



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

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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.

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

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

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

for the period ended 20th November 2021

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

	2021 £	2020 £
This is stated after charging:		
Depreciation of Owned Fixed Assets	-	-
Trustee's Remuneration	-	-
	<u>-</u>	<u>-</u>

3. Taxation

	2021 £	2020 £
UK Corporation Tax	-	-
	<u>-</u>	<u>-</u>

5. Tangible Fixed Assets

	£ Equipment	£ Total
Cost:		
At 21st November 2020	-	-
Additions in Year	-	-
At 20th November 2021	<u>-</u>	<u>-</u>
Depreciation:		
At 21st November 2020	-	-
Provided during the Year	-	-
At 20th November 2021	<u>-</u>	<u>-</u>
Net Book Value:		
At 21st November 2020	-	-
At 20th November 2021	<u>-</u>	<u>-</u>

At 20th November 2021 - -



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

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



Climb2Recovery

Management Information

For the period ended 20th 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 £	£
Income				
Donations	116,891		75,583	
Other Income	<u>-</u>		<u>-</u>	
		116,891		75,583
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>	
		48,065		24,638
Gross Surplus		68,826		50,945
less: Administrative Expenses				
Personnel Costs:				
Trustee salaries	-		-	
Training Costs	1,353		413	
Travel & Subsistence Costs	28,007		20,887	
Motor Expenses	<u>823</u>		<u>529</u>	
		30,182		21,829
General Administrative Expenses				
Mobile & Home Phone	-		-	
Office Costs	2,367		-	
Protective Clothing	5,217		-	
Depreciation - Equipment	<u>-</u>		<u>-</u>	
		7,584		-
Legal & Professional Costs:				
Accountancy & Bookkeeping Fees	400		300	
Advertising	-		787	
Subscriptions	216		425	
Insurance	<u>1,555</u>		<u>223</u>	
		2,171		1,735
Beneficiaries:				
Beneficiaries	<u>-</u>		<u>2,561</u>	
		-		2,561
Finance Costs:				
Interest Charges	-		-	
Bank Charges	<u>-</u>		<u>-</u>	
		-		-
Net Surplus		28,889		24,820