY**  
**Report and Unaudited Accounts**  
**For the Period Ended**  
**20th November 2023**



**CLIMB2RECOVERY**  
Registered Company Number: CE019696  
Registered Charity Number: 1186493  
Company Information

**Trustees**

W MacKay  
J Sims-Hilditch  
I All  
A MacKenzie  
D White

**Accountants**

Tibbs Accounting Services  
4 The Triangle  
Upton  
Poole  
Dorset  
BH16 5PG

**Registered Office**

6 Egdon Court  
Upton  
Poole  
Dorset  
BH16 5NR

Registered Company Number: CE019696  
Registered Charity Number: 1186493



**CLIMB2RECOVERY**  
Registered Company Number: CE019696  
Registered Charity Number: 1186493

**Trustee's Report**

The Trustees present their report and accounts for the period ended 20th November 2023.

**Principal Activities**

The company's principal activity during the year was the provision of climbing and related activities to current and ex service personnel

**Trustees**

The following persons served as Trustees during the year:

W MacKay  
J Sims-Hilditch  
I All  
A MacKenzie  
D White

**Small company provisions**

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the Board of Trustees on 10th September 2024 and signed on its behalf.

W MacKay

On behalf of The Trustees



**CLIMB2RECOVERY**  
Registered Company Number: CE019696  
Accountants' Report

**Accountants' Report to the Board of Trustees of the unaudited accounts of CLIMB2RECOVERY**

In accordance with the engagement letter, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the accounts of the Company which comprise the Surplus & Loss Account, the Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Trustees, as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the accounts that we have been engaged to compile, report to the Company's Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's Board of Trustees, as a body, for our work or for this report.

We have carried out this engagement in accordance with technical guidance issued by the Chartered Institute of Management Accountants in England and Wales and the Institute of Chartered Accountants in England and Wales and have complied with the ethical guidance laid down by those Institutes relating to members undertaking the compilation of accounts.

You have acknowledged on the Balance Sheet as at 20th November 2023 your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the Company at the end of the financial year and of its Surplus or loss for the financial year. You consider that the Company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the accounts. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the accounts.

Tibbs Accounting Services  
4 The Triangle  
Upton  
Poole  
Dorset  
BH16 5PG



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Income & Expenditure Account**  
**for the period ended 20th November 2023**

	Notes	2023	2022
<b>Income</b>		70,492	135,709
<b>Direct Expenses</b>		(85,951)	(97,523)
<b>Gross Surplus</b>		<u>(15,460)</u>	<u>38,186</u>
<b>Administrative Expenses</b>		(22,404)	(25,695)
<b>Operating Surplus</b>	2	<u>(37,863)</u>	<u>12,490</u>
<b>Finance Charges &amp; Interest</b>		(117)	-
<b>Surplus / (Deficit) on ordinary activities</b>		<u>(37,980)</u>	<u>12,490</u>



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Balance Sheet**  
**as at 20th November 2023**

		2023	£	2022	£
		£	£	£	£
<b>Fixed Assets</b>					
	Tangible Assets	5	-	-	-
<b>Current Assets</b>					
	Debtors	6	-	-	-
	Stock		-	-	-
	Cash at Bank & In Hand		<u>34,948</u>	<u>72,828</u>	<u>72,828</u>
			<b>34,948</b>	<b>72,828</b>	
<b>Creditors - amounts falling due within one year</b>		7	<u>(482)</u>	<u>(382)</u>	
<b>Net Current Liabilities</b>			<b>34,466</b>	<b>72,446</b>	
<b>Creditors - amounts falling due after more than one year</b>		8	-	-	
<b>Net Assets</b>			<u><b>34,466</b></u>	<u><b>72,446</b></u>	
<b>Capital &amp; Reserves</b>					
	Income & Expenditure Account	10	<b>34,466</b>	<b>72,446</b>	
<b>Total Capital &amp; Reserves</b>			<u><b>34,466</b></u>	<u><b>72,446</b></u>	

The Trustees are satisfied that the Company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the member has not required the Company to obtain an audit in accordance with section 476 of the Act.

The Trustees acknowledges their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

W MacKay

On behalf of The Trustees  
 Approved by the Board on 10th September 2024



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Notes to the Accounts**  
**for the period ended 20th November 2023**

**1. Accounting Policies**

**Basis of Preparation**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

**Income**

Income represents the value, net of discounts, of goods provided to customers and work carried out in respect of services provided to customers. The Company is not registered for value added tax.

**Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

All Assets - 18% reducing balance

**2. Operating Surplus**

	2023	2022
	£	£
This is stated after charging:		
Depreciation of Owned Fixed Assets	-	-
Trustee's Remuneration	-	-
	-	-

**3. Taxation**

	2023	2022
	£	£
UK Corporation Tax	-	-
	-	-

**5. Tangible Fixed Assets**

	£	£
	Equipment	Total
<b>Cost:</b>		
At 21st November 2022	-	-
Additions In Year	-	-
At 20th November 2023	-	-
<b>Depreciation:</b>		
At 21st November 2022	-	-
Provided during the Year	-	-
At 20th November 2023	-	-
<b>Net Book Value:</b>		
At 21st November 2022	-	-
At 20th November 2023	-	-



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Notes to the Accounts (contd)**  
**for the period ended 20th November 2023**

**6. Debtors**

	2023	2022
	£	£
Trade Debtors	-	-
Other Debtors	-	-
	-	-

**7. Creditors: Amounts falling due within one year**

	2023	2022
	£	£
Trade Creditors	400	300
Trustees Current Account	82	82
	482	382

**8. Creditors: Amounts falling due after more than one year**

	2022	2022
	£	£
Trustees Capital Account	-	-
	-	-

**10. Income & Expenditure Account**

	2023	2022
	£	£
As at start of period	72,446	59,956
Surplus for the period	(37,980)	12,490
Drawings	-	-
	34,466	72,446



Grants and support received, included in the above, are from the following:

**Enhancing recovery through climbing**

**THANKS GO TO ...**

We wish to thank all of those who have made donations, volunteered and helped Climb 2 Recovery over this period. Without your incredible support we would not have been able to offer our program. With special thanks to:

- **Armed Forces Covenant Fund Trust**
- **The Veterans Foundation / Veterans Lottery**
- **Neptune**
- **RMA-The Royal Marines Charity**
- **Alpkit Foundation**
- **The Gosling Foundation**
- **Patron Capital Charitable Initiative**
- **Team Forces / Team Army**
- **St James Place**
- **The Wyfold Charitable Trust**
- **Forces Wives Challenge**
- **Carole and Geoffrey Lawson Foundation**

**Our Supporters — Climb2Recovery (c2r.org)**

**CLIMB2RECOVERY**

England & Wales - Charity number 1186493

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# Accounts

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Registered company number CE019696  
Registered charity number 1186493

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR**  
**ENDED 20 NOVEMBER 2022**

**FOR**

**CLIMB 2 RECOVERY**



## CLIMB 2 RECOVERY

### CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 20 NOVEMBER 2022

Report of the Trustees

Independent Examiner's Report

Statement of Financial Activities

Balance Sheet



## CLIMB 2 RECOVERY

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 20 NOVEMBER 2022

The Trustees of the charity present their report with the financial statements of the charity for the year ended 20 November 2022. The Trustees have adopted the provisions of Accounting and Reporting by Charities:

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing Document**

The Charity is controlled by its governing document dated 30 June 2019.

##### **Registered Charity number**

1186493 – registered on the 21 November 2019.

##### **Registered office**

6 Egdon Court  
Poole  
Dorset  
BH16 5NR

##### **Trustees**

William Mackay            -Chairman  
John Sims-Hilditch  
Ibrar Ali  
Alexander Mackenzie  
Daniel White

##### **Independent examiner**

Tibbs Accounting Services Ltd  
4 The Triangle  
Poole  
Dorset  
BH16 5PG



## CLIMB 2 RECOVERY

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 20 NOVEMBER 2022

#### **Trustees' Report, Climb 2 Recovery**

The Trustees are pleased to present their report and accounts for the period 21 November 2021 to 20 November 2022.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

The Charity is controlled by its governing document dated 30 June 2019.

The recruitment of trustees is undertaken by the Board of Trustees. They will recruit a person who is willing to act as a trustee and has an interest in the activities, beneficiaries, and ultimate success of the charity.

#### **Objectives and activities**

We have referred to the Charity Commission's guidance on public benefit when reviewing our aims and objectives and planning future activities.

Climb 2 Recovery uses a combination of bespoke climbing and mountaineering courses alongside formal Mountain Training courses and qualifications. Mountain Training is the governing body for UK climbing and mountaineering training. Our courses are designed to support Armed Forces personnel (retired and serving) who have been affected by military service using the established therapeutic effects of climbing and the outdoor environment. The charities focus is on resettlement, reintegration, reinforcing a sense of value and belonging and ensuring that the true friendship that service personnel know, continues long after their service career. We provide tangible experiences, expert training and career building opportunities all in a supportive and unique environment. Individuals involved with Climb 2 Recovery can also develop their skills to gain nationally recognised instructor qualifications.

We offer courses ranging from complete beginner up to sponsoring the awarding the nationally recognised Instructor qualifications, including; Rock Climbing Instructor, Mountain Leader, Rock Climbing Development Instructor, Mountaineering and Climbing Instructor, Industrial Rope Access Training Association Level 1 operator, and First Aid certification. In addition, we offer our beneficiaries the opportunity to participate in overseas events including 'sports Climbing' in Spain and our introduction to Alpine climbing course based in Chamonix, France. All courses are provided free of charge to our veteran participants. Climb 2 Recovery is also able to loan specialist climbing equipment to competent beneficiaries.

#### **Achievements and Performance**

This is Climb 2 Recovery's sixth year of delivering activity and third year as a registered charity.

Organisationally we remain a small and committed team, just our CEO, Operations Manager and, new for 2022, a Grants and Impact Manager alongside the Board of Trustees. More recently our



governance, risk and operational framework has allowed us to greatly expand the breadth, frequency, reach and impact of our programme.

During the last six years we have provided life-changing climbing and mountaineering opportunities to seriously wounded, injured, sick, disabled and disadvantaged service people and veterans. The majority of whom have remained engaged with us long-term, and have gained or are working towards professional leadership qualifications fully sponsored through our programme.

Overall, this has helped to improve the broader rehabilitation and recovery of our members, bringing people back from the brink by giving them hope, a community, friendship and many adventures. We are excited at the growing body of academic evidence that proves this relationship: between climbing and mountaineering and vastly improved self-confidence, self-esteem, happiness, physical fitness, psychological health and life outlook. Climb 2 Recovery is making a contribution to this research with academics at a UK University.

### Summary of activity





### Financial review

It is the policy of the charity to hold in reserve the equivalent of six months running cost for our core UK program. Current free reserves meet this requirement. The financial results for the year are shown on page 7.

Approved by order of the board of Trustees on 27 April 2023 and signed on its behalf by:

*William D Mackay*

W Mackay – Chairman



CLIMB2RECOVERY

Registered Company Number: CE019696

Accountants' Report

### **Accountants' Report to the Board of Trustees of the unaudited accounts of CLIMB2RECOVERY**

In accordance with the engagement letter, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the accounts of the Company which comprise the Surplus & Loss Account, the Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Trustees, as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the accounts that we have been engaged to compile, report to the Company's Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose.

To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's Board of Trustees, as a body, for our work or for this report. We have carried out this engagement in accordance with technical guidance issued by the Chartered Institute of Management Accountants in England and Wales and the Institute of Chartered Accountants in England and Wales and have complied with the ethical guidance laid down by those institutes relating to members undertaking the compilation of accounts.

You have acknowledged on the Balance Sheet as at 20th November 2022 your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the Company at the end of the financial year and of its Surplus or loss for the financial year. You consider that the Company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the accounts. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the accounts.

Tibbs Accounting Services

4 The Triangle  
Upton  
Poole  
Dorset  
BH16 5PG



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Income & Expenditure Account**  
**for the period ended 20th November 2022**

	Notes	2022	2021
<b>Income</b>		<b>135,709</b>	<b>116,891</b>
<b>Direct Expenses</b>		<b>(97,523)</b>	<b>(48,065)</b>
<b>Gross Surplus</b>		<b><u>38,186</u></b>	<b><u>68,826</u></b>
<b>Administrative Expenses</b>		<b>(25,695)</b>	<b>(39,937)</b>
<b>Operating Surplus</b>	2	<b><u>12,490</u></b>	<b><u>28,889</u></b>
<b>Finance Charges &amp; Interest</b>		<b>-</b>	<b>-</b>
<b>Surplus on ordinary activities</b>		<b><u><u>12,490</u></u></b>	<b><u><u>28,889</u></u></b>



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Balance Sheet**  
**as at 20th November 2022**

		2022	£	2021	£
<b>Fixed Assets</b>					
	Tangible Assets	5	-	-	-
<b>Current Assets</b>					
	Debtors	6	-	-	
	Stock		-	-	
	Cash at Bank & In Hand		<u>72,828</u>	<u>60,338</u>	
			<b>72,828</b>	<b>60,338</b>	
<b>Creditors - amounts falling due within one year</b>		7	<u>(382)</u>	<u>(382)</u>	
<b>Net Current Liabilities</b>			<b>72,446</b>	<b>59,956</b>	
<b>Creditors - amounts falling due after more than one year</b>		8	-	-	
<b>Net Assets</b>			<u><b>72,446</b></u>	<u><b>59,956</b></u>	
<b>Capital &amp; Reserves</b>					
	Income & Expenditure Account	10	<b>72,446</b>	<b>59,956</b>	
<b>Total Capital &amp; Reserves</b>			<u><b>72,446</b></u>	<u><b>59,956</b></u>	

The Trustees are satisfied that the Company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the member has not required the Company to obtain an audit in accordance with section 476 of the Act.

The Trustees acknowledges their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

W MacKay

On behalf of The Trustees  
 Approved by the Board on 18th April 2023



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Notes to the Accounts**  
**for the period ended 20th November 2022**

**1. Accounting Policies**

**Basis of Preparation**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

**Income**

Income represents the value, net of discounts, of goods provided to customers and work carried out in respect of services provided to customers. The Company is not registered for value added tax.

**Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

All Assets - 18% reducing balance

**2. Operating Surplus**

	2022	2021
	£	£
This is stated after charging:		
Depreciation of Owned Fixed Assets	-	-
Trustee's Remuneration	-	-
	-	-

**3. Taxation**

	2022	2021
	£	£
UK Corporation Tax	-	-
	-	-

**5. Tangible Fixed Assets**

	£ Equipment	£ Total
<b>Cost:</b>		
At 21st November 2021	-	-
Additions in Year	-	-
At 20th November 2022	-	-
<b>Depreciation:</b>		
At 21st November 2021	-	-
Provided during the Year	-	-
At 20th November 2022	-	-
<b>Net Book Value:</b>		
At 21st November 2021	-	-
At 20th November 2022	-	-



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Notes to the Accounts (contd)**  
**for the period ended 20th November 2022**

	2022	2021
	£	£
<b>6. Debtors</b>		
	2022	2021
	£	£
Trade Debtors	-	-
Other Debtors	-	-
	<u>-</u>	<u>-</u>
<b>7. Creditors: Amounts falling due within one year</b>		
	2022	2021
	£	£
Trade Creditors	300	300
Trustees Current Account	82	-
	<u>382</u>	<u>300</u>
<b>8. Creditors: Amounts falling due after more than one year</b>		
	2022	2021
	£	£
Trustees Capital Account	-	-
	<u>-</u>	<u>-</u>
<b>10. Income &amp; Expenditure Account</b>		
	2022	2021
	£	£
As at start of period	59,956	31,067
Surplus for the period	12,490	28,889
Drawings	-	-
	<u>72,446</u>	<u>59,956</u>



**CLIMB2RECOVERY**

**Management Information**

**For the Period Ended 20th November 2022**

The following pages do not form part of the statutory financial statements



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Income & Expenditure Account**  
**for the period ended 20th November 2022**

	2022		2021	
	£	£	£	£
<b>Income</b>				
Grants & Donations	135,709		116,891	
Other Income	-		-	
	<u>          </u>	135,709	<u>          </u>	116,891
<b>less: Direct Expenses</b>				
Training Expenses	28,390		21,440	
Regional Activity Budgets	12,750		-	
Guides	6,882		12,670	
Instructors	27,551		-	
External Labour	-		4,205	
Travel & Accommodation Costs	12,727		28,829	
Equipment (incl hire)	9,224		11,103	
	<u>          </u>	97,523	<u>          </u>	48,065
<b>Gross Surplus</b>		<u>          </u>		<u>          </u>
		<b>38,186</b>		<b>68,826</b>
<b>less: Administrative Expenses</b>				
Personnel Costs:				
Wages	21,737		-	
	<u>          </u>	21,737	<u>          </u>	-
General Administrative Expenses				
Office Systems	486		-	
Office Costs	-		2,367	
Protective Clothing	-		5,217	
	<u>          </u>	486	<u>          </u>	7,584
Legal & Professional Costs:				
Accountancy & Bookkeeping Fees	475		400	
Advertising	726		-	
Subscriptions	419		216	
Insurance	1,852		1,555	
	<u>          </u>	3,472	<u>          </u>	2,171
<b>Net Surplus</b>		<u>          </u>		<u>          </u>
		<b>12,490</b>		<b>28,889</b>

Grants received, included in the above, are as follows:



Grants and Donations

Donation From	Donation purpose	Date	Amount
Natures Aid - Bio 360	Sponsorship towards Alpine Course	30-Nov-21	£2,995.59
Carol and Geoffrey Lawson foundation		13-Apr-22	£50,000.00
Lest we Forget	Peak District course cost	14-Apr-22	£6,800
The Veterans Foundation		14-Apr-22	£10,000
Armed Forces Covenant Trust fund	Regional program	29-Apr-22	£32,005.50
Royal Marines Charity	Joe W wages	20-May-22	£9,030
The Wyfold Charitable Trust		05-Jul-22	£5,000
Armed Forces Covenant Trust fund	Remainder of positive parthway grant	07-Jul-22	£1,750.00
Team Army	Contribution to Alpine course	25-Jul-22	£5,000
Armed Forces Covenant Trust fund	Remainder of positive parthway grant	02-Aug-22	£1,750
Alpkit Foundation		11-Aug-22	£150
The Gosling Foundation	To cover the cost of 1 Peak District course	04-Oct-22	£8,000
<b>Total</b>			<b>£132,481.09</b>

**CLIMB2RECOVERY**

England & Wales - Charity number 1186493

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# Accounts

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Registered company number CE019696  
Registered charity number 1186493

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR**  
**ENDED 20 NOVEMBER 2021**

**FOR**

**CLIMB 2 RECOVERY**



## CLIMB 2 RECOVERY

### CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 20 NOVEMBER 2021

Report of the Trustees

Independent Examiner's Report

Statement of Financial Activities

Balance Sheet



## CLIMB 2 RECOVERY

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 20 NOVEMBER 2021

The Trustees of the charity present their report with the financial statements of the charity for the year ended 20 November 2021. The Trustees have adopted the provisions of Accounting and Reporting by Charities:

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing Document**

The Charity is controlled by its governing document dated 30 June 2019.

##### **Registered Charity number**

1186493 – registered on the 21 November 2019.

##### **Registered office**

6 Egdon Court  
Poole  
Dorset  
BH16 5NR

##### **Trustees**

William Mackay            -Chairman  
John Sims-Hilditch  
Ibrar Ali  
Alexander Mackenzie  
Daniel White

##### **Independent examiner**

Tibbs Accounting Services Ltd  
4 The Triangle  
Poole  
Dorset  
BH16 5PG



## CLIMB 2 RECOVERY

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 20 NOVEMBER 2021

#### **Trustees' Report, Climb 2 Recovery**

The Trustees are pleased to present their report and accounts for the period 21 November 2020 to 20 November 2021.

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#### **Objectives and activities**

We have referred to the Charity Commission's guidance on public benefit when reviewing our aims and objectives and planning future activities.

Climb 2 Recovery uses a combination of bespoke climbing and mountaineering courses alongside formal Mountain Training courses and qualifications. Mountain Training is the governing body for UK climbing and mountaineering training. Our courses are designed to support Armed Forces personnel (retired and serving) who have been affected by military service using the established therapeutic effects of climbing and the outdoor environment. The charities focus is on resettlement, reintegration, reinforcing a sense of value and belonging and ensuring that the true friendship that service personnel know, continues long after their service career. We provide tangible experiences, expert training and career building opportunities all in a supportive and unique environment. Individuals involved with Climb 2 Recovery can also develop their skills to gain nationally recognised instructor qualifications.

We offer courses ranging from complete beginner up to sponsoring the awarding the nationally recognised Instructor qualifications, including; Rock Climbing Instructor, Mountain Leader, Rock Climbing Development Instructor, Mountaineering and Climbing Instructor, Industrial Rope Access Training Association Level 1 operator, and First Aid certification. In addition, we offer our beneficiaries the opportunity to participate in overseas events including 'sports Climbing' in Spain and our introduction to Alpine climbing course based in Chamonix, France. All courses are provided free of charge to our veteran participants. Climb 2 Recovery is also able to loan specialist climbing equipment to competent beneficiaries.

#### **Achievements and Performance**

During this reporting period our activity was delivered through a new, carefully designed and well-resourced Participation Pathway. This Pathway provides the comprehensive framework that allows C2R to take a complete beginner and develop them into a competent and experienced mountaineer, who can climb with confidence independently or as part of a team.



The Participation Pathway drives our schedule of regular year-round climbing and mountaineering activity which is:

- Fun, enjoyable, and excellent for improving psychological health, emotional regulation, and physical health and fitness.
- Builds confidence, resilience, and self-esteem.
- Supports peer to peer mentoring and working in teams, to develop friendships, a broad and diverse support network, and which improves communication skills.
- Allows members to overcome significant challenges, both individually and as part of a team.
- All of which results in a regular and consistent tremendous sense of achievement and enjoyment!

***Going Above & Beyond.*** But our Participation Pathway is far more than just a schedule of activity. Because C2R is the only veteran organisation offering formal climbing and mountaineering training and certification through fully sponsored nationally and internationally recognised leadership qualifications. These opportunities are enshrined in the Participation Pathway and, most importantly, create an alternative, new and exciting route back into employment for veterans who feel uncomfortable, overwhelmed, or exhausted in conventional employment. C2R has seen many of our members utilising the qualifications they gained through the programme moving into paid employment in the outdoor sector, getting involved with youth groups and voluntary work, and taking their family and friends into the outdoors, with an accompanying increase in independence, pride, mental health, and wellbeing.

#### ***Creating A Culture of Perpetual Learning, Development & Inclusivity***

C2R is very proud to have created a culture wherein the views and aspirations of all our members are carefully considered and responded to.

C2R achieves this by inviting feedback through regular debate and surveys with our members, member trustees on our board, our executive team, and our member instructors, to help further improve the schedule of activity and specific course design. As our members have seen their input being reflected in the strategic direction of C2R their value, interest and participation noticeably improves and is another reason why many members remain involved with C2R over an extended period.

#### ***The Growing Requirement & Responding To The Pandemic***

This reporting period was largely defined by the Covid-19 pandemic and its associated restrictions and lockdowns. But rather than prohibiting or reducing activity, C2R was able to respond rapidly and agilely to our members greatly increased requirements – who demanded an increase in frequency of courses and opportunities to meet up, an increase in individual course capacity, and an increase in the accessibility and breadth of activity and qualifications available.

As such, C2R's ambition and schedule of activity grew very significantly during this reporting period, as we created a greater volume, frequency and capacity of courses that helped members get together in the outdoors, and which directly tackled the increased isolation and deteriorating mental health caused by the pandemic. As well, C2R made a deliberate and pro-active effort to increase programme accessibility and grow veteran membership through our Try Climb Day's across the UK. These were single day events led by C2R qualified veteran instructors to introduce 23 potential new



members to climbing and C2R. The days were particularly successful and easily achieved at little cost, because climbing is highly accessible to even the most serious physical and psychological disabilities, it is not expensive, and can be delivered at indoor and outdoor venues across the UK.

### **Key achievements**

- Increased frequency of courses from 5 in 2019, 5 in 2020, to 24 events in 2021;
- Increasing volume of days training from 316 days in 2019, to 1141 days in 2021;
- Growing our active membership from 31 in 2019, to 82 very engaged members in 2021, and over 20 potential new members already waiting to get involved in 2022;
- 7 members completed professional Rock-Climbing Instructor training, a further 5 members passed assessment to qualify as Rock Climbing Instructors, 4 members complete Mountain Leader training, and another 6 qualified as Level 1 Industrial Rope Access Training Association operators;
- Increasing accessibility and options by delivering a greater variety of activity, including rock climbing, mountain walking, scrambling, multi-pitch climbing, mountain first aid, winter mountaineering and climbing, Personal Protective Equipment servicing, and camping;
- Increasing the range of professional qualifications we sponsor, including Rock Climbing Instructor, Mountain Leader, Rock Climbing Development Instructor, Mountaineering and Climbing Instructor, Industrial Rope Access Training Association Level 1 operator, and First Aid certification;
- Increasing C2R sponsored member organised events in England, Wales and Scotland, where members were carefully mentored to help plan and deliver aspects of a multi-day climbing trip, helping their personal and professional development, organisational and planning skills, and self-confidence; and,
- Introducing the Try Climbing Day schedule to allow more veterans to try climbing before committing to a 4-day course, and providing valuable paid work experience for our veteran qualified instructors.

### **Summary of activity**

6 x 1-day 'Try Climbing days' hosted around the UK.  
2 x 4-day introduction to the Mountain Leader award courses.  
3 x 4-day introduction to climbing courses in the Peak District.  
1 x 4-day Multi-pitch climbing course in North Wales.  
1 x 4-day Introduction to the Mountaineering and Climbing instructor award.  
1 x 6-day members climbing course in Cornwall.  
1 x 8-day Sports climbing course in El Chorro, Spain.  
1 x 6-day Mountain leader training course.  
6 x 5-day courses for Industrial Rope Access Training Association Level 1 operator.  
1 x 5-day members climbing course in Fort William, Scotland.  
1 x 9-day introduction to Alpine mountaineering course based in Chamonix, France.  
1 x 2-day outdoor First Aid training course.

### **Summary**

Despite being an extremely challenging period C2R quickly adapted and responded to the changed environment caused by the Covid-19 pandemic. We were able to meet and then surpass the



requirements and aspirations of our membership, deliver a vastly increased level of ambition and schedule of activity, and exponentially grow our membership, the reach and accessibility of the programme. All of which, ultimately, has allowed C2R to protect and preserve our particularly loyal, committed and very engaged community of members – C2R’s greatest achievement!

Altogether in 2021 Climb 2 Recovery have supported 64 unique individuals, many of these have participated in multiple events. Feedback from beneficiaries has been consistently positive.

The charity is administered by a volunteer CEO supported by an Operations Manager. Additionally, a combination of professional instructors, training providers and mountain guides support C2R activity.

Climb 2 Recovery has been supported by military charities, Grant giving organisations and generous donations from our supporters including The Armed Forces Covenant Trust Fund, The Royal Marines Charity, and Patron Capital. We have also received significant support from online donations.

### Testimonials

#### Fraser Day

Fraser served for 13 years in the Royal Marines before becoming a Police Officer for 20 years; he was medically discharged from the Police in 2021 with Complex PTSD and chronic hip problems with severe pain. Fraser first joined C2R for a 4-day gateway course in the Peak District in July 2021, which was the first time he had left his house in over 12 months.



Being involved with C2R had an immediate and positive life changing impact on Fraser; being in the outdoors helped him overcome much of his anxiety and better manage his mental health and physical challenges, allowing him to participate meaningfully in the activity, learn new skills and have fun – a feeling he hadn’t enjoyed in years. As well, meeting, speaking, and making friends with other veterans with similar struggles did immense good, giving him a new and broad network of support and friendship, and helping him to realise that he was neither alone nor the only one going through such a difficult time.

In short, C2R reinvigorated his motivation and focus, and kick started a new trajectory in his recovery – helping him to break out of what had become an unhealthy, unproductive and uninspiring way of life. These positive effects endured far beyond the end of the activity – greatly impacting and improving his capacity to manage his conditions at home, as a husband and a father, with his wife and children – where it mattered most to him.



Fraser said *'The impact that climbing and the support network that C2R has provided is immeasurable. The bond that climbing gives is akin to the teamwork and friendship found within the military and has increased my own self-esteem and confidence to new highs.'*

*'I have learnt new skills and am looking forward to gaining new qualifications which have acted as the best motivational tool found yet. With the help of C2R I am now a stronger person mentally and cannot thank the Charity enough for their assistance in my continued journey to recovery.'*

*'Ultimately, because of C2R I am a changed person, this has given me back my family, I am more of a husband and father again, I am more of myself again – only better!'*

### **Thomas Little**

Tom gave 10 years of service to the Army and was seriously injured by an IED on operations in Afghanistan in 2012, suffering severe hearing loss and complex psychological injuries, including PTSD, and leading to his medical discharge. Losing his career in the Army caused Tom's circumstances to deteriorate dramatically and within two years he was homeless, unemployable, alcoholic, estranged from his family, in constant pain, overweight and unfit, and in trouble with the police.

Tom attended a 4-day gateway course in September 2019 where he was introduced to the wonderful C2R community of members – who made him feel incredibly welcome and supported, who were keen to chat, make friends, pass on their experience, and who reassured him there was no pressure to achieve anything in particular on the course – they all just wanted him to have fun, learn some skills, and be a part of the team.



The impact of C2R has been life changing for Tom; giving him new friends, an incredible community of support, a new sport, a regular programme of physical activity, opportunities to get outdoors and do something exciting, and challenging goals to work towards. Since being involved with C2R Tom has lost an incredible 12 stone in weight; physically he is far fitter, stronger and in less pain; psychologically he is happier and better able to manage his mental health; he is less dependent on medication and clinical support; he no longer drinks alcohol; and he has rebuilt his relationship with his family, he has a home, an income, his independence and dignity, and a future full of wonderful opportunities.

Tom said *'The C2R community of friends, the challenge of climbing and working towards qualifications and harder climbs, and always having something to look forward too and work towards, has given me back my self-confidence, my independence, and my dignity. It has changed me for the better.'*

*'Through C2R I have overcome huge challenges and achieved goals I thought were impossible following my injuries – on the rock and far beyond to life at home*



*and with my family. I am no longer facing my fears and worries alone but have a great bunch of people around me who inspire me to keep going, never give in and to always keep trying. This hasn't been easy but the sense of achievement and satisfaction it has given me has been immense.'*

*'I feel like I am on an amazing journey with C2R, a journey where the opportunities are both ongoing and endless – at the top of every hill and around every corner there are so many new and exciting challenges for me and the other members to get involved with.'*

*'I am looking forward to getting my qualifications and remaining involved with C2R well into the future, so I can continue to develop myself, help other veterans into and on the programme, and get involved with supporting climbing groups and young people locally to me.'*

### **Financial review**

It is the policy of the charity to hold in reserve the equivalent of six months running cost for our core UK program. Current free reserves meet this requirement. The financial results for the year are shown on page 10.

Approved by order of the board of Trustees on 22 February 2022 and signed on its behalf by:

A handwritten signature in black ink that reads 'W Mackay'.

W Mackay – Chairman



CLIMB2RECOVERY

Registered Company Number: CE019696 Accountants' Report

Accountants' Report to the Board of Trustees of the unaudited accounts of CLIMB2RECOVERY

In accordance with the engagement letter, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the accounts of the Company which comprise the Surplus & Loss Account, the Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Trustees, as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the accounts that we have been engaged to compile, report to the Company's Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's Board of Trustees, as a body, for our work or for this report.

We have carried out this engagement in accordance with technical guidance issued by the Chartered Institute of Management Accountants in England and Wales and the Institute of Chartered Accountants in England and Wales and have complied with the ethical guidance laid down by those institutes relating to members undertaking the compilation of accounts.

You have acknowledged on the Balance Sheet as at 20th November 2021 your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the Company at the end of the financial year and of its Surplus or loss for the financial year. You consider that the Company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the accounts. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the accounts.

Tibbs Accounting Services  
4 The Triangle  
Upton  
Poole  
Dorset  
BH16 5PG



**CLIMB2RECOVERY (Reg No:  
CE019696)  
Income & Expenditure Account  
for the period ended 20th November  
2021**

	Notes	2021	2020
<b>Income</b>		116,891	75,583
<b>Direct Expenses</b>		(48,065)	(24,638)
<b>Gross Surplus</b>		68,826	50,945
<b>Administrative Expenses</b>		(39,937)	(26,125)
<b>Operating Surplus</b>	2	28,889	24,820
<b>Finance Charges &amp; Interest</b>		-	-
<b>Surplus on ordinary activities</b>		28,889	24,820

Grants received, included in the above, are as follows:

The Armed Forces Covenant Trust Fund	£66,500
Patron Capital	£11,924.02
The Royal Marines charity	£8600
Altia solutions	£1000
Cyril Shack Trust	£1050
Nicky Sherbrooke	£2000
Spende Griwa	£1,522.70
Achimoch	£360
Ronson	£1000



**CLIMB2RECOVERY (Reg No:  
CE019696)  
Balance Sheet  
as at 20th November 2021**

		2021		2020	
		£	£	£	£
<b>Fixed Assets</b>					
Tangible Assets	5	-	-	-	-
<b>Current Assets</b>					
Debtors	6	-	-	-	-
Stock		-	-	-	-
Cash at Bank & In Hand		<b>60,338</b>		31,449	
		<b>60,338</b>		31,449	
<b>Creditors - amounts falling due within one year</b>	7	(382)		(382)	
<b>Net Current Liabilities</b>			<b>59,956</b>		31,067
<b>Creditors - amounts falling due after more than one year</b>	8		-		-
<b>Net Assets</b>			<b>59,956</b>		31,067
<b>Capital &amp; Reserves</b>					
Income & Expenditure Account	10		<b>59,956</b>		31,067
<b>Total Capital &amp; Reserves</b>			<b>59,956</b>		31,067

The Trustees are satisfied that the Company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the member has not required the Company to obtain an audit in accordance with section 476 of the Act.

The Trustees acknowledges their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

W Mackay

On behalf of The Trustees  
Approved by the Board on 22 February 2022





**CLIMB2RECOVERY (Reg No: CE019696)**  
**Notes to the Accounts (contd)**  
**for the period ended 20th November 2021**

<b>6. Debtors</b>	<b>2021</b>	2020
	<b>£</b>	<b>£</b>
Trade Debtors	-	-
Other Debtors	-	-
	-	-
<b>7. Creditors: Amounts falling due within one year</b>	<b>2021</b>	2020
	<b>£</b>	<b>£</b>
Trade Creditors	<b>300</b>	382
Corporation Tax	-	-
	<b>300</b>	<b>382</b>
<b>8. Creditors: Amounts falling due after more than one year</b>	<b>2021</b>	2020
	<b>£</b>	<b>£</b>
Trustees Capital Account	-	-
	-	-
	-	-
<b>10. Income &amp; Expenditure Account</b>	<b>2021</b>	2020
	<b>£</b>	<b>£</b>
As at start of period	<b>31,067</b>	6,247
Surplus for the period	<b>28,889</b>	24,820
Drawings	-	-
At end of period	<b>59,956</b>	31,067



## **Climb2Recovery**

### **Management Information**

**For the period ended 20<sup>th</sup> November 2021**

The following pages do not form part of the statutory financial statement



**CLIMB2RECOVERY (Reg No:  
CE019696)  
Income & Expenditure Account  
for the period ended 20th November  
2021**

	2021		2020	
	£	£	£	£
<b>Income</b>				
Donations	116,891		75,583	
Other Income	<u>-</u>		<u>-</u>	
		<b>116,891</b>		<b>75,583</b>
less: Direct Expenses				
Training Providers	20,087		8,800	
Guides	12,670		12,504	
External Labour	4,205		300	
Equipment (incl hire)	<u>11,103</u>		<u>3,034</u>	
		<b>48,065</b>		<b>24,638</b>
<b>Gross Surplus</b>		<b>68,826</b>		<b>50,945</b>
less: <b>Administrative Expenses</b>				
Personnel Costs:				
Trustee salaries	-		-	
Training Costs	1,353		413	
Travel & Subsistence Costs	28,007		20,887	
Motor Expenses	<u>823</u>		<u>529</u>	
		<b>30,182</b>		<b>21,829</b>
General Administrative Expenses				
Mobile & Home Phone	-		-	
Office Costs	2,367		-	
Protective Clothing	5,217		-	
Depreciation - Equipment	<u>-</u>		<u>-</u>	
		<b>7,584</b>		<b>-</b>
Legal & Professional Costs:				
Accountancy & Bookkeeping Fees	400		300	
Advertising	-		787	
Subscriptions	216		425	
Insurance	<u>1,555</u>		<u>223</u>	
		<b>2,171</b>		<b>1,735</b>
Beneficiaries:				
Beneficiaries	<u>-</u>		<u>2,561</u>	
				<b>2,561</b>
Finance Costs:				
Interest Charges	-		-	
Bank Charges	<u>-</u>		<u>-</u>	
				<b>-</b>
<b>Net Surplus</b>		<b>28,889</b>		<b>24,820</b>

**CLIMB2RECOVERY**

England & Wales - Charity number 1186493

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# Accounts

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Registered company number CE019696  
Registered charity number 1186493

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR  
ENDED 20 NOVEMBER 2020**

**FOR**

**CLIMB 2 RECOVERY**



## CLIMB 2 RECOVERY

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## CLIMB 2 RECOVERY

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Poole  
Dorset  
BH16 5NR

##### **Trustees**

William Mackay	-Chairman
John Sims-Hilditch	
Ibrar Ali	
Alexander Mackenzie	
Daniel White	-appointed 13 October 2020

##### **Independent examiner**

Tibbs Accounting Services Ltd  
4 The Triangle  
Poole  
Dorset  
BH16 5PG



## CLIMB 2 RECOVERY

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 20 NOVEMBER 2020

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Climb 2 Recovery uses a combination of bespoke climbing and mountaineering courses alongside formal Mountain Training courses and qualifications. Mountain Training is the governing body for UK climbing and mountaineering training. Our courses are designed to support Armed Forces personnel (retired and serving) who have been affected by military service using the established therapeutic effects of climbing and the outdoor environment. The charities focus is on resettlement, reintegration, reinforcing a sense of value and belonging and ensuring that the true friendship that service personnel know, continues long after their service career. We provide tangible experiences, expert training and career building opportunities all in a supportive and unique environment. Individuals involved with Climb 2 Recovery can also develop their skills to gain nationally recognised instructor qualifications.

We offer courses ranging from complete beginner up to awarding the nationally recognised Rock-Climbing Instructor award. In addition, we offer our beneficiaries the opportunity to participate in overseas events including 'sports Climbing' in Spain and our introduction to Alpine climbing course based in Chamonix, France. All courses are provided free of charge to our veteran participants. Climb 2 Recovery is also able to loan specialist climbing equipment to competent beneficiaries.

#### **Achievements and Performance**

Like many organisations Climb 2 Recovery had to re-plan a significant portion of our 2020 activity due to the Covid-19 pandemic. We were able to run our 3 UK based gateway courses in the Peak District, each of the 3 courses provided a 4-day course for 20 beneficiaries. On these courses we were able to welcome a total of 12 new veterans. Additionally, we supported 3 further veterans in undergoing Rock-Climbing Instructor (RCI) training and a separate 3 veterans passed their RCI assessment at the culmination of 2-3 years training. Our 3 newly qualified instructors will join the 6 who have passed the assessment previously in supporting new and less experienced members on the program.



We were also able to run a 'multi-pitch climbing' course in North Wales for 6 veterans. This course is suitable for more experienced and competent climbers as part of their on-going development.

In August 2020 we were able to send 6 experienced Climb 2 Recovery beneficiaries to Switzerland on an expedition to climb the Matterhorn. This flagship event in our 2020 calendar was chosen due to the technical nature of the climb and the necessity for the participants to use the skills they have learned with the charity. The event attracted national press coverage.

Altogether in 2020 Climb 2 Recovery have supported 33 unique individuals, many of these have participated in multiple events. Feedback from beneficiaries has been consistently positive.

The charity is administered by 2 volunteers supported by a combination of professional instructors, training providers and mountain guides.

Strong social media and promotional activity through the year, in relation to the Matterhorn expedition has resulted in a higher profile for the charity with new beneficiaries coming forward all the time. We currently have 39 new individuals who are keen to be involved with the 2021 program.

Climb 2 Recovery is supported by military charities including BLESMA, Team Army, The Royal Marines Charity and a number of regimental funds. We have also received significant support from grant giving organisations and our partnership with Neptune.

### **Covid-19 Pandemic**

C2R has carefully complied with all Government and NHS guidelines throughout the pandemic.

C2R also follows the outdoor sports specific guidelines issued by the British Mountaineering Council, the Mountain Training Association, and the Adventure Activities Licensing Service. These guidelines are subordinate to Government advice, are clear and coherent, and provide a user-friendly way of keeping veterans safe whilst climbing during the pandemic.

Very importantly, these organisations are involved in determining if, when, and how, the UK's Mountain Rescue Teams will operate during the pandemic. For C2R if the Mountain Rescue Teams are non-operational then we have no credible casualty evacuation plan in the event of a serious medical situation whilst climbing. As climbing is already an inherently dangerous activity, and because C2R supports veterans with a range of psychological and physical injuries, C2R will not deliver any activity in the absence of a committed Mountain Rescue Team.

As Government guidelines evolved C2R was able to quickly respond and deliver climbing camps in the Peak District in July, the Alps in August, In North Wales in September, and the Peaks in late September.

More specific measures adopted by C2R to keep our veterans safe, included:  
Instead of group accommodation C2R used a campsite with individual pitches, ensuring safe social distancing. Communal facilities at the campsite were subject to rules limiting the number of people using those facilities.

All veterans had their temperature taken by infrared thermometer as they arrived, and at the beginning and end of each day. Veterans were advised in advance that if they presented with any COVID symptoms they would have to immediately follow guidelines on self-isolation.

C2R made available to all veterans' facemasks, soap, and hand sanitizer, on arrival and at the start and end of each day.



For feeding, an outdoor cooking facility was established where communal meals were prepared – veterans could collect their meal and move to an outdoor dining area that maintained social distancing. All food was served in disposable plates and utensils – minimising risks of infection through cleaning.

Whilst climbing veterans maintained social distancing throughout, even when receiving instruction and climbing as a pair. Each veteran had their own climbing and personal protective equipment, reducing the need to pass kit between each other and increase the infection risk.

C2R monitored the health of attendees in the weeks following the camp to ensure early action could be taken if someone presented with symptoms.

None of these measures negatively impacted the delivery the climbing camp; indeed, everyone remained healthy and feedback suggests the camping was a great success.

### **Financial review**

It is the policy of the charity to hold in reserve the equivalent of six months running cost for our core UK program. Current free reserves meet this requirement. The financial results for the year are shown on page 6.

Approved by order of the board of Trustees on 6<sup>th</sup> September 2021 and signed on its behalf by:

A handwritten signature in black ink that reads 'W D Mackay'.

W D Mackay – Chairman



CLIMB2RECOVERY

Registered Company Number: CE019696 Accountants' Report

Accountants' Report to the Board of Trustees of the unaudited accounts of CLIMB2RECOVERY

In accordance with the engagement letter, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the accounts of the Company which comprise the Surplus & Loss Account, the Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Trustees, as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the accounts that we have been engaged to compile, report to the Company's Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's Board of Trustees, as a body, for our work or for this report.

We have carried out this engagement in accordance with technical guidance issued by the Chartered Institute of Management Accountants in England and Wales and the Institute of Chartered Accountants in England and Wales and have complied with the ethical guidance laid down by those institutes relating to members undertaking the compilation of accounts.

You have acknowledged on the Balance Sheet as at 20th November 2020 your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the Company at the end of the financial year and of its Surplus or loss for the financial year. You consider that the Company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the accounts. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the accounts.

Tibbs Accounting Services  
4 The Triangle  
Upton  
Poole  
Dorset  
BH16 5PG



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Income & Expenditure Account**  
**for the period ended 20th November**  
**2020**

	Note s	202 0	2020
Income from grants and Donations			75,583
Direct Expenses			(24,638)
Gross Surplus			50,945
Administrative Expenses including accommodation and food for beneficiaries			(26,125)
Operating Surplus	2		24,820
Finance Charges & Interest			-
Surplus on ordinary activities			24,820

Grants received, included in the above, are as follows:

The Carole and Geoffrey Lawson Foundation	£25,000
The Royal Marines charity	£2500
The Wyfold Charitable trust	£5000
Light Dragoons colonel fund	£1500
Neptune	£15000
Team Army	£5000
BLESMA	£6000



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Balance Sheet**  
**as at 20th November 2020**

		2020	
		£	£
<b>Fixed Assets</b>			
Tangible Assets	5	-	-
<b>Current Assets</b>			
Debtors	6	-	
Stock		-	
Cash at Bank & In Hand		31,449	
		31,449	
<b>Creditors - amounts falling due within one year</b>	7	(382)	
<b>Net Current Liabilities</b>			31,067
<b>Creditors - amounts falling due after more than one year</b>	8		-
<b>Net Assets</b>			31,067
<b>Capital &amp; Reserves</b>			
Income & Expenditure Account	10		31,067
<b>Total Capital &amp; Reserves</b>			31,067

The Trustees are satisfied that the Company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the member has not required the Company to obtain an audit in accordance with section 476 of the Act.

The Trustees acknowledges their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

W D Mackay  
 On behalf of The Trustees  
 Approved by the Board 6<sup>th</sup> September 2021



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Notes to the Accounts**  
**for the period ended 20th November 2020**

**1. Accounting Policies**

**Basis of Preparation**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

**Income**

Income represents the value, net of discounts, of goods provided to customers and work carried out in respect of services provided to customers. The Company is not registered for value added tax.

**Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

All Assets - 18% reducing balance

**2. Operating Surplus**

This is stated after charging:

	<b>2020</b>
	<b>£</b>
Depreciation of Owned Fixed Assets	-
Trustee's Remuneration	-
	-

**3. Taxation**

	<b>2020</b>
	<b>£</b>
UK Corporation Tax	-
	-

**5. Tangible Fixed Assets**

	<b>£</b>	<b>£</b>
	<b>Equipment</b>	<b>Total</b>
<b>Cost:</b>		
At 21st November 2019	-	-
Additions in Year	-	-
At 20th November 2020	-	-
<b>Depreciation:</b>		
At 21st November 2019	-	-
Provided during the Year	-	-
At 20th November 2020	-	-
<b>Net Book Value:</b>		
At 21st November 2019	-	-
At 20th November 2020	-	-



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Notes to the Accounts (contd)**  
**for the period ended 20th November 2020**

	2020
	£
<b>6. Debtors</b>	
Trade Debtors	-
Other Debtors	-
	-
	-
 <b>7. Creditors: Amounts falling due within one year</b>	
	2020
	£
Trade Creditors	382
Corporation Tax	-
	-
	382
 <b>8. Creditors: Amounts falling due after more than one year</b>	
	2020
	£
Trustees Capital Account	-
	-
	-
 <b>10. Income &amp; Expenditure Account</b>	
	2020
	£
As at start of period	6,247
Surplus for the period	24,820
Drawings	-
At end of period	31,067



**CLIMB2RECOVERY**

**Management Information**

**For the Period Ended 20th November 2020**

**The following pages do not form part of the statutory financial statements**



**CLIMB2RECOVERY (Reg No: CE019696)**  
**Income & Expenditure Account**  
**for the period ended 20th November 2020**

	2020		
	£	£	
<b>Income</b>			
Donations	75,583		
Other Income	<u>-</u>		
		75,583	
less: Direct Expenses			
Training Providers	8,800		
Guides	12,504		
External Labour	300		
Equipment	<u>3,034</u>		
		24,638	
<b>Gross Surplus</b>		<b>50,945</b>	
less: <b>Administrative Expenses</b>			
Personnel Costs:			
Trustee salaries	-		
Training Costs	413		
Travel & Subsistence Costs for courses	20,887		
Motor Expenses	<u>529</u>		
		21,829	
General Administrative Expenses			
Mobile & Home Phone	-		
Postage & Stationery	-		
Sundries	-		
Depreciation - Equipment	<u>-</u>		
		-	
Legal & Professional Costs:			
Accountancy & Bookkeeping Fees	300		
Advertising	787		
Subscriptions	425		
Insurance	<u>223</u>		
		1,735	
Beneficiaries:			
Beneficiaries direct grants	<u>2,561</u>		
		2,561	
Finance Costs:			
Interest Charges	-		
Bank Charges	<u>-</u>		
		-	
<b>Net Surplus</b>		<b>24,820</b>	