



Registered company number CE019696

Registered charity number 1186493

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR**  
**ENDED 20 NOVEMBER 2023**

**FOR**

**CLIMB 2 RECOVERY**



## CLIMB 2 RECOVERY

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## CLIMB 2 RECOVERY REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 20 NOVEMBER 2023

The Trustees of the charity present their report with the financial statements of the charity for the year ended 20 November 2023. 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 2023

### Trustees' Report, Climb 2 Recovery

The Trustees are pleased to present their report and accounts for the period 21 November 2022 to 20 November 2023.

### 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

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



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

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

**3. Taxation**

|                    | 2023<br>£         | 2022<br>£         |
|--------------------|-------------------|-------------------|
| UK Corporation Tax | -                 | -                 |
|                    | <u>          </u> | <u>          </u> |

**5. Tangible Fixed Assets**

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



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

**6. Debtors**

|               | 2023<br>£ | 2022<br>£ |
|---------------|-----------|-----------|
| Trade Debtors | -         | -         |
| Other Debtors | -         | -         |
|               | <u>-</u>  | <u>-</u>  |

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

|                          | 2023<br>£  | 2022<br>£  |
|--------------------------|------------|------------|
| Trade Creditors          | 400        | 300        |
| Trustees Current Account | 82         | 82         |
|                          | <u>482</u> | <u>382</u> |

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

|                          | 2022<br>£ | 2022<br>£ |
|--------------------------|-----------|-----------|
| Trustees Capital Account | -         | -         |
|                          | <u>-</u>  | <u>-</u>  |

**10. Income & Expenditure Account**

|                        | 2023<br>£     | 2022<br>£     |
|------------------------|---------------|---------------|
| As at start of period  | 72,446        | 59,956        |
| Surplus for the period | (37,980)      | 12,490        |
| Drawings               | -             | -             |
|                        | <u>-</u>      | <u>-</u>      |
| At end of period       | <u>34,466</u> | <u>72,446</u> |



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

**CLIMB2RECOVERY C2R**

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)**

**THE ROYAL MARINES CHARITY**

**TeamArmy**  
SPORT, CHALLENGE & ADVENTURE

**NEPTUNE**

**THE ARMED FORCES COVENANT FUND TRUST**

**PATRON**  
CHARITABLE INITIATIVES

**VETERANS' FOUNDATION**

**FWC**  
Forces Wives Challenge