

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

England & Wales · Charity number 1188562

Details

Other names M2M FOUNDATION

Status Registered

Legal form CIO

Registered 2020-03-16

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

Contact

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Loves Hill
Timsbury
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Activities

Objects: 1) TO RELIEVE THE NEEDS OF THOSE WHO HAVE SUFFERED OR ARE SUFFERING FROM MENTAL OR PHYSICAL ILLNESS OR DISABILITY BY PROVIDING GRANT FUNDING TO ENABLE THEM PARTAKE IN OUTDOOR CHALLENGES AND TRIPS WHICH ASSIST THEIR RECOVERY.2) TO ADVANCE SUCH CHARITABLE PURPOSES (ACCORDING TO THE LAW OF ENGLAND AND WALES) AS THE CHARITY TRUSTEES SEE FIT FROM TIME TO TIME.

Activities: Millimetres to Mountains aim is to be the catalyst for positive change in people facing challenges in life. Through discovery and adventure we provide a platform for individuals to redefine their own limitations and take steps towards a brighter future.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Other Finance, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£306,437	£281,877	-	-
2023-12-31	£190,191	£224,959	-	-
2022-12-31	£259,451	£186,375	-	-
2021-12-31	£112,084	£80,867	-	-
2020-12-31	£41,350	£16,464	-	-

Trustees

Name	Role	Appointed
Euan Craig	Chair	2020-06-04
Andrew Craig Summers		2020-05-19
Edward Jackson		2020-03-16
Jonathan David Myers		2024-11-13
Oliver Barkley		2020-03-19
Ross Stirling		2022-08-02
Serena Monique Kersten MBE		2024-11-13

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

England & Wales - Charity number 1188562

Accounts

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

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MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 DECEMBER 2024

Trustees	Edward Jackson Freya Dawson Andrew Craig Summers Oliver Barkley Euan Craig Ross Stirling Jonathan David Myers (appointed 13 November 2024) Serena Monique Kersten MBE (appointed 13 November 2024)
Charity registered number	1188562
Principal office	White Lias Loves Hill Timsbury Bath BA2 0EU
Independent Examiner	Guy Biggin FCCA, ACA Crowe U.K. LLP Chartered Accountants Fourth Floor St James House St James Square Cheltenham GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

The Trustees present their annual report together with the financial statements of the Charity for the 1 January 2024 to 31 December 2024. The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Governing Document, the Charity's Act 2011 and the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Objectives and activities

a. Main activities undertaken to further the Charity's purposes for the public benefit

The charity was established after Ed Jackson, a former professional rugby player sustained a spinal cord injury diving into a pool in April 2017. After being told he would never walk again, through sheer determination and hours of rehabilitation his body slowly started returning to him. He started climbing mountains to raise money for the charities that had helped him but soon realised that the power in healing was on these adventures. Every year we take beneficiaries facing mental health struggles because of adversity on challenges across the globe. These trips act as the catalyst for change after which we offer on-going support in the form of grants towards life coaching, therapy, career grants and much more to ensure the individual can take steps towards a brighter future.

The objects of the CIO are:

- (1) To relieve the needs of those who have suffered or are suffering from mental or physical illness or disability by providing grant funding to enable them to partake in outdoor challenges and trips which assist their recovery; and
- (2) To advance such charitable purposes (according to the law of England and Wales) as the charity trustees see fit from time to time.

Achievements and performance

a. Main achievements of the Charity

2024 has been a year of positive growth and renewed energy for M2M. We were delighted to welcome a new Charity Manager to the team, enabling a more focused and strategic approach to operations. This shift has allowed us to strengthen the foundations of the organisation while placing greater emphasis on key areas such as our M2M Development Programme, the Together Outdoors initiative, and our fundraising events.

This addition to the team has also given Lois Jackson more capacity to dedicate her time to building partnerships, securing sponsorships, and exploring new fundraising opportunities—key areas that are helping to shape the future sustainability of M2M.

In December 2024, the cohort of beneficiaries who joined in 2022 completed their three-year journey with us. The feedback received throughout their time in the programme has been incredibly encouraging, with many highlighting increased confidence, a more positive outlook on life, and a deep sense of community and personal growth.

Our Together Outdoors programme has seen significant expansion this year, offering more events and opportunities for our community to connect and support one another through walks and group activities. Despite challenges in the wider fundraising landscape, we were fortunate to secure vital funding from both the YHA and the Wasps Legends Charitable Trust. This support has helped us to continue offering mental health walks and beneficiary-focused activities throughout the year.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

Achievements and performance (continued)

A major step forward in our mission to create a more inclusive outdoor experience was our collaboration with Berghaus on their 'Adapts' project—which officially launched in 2024. We're incredibly proud to be part of this initiative, working together to develop and adapt outdoor clothing and equipment to meet the needs of people with physical limitations. As a charity, we're committed to investing time and resources to ensure that the outdoors is accessible to all, especially our beneficiaries who may face physical challenges in these environments.

We also launched M2M Catch-Ups, a monthly online community gathering where guest speakers—ranging from mental health professionals to motivational coaches—lead workshops, open discussions, and interactive sessions on a variety of topics, including wellbeing, therapy, and goal setting. These sessions have quickly become popular and have provided a meaningful way for both new and existing members to engage with our mission and with each other.

To support our outreach and identity, we introduced M2M merchandise, helping raise awareness while strengthening our visual brand. This initiative also complements our fundraising and marketing efforts.

One of the year's major highlights was the release of Ed Jackson's film with Paramount, *The Mountain Within Me*, in August 2024. The film was met with enthusiasm both in the UK and internationally—especially in the United States—and has significantly boosted the charity's profile. As a result, we've received increased interest from volunteers, professionals offering support, and a growing number of beneficiary applications, marking a tangible expansion in our reach and impact.

Our Abroad Challenges programme has also gone from strength to strength, with participants sharing glowing feedback and a strong sense of alignment with M2M's mission. A standout moment was our corporate adventure trek in Tuscany, delivered in partnership with Dawsongroup PLC. The success of this experience has inspired us to explore further opportunities in corporate adventure partnerships as we move into 2025.

The Trustees confirm that they have complied with their duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

The Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

Further details regarding the adoption of the going concern basis can be found in the accounting policies.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

b. Reserves policy

As of 31 December 2024, Millimetres 2 Mountains Foundation CIO held a closing bank balance of £105,874. At first glance, this appears to represent a strong financial position. However, trustees have carefully reviewed the organisation's financial obligations and income trends to assess the true level of available reserves.

Annual core operating costs- including staffing, programme delivery for beneficiaries, and essential overheads- are estimated at £158,000. Accordingly, the charity's reserves policy aims to maintain unrestricted reserves equivalent to three months of core costs, currently set at approximately £30,000. This buffer is designed to protect against unforeseen income delays or operational risks and to support continuity of service.

However, a significant portion of the reported bank balance is already committed to programme delivery and staffing in the year ahead. The actual free reserves, defined as unrestricted and unallocated funds, remain minimal.

Importantly, this reserves snapshot does not reflect the Foundation's strong annual fundraising performance. In 2024, Millimetres 2 Mountains generated £306,437 in total income, according to the profit and loss accounts. This included revenue from special events, individual giving, corporate partnerships, and Gift Aid, all of which play a vital role in sustaining growth and covering delivery costs.

The Foundation operated with a net surplus of £24,560 in 2024, and budgeting forecasts for 2025 project continued growth, with a conservative income expectation of £327,765 and expenditure ranging from £214,600 to £307,250 depending on delivery scope.

In light of these factors, the trustees remain committed to building unrestricted reserves over time to improve long-term resilience. This will help ensure the Foundation can continue to provide life-changing support to its beneficiaries while navigating funding cycles and expanding its reach.

c. Income

Total income for the period amounted to £306,437 (2023: £190,191).

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

Structure, governance and management

a. Constitution

Millimetres 2 Mountains Foundation CIO is a registered charity, number 1188562, and is constituted under its Governing Document.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of its Governing Document. New Trustees are briefed by continuing Trustees regarding the history and objectives of the Charity.

c. Organisational structure and decision-making policies

The Trustees meet 4 times a year to consider grant applications and conduct any other business. On occasion decisions are made following telephone meetings.

d. Financial risk management

The Trustees have considered the risks to which the Charity and consider that the procedures in force are sufficient to manage the foreseeable risks. In considering the Charity's activities, the Trustees have had regard to the Charity Commission's guidance on public benefit.

Plans for future periods

At Millimetres 2 Mountains Foundation, we are committed to investing more time and resources into making the outdoors more accessible for beneficiaries with physical limitations. In 2025, we plan to expand our grant programme, offering direct support to individuals who may face barriers to accessing nature-based wellbeing opportunities.

We also aim to grow our Together Outdoors initiative by increasing the number of walks and events across the UK. This will enable more people to connect with our community, access mental health support, and continue their personal development through shared outdoor experiences.

Our M2M Development Programme will remain a cornerstone of our work. In the year ahead, we will continue to provide enriching and meaningful events that empower beneficiaries to support one another, build self-confidence, and discover a sense of calm and purpose through adventure.

Building on the success of M2M Catch-Ups, we intend to expand our network of participating professionals and enhance the content of these sessions. Additionally, we are taking steps to standardise volunteer training and develop a more robust framework of support. These efforts will ensure that our programmes continue to grow in a sustainable, inclusive, and impactful way.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024**

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

ed jackson
ed jackson (Oct 20, 2025 11:48:05 GMT+1)

Edward Jackson
Trustee
Date: 20/10/2025

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

Independent Examiner's Report to the Trustees of Millimetres 2 Mountains Foundation CIO ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2024.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants of England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

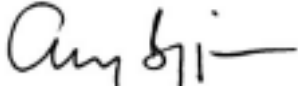
I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024

Signed:



Dated: 20 October 2025

Guy Biggin FCCA, ACA
Crowe U.K. LLP
Chartered Accountants
Fourth Floor
St James House
St James Square
Cheltenham
GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Note	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Income from:				
Donations	3	304,644	304,644	190,191
Other income	4	1,793	1,793	-
Total income		306,437	306,437	190,191
Expenditure on:				
Raising funds	5	1,821	1,821	2,320
Charitable activities	7	280,056	280,056	222,639
Total expenditure		281,877	281,877	224,959
Net movement in funds		24,560	24,560	(34,768)
Reconciliation of funds:				
Total funds brought forward		94,413	94,413	129,181
Net movement in funds		24,560	24,560	(34,768)
Total funds carried forward		118,973	118,973	94,413

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 11 to 21 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

BALANCE SHEET
AS AT 31 DECEMBER 2024

	Note	2024 £	2023 £
Tangible assets	12	478	-
Current assets			
Debtors	13	22,946	2,940
Cash at bank and in hand		105,874	95,796
		<u>128,820</u>	<u>98,736</u>
Current liabilities			
Creditors: amounts falling due within one year	14	(10,325)	(4,323)
Net current assets		<u>118,495</u>	<u>94,413</u>
Total net assets		<u><u>118,973</u></u>	<u><u>94,413</u></u>
Charity funds			
Unrestricted funds	15	118,973	94,413
Total funds		<u><u>118,973</u></u>	<u><u>94,413</u></u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

ed.jackson

ed.jackson (Oct 20, 2025 11:48:05 GMT+1)

Edward Jackson

Trustee

Date: 20/10/2025

The notes on pages 11 to 21 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1. General information

Millimetres 2 Mountains Foundation is registered in England and Wales as a charitable incorporated organisation (registered no. CE021136) and also with the Charity Commission (registered no. 1188562). The address of its registered office is White Lias, Loves Hill, Timsbury, Bath, BA2 0EU.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Millimetres 2 Mountains Foundation CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

Donation income is recognised on receipt.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events, including platform costs associated with fundraising.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

Governance costs are those incurred in connection with constitutional and statutory requirements of the Charity and are included within support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Tangible fixed assets and depreciation

Tangible fixed assets costing £100 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Office equipment	-	10%
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2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

2. Accounting policies (continued)

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2.9 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.10 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

3. Income from donations

	Unrestricted funds 2024 £	Total funds 2024 £
Donations	304,644	304,644
	<hr/> <hr/>	<hr/> <hr/>
	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Donations	190,191	190,191
	<hr/> <hr/>	<hr/> <hr/>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

4. Other incoming resources

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Merchandise sales	1,793	1,793	-

5. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2024 £	Total funds 2024 £
Giving platform costs	234	234

	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Giving platform costs	2,320	2,320

Other trading expenses

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Merchandise costs	1,587	1,587	-

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

6. Analysis of grants

	Grants to Institutions 2024 £	Grants to Individuals 2024 £	Total funds 2024 £
Grantmaking	19,433	41,636	61,069

In 2024, 5 grants were paid to institutions, Crux Climbing, EverBody Outdoors, Yuvanis Foundation, Kitaquad, United we climb, totalling £19,433. In 2023, three grants were paid to institutions, Neverst Orthopaedics, Become United and Rochdale Dawah Centre, totalling £29,650.

	<i>Grants to Institutions 2023 £</i>	<i>Grants to Individuals 2023 £</i>	<i>Total funds 2023 £</i>
Grantmaking	29,650	40,521	70,171

7. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2024 £	Total 2024 £
Charitable activities	280,056	280,056

	<i>Unrestricted funds 2023 £</i>	<i>Total 2023 £</i>
Charitable activities	222,639	222,639

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

8. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Grant funding of activities 2024 £	Support costs 2024 £	Total funds 2024 £
Charitable activities	109,094	61,069	109,893	280,056
	<i>Activities undertaken directly 2023 £</i>	<i>Grant funding of activities 2023 £</i>	<i>Support costs 2023 £</i>	<i>Total funds 2023 £</i>
Charitable activities	77,390	70,171	75,078	222,639

Analysis of support costs

	Total funds 2024 £	Total funds 2023 £
Staff costs	76,904	56,505
Depreciation	53	-
Printing, Postage and Stationery	50	25
Computer expenses	1,304	1,799
Governance costs, independent examiner fees	4,568	2,913
Administration costs	2,324	231
Advertising and website	11,735	8,828
Bank charges and fees	664	68
Subscriptions	73	-
Insurance	761	1,115
Training	1,044	619
Video creation	3,263	2,975
Coaching and leader costs	7,150	-
	109,893	75,078

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

9. Independent examiner's remuneration

	2024 £	2023 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	2,154	2,000
Fees payable to the Charity's independent examiner in respect of: Preparation of the financial statements	1,434	1,300
	<u> </u>	<u> </u>

10. Staff costs

	2024 £	2023 £
Wages and salaries	75,086	54,169
Social security costs	-	1,000
Contribution to defined contribution pension schemes	1,818	1,336
	<u> </u>	<u> </u>
	<u>76,904</u>	<u>56,505</u>

The average number of persons employed by the Charity during the year was as follows:

	2024 No.	2023 No.
Employees	3	2
	<u> </u>	<u> </u>

No employee received remuneration amounting to more than £60,000 in either year.

The key management personnel of the charity consisted of the Co- Founder - Partnerships and beneficiary manager and Charity manager. The total remuneration paid to the key management personnel was £42,513. (2023: Co- Founder - Partnerships and beneficiary manager £32,458)

11. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 December 2024, no Trustee expenses have been incurred (2023 - £NIL).

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

12. Tangible fixed assets

	Office equipment £
Cost or valuation	
Additions	531
At 31 December 2024	<u>531</u>
Depreciation	
Charge for the year	53
At 31 December 2024	<u>53</u>
Net book value	
At 31 December 2024	<u>478</u>
At 31 December 2023	<u>-</u>

13. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	4,062	2,220
Prepayments and accrued income	18,884	720
	<u>22,946</u>	<u>2,940</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

14. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Trade creditors	228	-
Other taxation and social security	855	683
Other creditors	498	340
Accruals	8,744	3,300
	<u>10,325</u>	<u>4,323</u>

15. Statement of funds

Statement of funds - current year

	Balance at 1 January 2024 £	Income £	Expenditure £	Balance at 31 December 2024 £
Unrestricted funds				
General Funds	<u>94,413</u>	<u>306,437</u>	<u>(281,877)</u>	<u>118,973</u>

Statement of funds - prior year

	<i>Balance at 1 January 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2023 £</i>
Unrestricted funds				
Reserves	<u>129,181</u>	<u>190,191</u>	<u>(224,959)</u>	<u>94,413</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

16. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	478	478
Current assets	128,820	128,820
Creditors due within one year	(10,325)	(10,325)
Total	118,973	118,973

Analysis of net assets between funds - prior period

	Unrestricted funds 2023 £	Total funds 2023 £
Current assets	98,736	98,736
Creditors due within one year	(4,323)	(4,323)
Total	94,413	94,413

17. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £1,818 (2023: £1,336). Contributions of £498 (2023: £340) were payable to the fund at the balance sheet date.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

18. Related party transactions

During the year the Charity received a donation from two trustees, totalling £55,791. In 2023 the Charity received received no donations from any trustee.

Freya Dawson, a Trustee, is also a director of the Dawson Group. During the year the Charity received sponsorship from the Dawson Group totalling £4,675 (2023: £9,160).

Jonathan Myers, a Trustee, is also a Global head of private equity at Clifford Chance who provide pro bono legal advice on policies, during the year general guidance was provided to the charity.

There are no outstanding balances owing between related parties and the Charity at 31 December 2024 (2023: £Nil).

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

England & Wales - Charity number 1188562

Accounts

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

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MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 DECEMBER 2023

Trustees Edward Jackson
Freya Dawson
Andrew Craig Summers
Oliver Barkley
Euan Craig
Ross Stirling

Charity registered number 1188562

Principal office White Lias
Loves Hill
Timsbury
Bath
BA2 0EU

Independent Examiner Crowe U.K. LLP
Chartered Accountants
Fourth Floor
St James House
St James Square
Cheltenham
GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees present their annual report together with the financial statements of the Charity for the 1 January 2023 to 31 December 2023. The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Governing Document, the Charity's Act 2011 and the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Objectives and activities

a. Main activities undertaken to further the Charity's purposes for the public benefit

The charity was established after Ed Jackson, a former professional rugby player sustained a spinal cord injury diving into a pool in April 2017. After being told he would never walk again, through sheer determination and hours of rehabilitation his body slowly started returning to him. He started climbing mountains to raise money for the charities that had helped him but soon realised that the power in healing was on these adventures. Every year we take beneficiaries facing mental health struggles because of adversity on challenges across the globe. These trips act as the catalyst for change after which we offer on-going support in the form of grants towards life coaching, therapy, career grants and much more to ensure the individual can take steps towards a brighter future.

The objects of the CIO are:

- (1) To relieve the needs of those who have suffered or are suffering from mental or physical illness or disability by providing grant funding to enable them to partake in outdoor challenges and trips which assist their recovery; and
- (2) To advance such charitable purposes (according to the law of England and Wales) as the charity trustees see fit from time to time.

Achievements and performance

a. Main achievements of the Charity

2023 has been a year of growth. Having our new events & fundraising executive join the team allowed us to really concentrate on delivering excellent provision for our beneficiaries, the participants on our trips and all the attendees on our fundraising events.

The beneficiaries that joined M2M in 2021 graduated out of the three-year development programme in December and we had some fantastic feedback from their time with us. 100% of them said that their outlook on life had improved and 100% of them said that their confidence had increased. We had feedback that the abroad adventures really allowed them to step out of their comfort zone and conquer things that they didn't know were possible. 100% of them commented that the best thing about M2M was our sense of community and bringing people together. With that, we initiated a more thorough Together Outdoors programme to try and support a wider network of people who need mental health support using the outdoors closer to home.

All of the abroad adventures were a success and we had a lot of beneficiaries coming back for repeat trips and taking advantage of their trip discounts. Our trip to Manaslu Basecamp was a particular highlight, we had 6 beneficiaries who all pushed themselves beyond belief. All participants loved visiting the spinal rehabilitation unit in Kathmandu which M2M is supporting financially with our overseas grant.

Our founders hosted an incredible trip to the Alps for our corporate partners at Dawson Group PLC. The trip allowed the managing directors of the company to disconnect from their busy lives and the group fundraised over £50,000 for the charity.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Achievements and performance (continued)

The Trustees confirm that they have complied with their duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

The Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The Charity has calculated an appropriate reserves range of £25,000 to £35,000, which is broken down as follows:

Reserves range	£
Financial impact of risk (section 4)	12,000
Continuity fund (section 5)	10,000
Commitments and long-term plans (section 6)	5,000
Dissolution fund (section 7)	8,000
Minimum required	25,000
Maximum required	35,000

The charity held reserves at 31 December 2023 of £94,413 (2022: £129,181), with all reserves being unrestricted.

c. Income

Total income for the period amounted to £190,191 (2022: £259,451).

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Structure, governance and management

a. Constitution

Millimetres 2 Mountains Foundation CIO is a registered charity, number 1188562, and is constituted under its Governing Document.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of its Governing Document. New Trustees are briefed by continuing Trustees regarding the history and objectives of the Charity.

c. Organisational structure and decision-making policies

The Trustees meet 4 times a year to consider grant applications and conduct any other business. On occasion decisions are made following telephone meetings.

d. Financial risk management

The Trustees have considered the risks to which the Charity and consider that the procedures in force are sufficient to manage the foreseeable risks. In considering the Charity's activities, the Trustees have had regard to the Charity Commission's guidance on public benefit.

Plans for future periods

Millimetres 2 Mountains Foundation would like to put time and resource into making the outdoors more accessible for our beneficiaries who have physical limitations. We are working with the brand Berghaus to try and adapt kit for them so that being in the outdoors isn't such a challenge for them. We would like to put more focus on our beneficiary events programme as this is where we've had the best feedback from those we are helping. We continue to refine the Together Outdoors walks and would like to really expand this network so that people who have been through any kind of trauma have a community to connect to.

We would also like to bring on external life coaches to the programme and expand the team by bringing on a Charity Manager to take over more of the admin.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2023

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Edward Jackson

Trustee

Date: 25/09/2024

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

Independent Examiner's Report to the Trustees of Millimetres 2 Mountains Foundation CIO ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2023.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.


I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2023

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:



Dated: 9 October 2024

Guy Biggin FCCA, ACA
Crowe U.K. LLP
Chartered Accountants
Fourth Floor
St James House
St James Square
Cheltenham
GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Note	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Income from:				
Donations	3	190,191	190,191	259,451
Total income		190,191	190,191	<i>259,451</i>
Expenditure on:				
Raising funds		2,320	2,320	3,132
Charitable activities	6	222,639	222,639	183,243
Total expenditure		224,959	224,959	<i>186,375</i>
Net movement in funds		(34,768)	(34,768)	<i>73,076</i>
Reconciliation of funds:				
Total funds brought forward		129,181	129,181	56,105
Net movement in funds		(34,768)	(34,768)	73,076
Total funds carried forward		94,413	94,413	<i>129,181</i>

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 10 to 18 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

BALANCE SHEET
AS AT 31 DECEMBER 2023

	Note	2023 £	2022 £
Current assets			
Debtors	11	2,940	20,500
Cash at bank and in hand		95,796	116,751
		<u>98,736</u>	<u>137,251</u>
Creditors: amounts falling due within one year	12	(4,323)	(8,070)
Net current assets		<u>94,413</u>	<u>129,181</u>
Total net assets		<u><u>94,413</u></u>	<u><u>129,181</u></u>
Charity funds			
Unrestricted funds	13	94,413	129,181
Total funds		<u><u>94,413</u></u>	<u><u>129,181</u></u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Edward Jackson
Trustee
Date: 25/09/2024

The notes on pages 10 to 18 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1. General information

Millimetres 2 Mountains Foundation is registered in England and Wales as a charitable incorporated organisation (registered no. CE021136) and also with the Charity Commission (registered no. 1188562). The address of its registered office is White Lias, Loves Hill, Timsbury, Bath, BA2 0EU.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Millimetres 2 Mountains Foundation CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

Donation income is recognised on receipt.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events, including platform costs associated with fundraising.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

Governance costs are those incurred in connection with constitutional and statutory requirements of the Charity and are included within support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.7 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2.8 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

2. Accounting policies (continued)

2.9 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

3. Income from donations

	Unrestricted funds 2023 £	Total funds 2023 £
Donations	190,191	190,191
	<hr/> <hr/>	<hr/> <hr/>
	<i>Unrestricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Donations	259,451	259,451
	<hr/> <hr/>	<hr/> <hr/>

4. Expenditure on raising funds

	Unrestricted funds 2023 £	Total funds 2023 £
Internet giving platform costs	2,320	2,320
	<hr/> <hr/>	<hr/> <hr/>
	<i>Unrestricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Internet giving platform costs	3,132	3,132
	<hr/> <hr/>	<hr/> <hr/>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

5. Analysis of grants

	Grants to Institutions 2023 £	Grants to Individuals 2023 £	Total funds 2023 £
Grantmaking	29,650	-	29,650
	<u>29,650</u>	<u>-</u>	<u>29,650</u>

In 2023, three grants were paid to institutions, Neverst Orthopaedics, Become United and Rochdale Dawah Centre, totalling £29,650. In 2022, one grant was paid to an institution, War Child, totalling £20,000.

	<i>Grants to Institutions 2022 £</i>	<i>Grants to Individuals 2022 £</i>	<i>Total funds 2022 £</i>
Grantmaking	20,000	250	20,250
	<u>20,000</u>	<u>250</u>	<u>20,250</u>

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2023 £	Total 2023 £
Charitable activities	222,639	222,639
	<u>222,639</u>	<u>222,639</u>

	<i>Unrestricted funds 2022 £</i>	<i>Total 2022 £</i>
Charitable activities	183,243	183,243
	<u>183,243</u>	<u>183,243</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

7. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Grant funding of activities 2023 £	Support costs 2023 £	Total funds 2023 £
Charitable activities	117,911	29,650	75,078	222,639
	<u>117,911</u>	<u>29,650</u>	<u>75,078</u>	<u>222,639</u>
	Activities undertaken directly 2022 £	Grant funding of activities 2022 £	Support costs 2022 £	Total funds 2022 £
Charitable activities	134,236	20,250	28,757	183,243
	<u>134,236</u>	<u>20,250</u>	<u>28,757</u>	<u>183,243</u>

Analysis of support costs

	Total funds 2023 £	Total funds 2022 £
Staff costs	56,505	19,855
Printing, Postage and Stationery	25	143
Computer expenses	4,774	535
Governance costs, independent examiner fees	2,913	4,414
Administration costs	231	566
Advertising	8,828	2,714
Bank charges and fees	68	28
Subscriptions	-	36
Insurance	1,115	386
Training	619	80
	<u>75,078</u>	<u>28,757</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

8. Independent examiner's remuneration

	2023 £	2022 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	2,000	1,500
Fees payable to the Charity's independent examiner in respect of: Preparation of the financial statements	1,300	1,000
	<u>3,300</u>	<u>2,500</u>

9. Staff costs

	2023 £	2022 £
Wages and salaries	54,169	14,434
Social security costs	1,000	4,435
Contribution to defined contribution pension schemes	1,336	986
	<u>56,505</u>	<u>19,855</u>

The average number of persons employed by the Charity during the year was as follows:

	2023 No.	2022 No.
Employees	2	1
	<u>2</u>	<u>1</u>

No employee received remuneration amounting to more than £60,000 in either year.

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 December 2023, no Trustee expenses have been incurred (2022 - NIL).

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

11. Debtors

	2023 £	2022 £
Due within one year		
Trade debtors	2,220	8,000
Prepayments and accrued income	720	12,500
	<u>2,940</u>	<u>20,500</u>

12. Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	-	962
Other taxation and social security	683	-
Other creditors	340	207
Accruals	3,300	6,901
	<u>4,323</u>	<u>8,070</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

13. Statement of funds

Statement of funds - current year

	Balance at 1 January 2023 £	Income £	Expenditure £	Balance at 31 December 2023 £
Unrestricted funds				
Reserves	129,181	190,191	(224,959)	94,413

Statement of funds - prior year

	<i>Balance at 1 January 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2022 £</i>
Unrestricted funds				
Reserves	56,105	259,451	(186,375)	129,181

14. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2023 £	Total funds 2023 £
Current assets	98,736	98,736
Creditors due within one year	(4,323)	(4,323)
Total	94,413	94,413

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

14. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Current assets	137,251	137,251
Creditors due within one year	(8,070)	(8,070)
Total	<u>129,181</u>	<u>129,181</u>

15. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £1,336 (2022: £986). Contributions of £340 (2022: £207) were payable to the fund at the balance sheet date.

16. Related party transactions

During the year the Charity received no donations from any trustee. In 2022 the Charity received a donation from Euan Craig, totalling £50,000.

Freya Dawson, a Trustee, is also a director of the Dawson Group. During the year the Charity received sponsorship from the Dawson Group totalling £9,160 (2022: £9,750).

There are no outstanding balances owing between related parties and the Charity at 31 December 2023 (2022: £Nil).

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

England & Wales - Charity number 1188562

Accounts

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

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MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 DECEMBER 2022**

Trustees	Edward Jackson Freya Dawson Andrew Craig Summers Oliver Barkley Euan Craig Ross Stirling (appointed 2 August 2022)
Charity registered number	1188562
Principal office	White Lias Loves Hill Timsbury Bath BA2 0EU
Independent Examiner	Crowe U.K. LLP Chartered Accountants Fourth Floor St James House St James Square Cheltenham GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees present their annual report together with the financial statements of the Charity for the 1 January 2022 to 31 December 2022. The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Governing Document, the Charity's Act 2011 and the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Objectives and activities

a. Main activities undertaken to further the Charity's purposes for the public benefit

The charity was established after Ed Jackson, a former professional rugby player sustained a spinal cord injury diving into a pool in April 2017. After being told he would never walk again, through sheer determination and hours of rehabilitation his body slowly started returning to him. He started climbing mountains to raise money for the charities that had helped him but soon realised that the power in healing was on these adventures. Every year we take beneficiaries facing mental health struggles because of adversity on challenges across the globe. These trips act as the catalyst for change after which we offer on-going support in the form of grants towards life coaching, therapy, career grants and much more to ensure the individual can take steps towards a brighter future.

The objects of the CIO are:

- (1) To relieve the needs of those who have suffered or are suffering from mental or physical illness or disability by providing grant funding to enable them to partake in outdoor challenges and trips which assist their recovery; and
- (2) To advance such charitable purposes (according to the law of England and Wales) as the charity trustees see fit from time to time.

Achievements and performance

a. Main achievements of the Charity

2022 saw a more settled year due to the Covid-19 pandemic being behind us. We welcomed 7 new beneficiaries to the programme in the January and the amazing Millimetres 2 Mountains community started to grow. The UK events were a real hit with the beneficiaries as it was evident they were able to share their stories with one another and not feel so alone after their trauma and we started to see their mental health improve.

The abroad adventures were a real hit with 2 beneficiaries attending the trip to Mount Toubkal, 4 beneficiaries attending the trip to Iceland and one beneficiary heading to Nepal. We had brilliant feedback on how these trips had really given the beneficiaries a new perspective on their lives and that they actually saw some positives coming from their trauma. We made various grants towards each of the beneficiaries to aid them with physiotherapy, extra therapy and career progression. It has been incredible to see the beneficiaries wanting to change their job roles or volunteer for other charities so that they can give back and help others.

We ran a really successful dinner in the November with the band Keane playing which raised over £20,000 for M2M and War Child and the Golf Day also raising significant funds.

We also started to see a shift in more general fundraising for the charity which means the charity message is spreading like we'd hoped.

The Trustees confirm that they have complied with their duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

The Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The Charity has calculated an appropriate reserves range of £25,000 to £35,000, which is broken down as follows:

Reserves range	£
Financial impact of risk (section 4)	12,000
Continuity fund (section 5)	10,000
Commitments and long-term plans (section 6)	5,000
Dissolution fund (section 7)	8,000
Minimum required	25,000
Maximum required	35,000

The charity held reserves at 31 December 2022 of £129,181 (2021: £56,105), with all reserves being unrestricted.

c. Income

Total income for the period amounted to £259,451 (2021: £112,084).

Structure, governance and management

a. Constitution

Millimetres 2 Mountains Foundation CIO is a registered charity, number 1188562, and is constituted under its Governing Document.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of its Governing Document. New Trustees are briefed by continuing Trustees regarding the history and objectives of the Charity.

c. Organisational structure and decision-making policies

The Trustees meet 4 times a year to consider grant applications and conduct any other business. On occasion decisions are made following telephone meetings.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

Structure, governance and management (continued)

d. Financial risk management

The Trustees have considered the risks to which the Charity and consider that the procedures in force are sufficient to manage the foreseeable risks. In considering the Charity's activities, the Trustees have had regard to the Charity Commission's guidance on public benefit.

Plans for future periods

The charity intends to grow the charity by bringing on a staff member to help with running the events. They would also like to add more UK events/walks to help a larger pool of people get outside for their mental health.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:


Ed Jackson [Oct 30, 2023 13:49 GMT]

Edward Jackson
Trustee
Date: Oct 30, 2023

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022**

Independent Examiner's Report to the Trustees of Millimetres 2 Mountains Foundation CIO ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2022.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of (enter body here), which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:



Dated: 30 October 2023

Guy Biggin FCCA, ACA
Crowe U.K. LLP
Chartered Accountants
Fourth Floor
St James House
St James Square
Cheltenham
GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	Note	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:				
Donations	3	259,451	259,451	112,084
Total income		259,451	259,451	112,084
Expenditure on:				
Raising funds	4	3,132	3,132	1,856
Charitable activities	6	183,243	183,243	78,761
Donations paid		-	-	250
Total expenditure		186,375	186,375	80,867
Net movement in funds		73,076	73,076	31,217
Reconciliation of funds:				
Total funds brought forward		56,105	56,105	24,888
Net movement in funds		73,076	73,076	31,217
Total funds carried forward		129,181	129,181	56,105

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 9 to 17 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

BALANCE SHEET
AS AT 31 DECEMBER 2022

	Note	2022 £	2021 £
Current assets			
Debtors	11	20,500	2,545
Cash at bank and in hand		116,751	63,376
		<u>137,251</u>	<u>65,921</u>
Creditors: amounts falling due within one year	12	(8,070)	(9,816)
Net current assets		<u>129,181</u>	<u>56,105</u>
Total assets less current liabilities		<u>129,181</u>	<u>56,105</u>
Total net assets		<u>129,181</u>	<u>56,105</u>
Charity funds			
Unrestricted funds	13	129,181	56,105
Total funds		<u>129,181</u>	<u>56,105</u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

E Jackson

Edward Jackson

Trustee

Date: Oct 30, 2023

The notes on pages 9 to 17 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. General information

Millimetres 2 Mountains Foundation is registered in England and Wales as a charitable incorporated organisation (registered no. CE021136) and also with the Charity Commission (registered no. 1188562). The address of its registered office is White Lias, Loves Hill, Timsbury, Bath, BA2 0EU.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Millimetres 2 Mountains Foundation CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

Donation income is recognised on receipt.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events, including platform costs associated with fundraising.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

2. Accounting policies (continued)

2.4 Expenditure (continued)

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

Governance costs are those incurred in connection with constitutional and statutory requirements of the Charity and are included within support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.7 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2.8 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.9 Pensions

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

3. Income from donations

	Unrestricted funds 2022 £	Total funds 2022 £
Donations	259,451	259,451
	<hr/> <hr/>	<hr/> <hr/>
	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Donations	112,084	112,084
	<hr/> <hr/>	<hr/> <hr/>

4. Expenditure on raising funds

	Unrestricted funds 2022 £	Total funds 2022 £
Internet giving platform costs	3,132	3,132
	<hr/> <hr/>	<hr/> <hr/>
	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Internet giving platform costs	1,856	1,856
	<hr/> <hr/>	<hr/> <hr/>

5. Analysis of grants

	Grants to Institutions 2022 £	Grants to Individuals 2022 £	Total funds 2022 £
Grantmaking	20,000	250	20,250
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

In 2022, one grant was paid to an institution, War Child, totalling £20,000. In 2021 one grant was paid to Neverst Orthopaedics.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

5. Analysis of grants (continued)

	<i>Grants to Institutions 2021 £</i>	<i>Total funds 2021 £</i>
Grantmaking	<u>20,000</u>	<u>20,000</u>

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2022 £	Total 2022 £
Charitable activities	<u>183,243</u>	<u>183,243</u>

	<i>Unrestricted funds 2021 £</i>	<i>Total 2021 £</i>
Charitable activities	<u>78,761</u>	<u>78,761</u>

7. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Grant funding of activities 2022 £	Support costs 2022 £	Total funds 2022 £
Charitable activities	<u>134,236</u>	<u>20,250</u>	<u>28,757</u>	<u>183,243</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

7. Analysis of expenditure by activities (continued)

	<i>Activities undertaken directly 2021 £</i>	<i>Grant funding of activities 2021 £</i>	<i>Support costs 2021 £</i>	<i>Total funds 2021 £</i>
Charitable activities	48,232	20,000	10,529	78,761

Analysis of support costs

	Activities 2022 £	Total funds 2022 £
Staff costs	19,855	19,855
Printing, Postage and Stationery	143	143
Computer expenses	535	535
Governance costs, independent examiner fees	4,414	4,414
Administration costs	566	566
Advertising	2,714	2,714
Bank charges and fees	28	28
Subscriptions	36	36
Insurance	386	386
Training	80	80
	<u>28,757</u>	<u>28,757</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

7. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	<i>Activities 2021 £</i>	<i>Total funds 2021 £</i>
Printing, Postage and Stationery	1,585	1,585
Computer expenses	127	127
Governance costs, independent examiner fees	3,000	3,000
Administration costs	701	701
Advertising	2,366	2,366
Accountancy fees	326	326
Bank charges and fees	1,537	1,537
Subscriptions	144	144
Insurance	416	416
Training	327	327
	<u>10,529</u>	<u>10,529</u>

8. Independent examiner's remuneration

	2022 £	2021 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	1,500	1,500
Fees payable to the Charity's independent examiner in respect of: Preparation of the financial statements	1,000	1,000
	<u>1,000</u>	<u>1,000</u>

9. Staff costs

	2022 £	2021 £
Wages and salaries	14,434	-
Social security costs	4,435	-
Contribution to defined contribution pension schemes	986	-
	<u>19,855</u>	<u>-</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

9. Staff costs (continued)

The average number of persons employed by the Charity during the year was as follows:

	2022 No.	2021 No.
Employees	1	-

No employee received remuneration amounting to more than £60,000 in either year.

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 December 2022, no Trustee expenses have been incurred (2021 - NIL).

11. Debtors

	2022 £	2021 £
Due within one year		
Trade debtors	8,000	2,545
Prepayments and accrued income	12,500	-
	<u>20,500</u>	<u>2,545</u>

12. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	962	2,916
Other creditors	207	-
Accruals	6,901	6,900
	<u>8,070</u>	<u>9,816</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

13. Statement of funds

Statement of funds - current year

	Balance at 1 January 2022 £	Income £	Expenditure £	Balance at 31 December 2022 £
Unrestricted funds				
Reserves	<u>56,105</u>	<u>259,451</u>	<u>(186,375)</u>	<u>129,181</u>

Statement of funds - prior year

	<i>Balance at 1 January 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2021 £</i>
Unrestricted funds				
General Funds	<u>24,888</u>	<u>112,084</u>	<u>(80,867)</u>	<u>56,105</u>

14. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Total funds 2022 £
Current assets	137,251	137,251
Creditors due within one year	(8,070)	(8,070)
Total	<u>129,181</u>	<u>129,181</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

14. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Current assets	65,921	65,921
Creditors due within one year	(9,816)	(9,816)
Total	<u>56,105</u>	<u>56,105</u>

15. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £986 (2021: £Nil). Contributions of £207 (2021: £Nil) were payable to the fund at the balance sheet date.

16. Related party transactions

During the year the Charity received donations from a trustee, Euan Craig, totalling £50,000. Freya Dawson, a Trustee, is also a director of the Dawson Group, During the year the Charity received sponsorship from the Dawson Group totalling £9,750. No related party transactions took place during the prior year.

There are no outstanding balances owing between related parties and the Charity at 31 December 2022 (2021: £Nil).







Millimetres 2 Mountains - 2022 Accounts[53]

Final Audit Report

2023-10-30

Created:	2023-10-30
By:	Lois Jackson (loisjackson@millimetres2mountains.org)
Status:	Signed
Transaction ID:	CBJCHBCAABAAAdr57Y9oiJPMel-J9QX8FR2FFdqHAGJg1

"Millimetres 2 Mountains - 2022 Accounts[53]" History

-  Document created by Lois Jackson (loisjackson@millimetres2mountains.org)
2023-10-30 - 1:40:42 PM GMT - IP address: 148.252.140.204
-  Document emailed to edjackson@millimetres2mountains.org for signature
2023-10-30 - 1:43:43 PM GMT
-  Email viewed by edjackson@millimetres2mountains.org
2023-10-30 - 1:44:35 PM GMT - IP address: 148.252.133.246
-  Signer edjackson@millimetres2mountains.org entered name at signing as Ed Jackson
2023-10-30 - 1:49:40 PM GMT - IP address: 148.252.133.246
-  Document e-signed by Ed Jackson (edjackson@millimetres2mountains.org)
Signature Date: 2023-10-30 - 1:49:42 PM GMT - Time Source: server- IP address: 148.252.133.246
-  Agreement completed.
2023-10-30 - 1:49:42 PM GMT

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

England & Wales - Charity number 1188562

Accounts

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO



**MILLIMETRES 2 MOUNTAINS
FOUNDATION**

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

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MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 DECEMBER 2021

Trustees	Edward Jackson Freya Dawson Andrew Craig Summers Oliver Barkley Euan Craig Ross Stirling (appointed 2 August 2022)
Charity registered number	1188562
Principal office	White Lias Loves Hill Timsbury Bath BA2 0EU
Independent Examiner	Crowe U.K. LLP Chartered Accountants Fourth Floor St James House St James Square Cheltenham GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

The Trustees present their annual report together with the financial statements of the Charity for the 1 January 2021 to 31 December 2021. The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Governing Document, the Charity's Act 2011 and the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Objectives and activities

a. Main activities undertaken to further the Charity's purposes for the public benefit

The charity was established after Ed Jackson, a former professional rugby player sustained a spinal cord injury diving into a pool in April 2017. After being told he would never walk again, through sheer determination and hours of rehabilitation his body slowly started returning to him. He started climbing mountains to raise money for the charities that had helped him but soon realised that the power in healing was on these adventures. Every year we take beneficiaries facing mental health struggles because of adversity on challenges across the globe. These trips act as the catalyst for change after which we offer on-going support in the form of grants towards life coaching, therapy, career grants and much more to ensure the individual can take steps towards a brighter future.

The objects of the CIO are:

- (1) To relieve the needs of those who have suffered or are suffering from mental or physical illness or disability by providing grant funding to enable them to partake in outdoor challenges and trips which assist their recovery; and
- (2) To advance such charitable purposes (according to the law of England and Wales) as the charity trustees see fit from time to time.

Achievements and performance

a. Main achievements of the Charity

After prepping for the beneficiary programme to be launched in 2021 the year got off to a great start as we introduced 8 beneficiaries into the programme. Each of their programmes were designed around their needs and their grant money used to support them in their recovery. We ran a successful community event down in Cornwall which supported over 100 people allowing them a chance to walk and talk about their trauma whilst being amongst nature. We also ran a mountaineering trip in the Alps with two beneficiaries attending and a trip to Iceland with two beneficiaries attending.

What has come out of 2021 is that the power of community has been huge for people, it has helped the M2M beneficiaries immensely. The M2M programme and grant system has allowed them to feel heard and feel connected to others that have gone through similar situations which has therefore led them to be happier human beings.

During the year, the Trustees made 1 grant totalling 20,000 to Neverst Orthopaedics (2020: £11,180, to *Wings For Life*).

The Trustees confirm that they have complied with their duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

Financial review

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

The Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

This is the first year of operations and the Charity is still assessing its operational needs, therefore has not yet set its reserves policy. The policy will be reviewed and considered in the following year.

The charity held reserves at 31 December 2021 of £56,105 (2020: £24,888), with all reserves being unrestricted.

c. Income

Total income for the period amounted to £112,084 (2020: £41,350).

Structure, governance and management

a. Constitution

Millimetres 2 Mountains Foundation CIO is a registered charity, number 1188562, and is constituted under its Governing Document.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of its Governing Document. New Trustees are briefed by continuing Trustees regarding the history and objectives of the Charity.

c. Organisational structure and decision-making policies

The Trustees meet 4 times a year to consider grant applications and conduct any other business. On occasion decisions are made following telephone meetings.

d. Financial risk management

The Trustees have considered the risks to which the Charity and consider that the procedures in force are sufficient to manage the foreseeable risks. In considering the Charity's activities, the Trustees have had regard to the Charity Commission's guidance on public benefit.

Plans for future periods

The Charity intends to continue to make grants in line with its objectives.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021**

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

Edward Jackson
Trustee

Date: Ed Jackson
Ed Jackson (Feb 7, 2023 12:09 GMT)

Feb, 7, 2023

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021**

Independent Examiner's Report to the Trustees of Millimetres 2 Mountains Foundation CIO ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2021.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

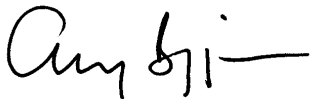
I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:



Dated: 08 February 2023

Guy Biggin FCCA, ACA
Crowe U.K. LLP
Chartered Accountants
Fourth Floor
St James House
St James Square
Cheltenham
GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	Note	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:				
Donations	3	112,084	112,084	41,350
Total income		112,084	112,084	41,350
Expenditure on:				
Raising funds	4	1,856	1,856	1,319
Charitable activities	6	78,761	78,761	15,143
Donations paid		250	250	-
Total expenditure		80,867	80,867	16,462
Net movement in funds		31,217	31,217	24,888
Reconciliation of funds:				
	13			
Total funds brought forward		24,888	24,888	-
Net movement in funds		31,217	31,217	24,888
Total funds carried forward		56,105	56,105	24,888

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 9 to 16 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

BALANCE SHEET
AS AT 31 DECEMBER 2021

	Note	2021 £	2020 £
Current assets			
Debtors	11	2,545	-
Cash at bank and in hand		63,376	28,788
		<u>65,921</u>	<u>28,788</u>
Creditors: amounts falling due within one year	12	(9,816)	(3,900)
Net current assets		<u>56,105</u>	<u>24,888</u>
Total assets less current liabilities		<u>56,105</u>	<u>24,888</u>
Total net assets		<u><u>56,105</u></u>	<u><u>24,888</u></u>
Charity funds			
Unrestricted funds	13	56,105	24,888
Total funds		<u><u>56,105</u></u>	<u><u>24,888</u></u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Edward Jackson

Trustee *Ed Jackson*

Date: Ed Jackson (Feb 7, 2023 12:09 GMT)

07/02/2023

The notes on pages 9 to 16 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1. General information

Millimetres 2 Mountains Foundation is registered in England and Wales as a charitable incorporated organisation (registered no. CE021136) and also with the Charity Commission (registered no. 1188562). The address of its registered office is White Lias, Loves Hill, Timsbury, Bath, BA2 0EU.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Millimetres 2 Mountains Foundation CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

Donation income is recognised on receipt.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events, including platform costs associated with fundraising.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

2. Accounting policies (continued)

2.4 Expenditure (continued)

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

Governance costs are those incurred in connection with constitutional and statutory requirements of the Charity and are included within support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.7 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2.8 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.9 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

3. Income from donations

	Unrestricted funds 2021 £	Total funds 2021 £
Donations	112,084	112,084

	<i>Unrestricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Donations	41,350	41,350

4. Expenditure on raising funds

	Unrestricted funds 2021 £	Total funds 2021 £
Costs of raising voluntary income		
Internet giving platform costs	1,856	1,856

	<i>Unrestricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Internet giving platform costs	1,319	1,319

5. Analysis of grants

	Grants to Institutions 2021 £	Total funds 2021 £
Grant expenditure	20,000	20,000

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

5. Analysis of grants (continued)

One grant was paid during the prior period to Wings For Life. In 2021 one grant was paid to Neverst Orthopaedics.

	<i>Grants to Institutions 2020 £</i>	<i>Total funds 2020 £</i>
Grantmaking	<u>11,180</u>	<u>11,180</u>

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2021 £	Total 2021 £
Charitable activities	<u>78,761</u>	<u>78,761</u>

	<i>Unrestricted funds 2020 £</i>	<i>Total 2020 £</i>
Charitable activities	<u>15,143</u>	<u>15,143</u>

7. Analysis of expenditure by activities

	Activities undertaken directly 2021 £	Grant funding of activities 2021 £	Support costs 2021 £	Total funds 2021 £
Charitable activities	<u>48,232</u>	<u>20,000</u>	<u>10,529</u>	<u>78,761</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

7. Analysis of expenditure by activities (continued)

	<i>Grant funding of activities 2020 £</i>	<i>Support costs 2020 £</i>	<i>Total funds 2020 £</i>
Charitable activities	11,180	3,963	15,143

Analysis of support costs

	Activities 2021 £	Total funds 2021 £
Printing, Postage and Stationery	1,585	1,585
Computer expenses	127	127
Governance costs, independent examiner fees	3,000	3,000
Administration costs	701	701
Advertising	2,366	2,366
Accountancy fees	326	326
Bank charges and fees	1,537	1,537
Subscriptions	144	144
Insurance	416	416
Training	327	327
	<u>10,529</u>	<u>10,529</u>

	<i>Activities 2020 £</i>	<i>Total funds 2020 £</i>
Printing, Postage and Stationery	41	41
Computer expenses	22	22
Governance costs, independent examiner fees	3,900	3,900
	<u>3,963</u>	<u>3,963</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

8. Independent examiner's remuneration

	2021 £	2020 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	1,500	1,750
Fees payable to the Charity's independent examiner in respect of: Preparation of the financial statements	<u>1,000</u>	<u>1,500</u>

9. Staff costs

The charity did not have any employees during the period.

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2020 - £NIL).

During the year ended 31 December 2021, no Trustee expenses have been incurred (2020 - NIL).

11. Debtors

	2021 £	2020 £
Due within one year		
Trade debtors	2,545	-
	<u>2,545</u>	<u>-</u>

12. Creditors: Amounts falling due within one year

	2021 £	2020 £
Trade creditors	2,916	-
Accruals	6,900	3,900
	<u>9,816</u>	<u>3,900</u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

13. Statement of funds

Statement of funds - current year

	Balance at 1 January 2021 £	Income £	Expenditure £	Balance at 31 December 2021 £
Unrestricted funds				
General Funds	24,888	112,084	(80,867)	56,105

Statement of funds - prior year

		Income £	Expenditure £	Balance at 31 December 2020 £
Unrestricted funds				
General Funds		41,350	(16,462)	24,888

14. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2021 £	Total funds 2021 £
Current assets	65,921	65,921
Creditors due within one year	(9,816)	(9,816)
Total	56,105	56,105

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

14. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Current assets	28,788	28,788
Creditors due within one year	(3,900)	(3,900)
Total	<u>24,888</u>	<u>24,888</u>

15. Related party transactions

The Charity has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charity at 31 December 2021.







Millimetres to Mountains 2021 Accounts

Final Audit Report

2023-02-07

Created:	2023-02-07
By:	Lois Jackson (loisjackson@millimetres2mountains.org)
Status:	Signed
Transaction ID:	CBJCHBCAABAABVF23ezNOIno4kP5oI_GHgF-001W7L3Q

"Millimetres to Mountains 2021 Accounts" History

-  Document created by Lois Jackson (loisjackson@millimetres2mountains.org)
2023-02-07 - 12:04:56 PM GMT- IP address: 84.21.135.106
-  Document emailed to edjackson@millimetres2mountains.org for signature
2023-02-07 - 12:06:48 PM GMT
-  Email viewed by edjackson@millimetres2mountains.org
2023-02-07 - 12:07:28 PM GMT- IP address: 84.21.135.106
-  Signer edjackson@millimetres2mountains.org entered name at signing as Ed Jackson
2023-02-07 - 12:09:05 PM GMT- IP address: 84.21.135.106
-  Document e-signed by Ed Jackson (edjackson@millimetres2mountains.org)
Signature Date: 2023-02-07 - 12:09:07 PM GMT - Time Source: server- IP address: 84.21.135.106
-  Agreement completed.
2023-02-07 - 12:09:07 PM GMT

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

England & Wales - Charity number 1188562

Accounts

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 DECEMBER 2020

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

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Notes to the financial statements	9 - 13

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE PERIOD ENDED 31 DECEMBER 2020**

Trustees Edward Jackson (appointed 16 March 2020)
Simon Halliday (appointed 19 March 2020)
Freya Dawson (appointed 13 March 2020)
Andrew Craig Summers (appointed 19 May 2020)
Oliver Barkley (appointed 19 March 2020)
Euan Craig (appointed 4 June 2020)

**Charity registered
number** 1188562

Principal office White Lias
Loves Hill
Timsbury
Bath
BA2 0EU

Independent Examiner Crowe U.K. LLP
Chartered Accountants
Fourth Floor
St James House
St James Square
Cheltenham
GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

TRUSTEES' REPORT FOR THE PERIOD ENDED 31 DECEMBER 2020

The Trustees present their annual report together with the financial statements of the Charity for the period 16 March 2020 to 31 December 2020. The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Governing Document, the Charity's Act 2011 and the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Objectives and activities

a. Main activities undertaken to further the Charity's purposes for the public benefit

The charity was established after Ed Jackson, a former professional rugby player sustained a spinal cord injury diving into a pool in April 2017. After being told he would never walk again, through sheer determination and hours of rehabilitation his body slowly started returning to him. He started climbing mountains to raise money for the charities that had helped him but soon realised that the power in healing was on these adventures. Every year we take beneficiaries facing mental health struggles because of adversity on challenges across the globe. These trips act as the catalyst for change after which we offer on-going support in the form of grants towards life coaching, therapy, career grants and much more to ensure the individual can take steps towards a brighter future.

The objects of the CIO are:

- (1) To relieve the needs of those who have suffered or are suffering from mental or physical illness or disability by providing grant funding to enable them to partake in outdoor challenges and trips which assist their recovery; and
- (2) To advance such charitable purposes (according to the law of England and Wales) as the charity trustees see fit from time to time.

Achievements and performance

a. Main achievements of the Charity

During the year, the Trustees made 1 grant totalling £11,180, to Wings For Life.

As this was the first year of operation and due to the impact of Covid-19 hitting just as we had official status from the Charity Commission, we decided to adapt our programme slightly and focus on it being a fundraising year, as a lot of our trips abroad were unable to happen.

Our first fundraiser was a walk in the UK called Walk The Spine which we did in partnership with the charity Wings For Life who focus on research to find a cure for Spinal Cord Injuries. This is a very credible charity who share our passion for helping those in the spinal cord injury community and therefore the Trustees deemed this to align with the charity's objectives.

We raised over £20,000 through posting video blogs and photos about the walk on social media and kind supporters donating through Just Giving. We were also encouraging people at home to get outside and do their own walks with us, promoting them to set up their own Just Giving pages.

We also ran our first abroad hikes as fundraisers in September 2020 both to the Gran Paradiso National Park.

The charity's focus was to launch our beneficiary programme in 2021.

The Trustees confirm that they have complied with their duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**TRUSTEES' REPORT (CONTINUED)
FOR THE PERIOD ENDED 31 DECEMBER 2020**

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

The Trustees are aware of the impact of COVID-19. Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

This is the first year of operations and the Charity is still assessing its operational needs, therefore has not yet set its reserves policy. The policy will be reviewed and considered in the following year.

The charity held reserves at 31 December of £24,888, with all reserves being unrestricted.

c. Income

Total income for the period amounted to £41,350. All income was generated through our Walk The Spine event and our two climb fundraisers in Gran Paradiso in September 2020. We also had a few fundraisers set up their own private challenges to support the Charity.

Structure, governance and management

a. Constitution

Millimetres 2 Mountains Foundation CIO is a registered charity, number 1188562, and is constituted under its Governing Document.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of its Governing Document. New Trustees are briefed by continuing Trustees regarding the history and objectives of the Charity.

c. Organisational structure and decision-making policies

The Trustees meet 4 times a year to consider grant applications and conduct any other business. On occasion decisions are made following telephone meetings.

d. Financial risk management

The Trustees have considered the risks to which the Charity and consider that the procedures in force are sufficient to manage the foreseeable risks. In considering the Charity's activities, the Trustees have had regard to the Charity Commission's guidance on public benefit.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**TRUSTEES' REPORT (CONTINUED)
FOR THE PERIOD ENDED 31 DECEMBER 2020**

Plans for future periods

The Charity intends to continue to make grants in line with its objectives.

Statement of Trustees' responsibilities


The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

DocuSigned by:

BFE604E11C594A1...

Edward Jackson

Trustee

Date: 08/02/2022

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**INDEPENDENT EXAMINER'S REPORT
FOR THE PERIOD ENDED 31 DECEMBER 2020**

Independent Examiner's Report to the Trustees of Millimetres 2 Mountains Foundation CIO ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the period ended 31 December 2020.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE PERIOD ENDED 31 DECEMBER 2020

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:



Dated: 9 February 2022

Guy Biggin FCCA
Crowe U.K. LLP
Chartered Accountants
Fourth Floor
St James House
St James Square
Cheltenham
GL50 3PR

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31 DECEMBER 2020**

	Note	Unrestricted funds 2020 £	Total funds 2020 £
Income from:			
Donations and legacies	3	41,350	41,350
Total income		41,350	41,350
Expenditure on:			
Raising funds	4	1,319	1,319
Charitable activities	6	15,143	15,143
Total expenditure		16,462	16,462
Net movement in funds		24,888	24,888
Reconciliation of funds:			
Net movement in funds	12	24,888	24,888
Total funds carried forward		24,888	24,888

The Statement of Financial Activities includes all gains and losses recognised in the period.


The notes on pages 9 to 13 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**BALANCE SHEET
AS AT 31 DECEMBER 2020**

	Note	2020 £
Current assets		
Cash at bank and in hand		28,788
		28,788
Creditors: amounts falling due within one year	11	(3,900)
		24,888
Net current assets		24,888
Total assets less current liabilities		24,888
Total net assets		24,888
 Charity funds		
Unrestricted funds	12	24,888
Total funds		24,888

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

DocuSigned by:

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Edward Jackson
 Trustee
 Date: 08/02/2022

The notes on pages 9 to 13 form part of these financial statements.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2020**

1. General information

Millimetres 2 Mountains Foundation is registered in England and Wales as a charitable incorporated organisation (registered no. CE021136) and also with the Charity Commission (registered no. 1188562). The address of its registered office is White Lias, Loves Hill, Timsbury, Bath, BA2 0EU.

These are the first set of financial statements prepared by the charity and a short period has been presented, from the date of registration on 16 March 2020 up to 31 December 2020.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Millimetres 2 Mountains Foundation CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

The Trustees are aware of the impact of COVID-19. Trustees will only make grants to the level of available funds and for this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

Donation income is recognised on receipt.

2.4 Expenditure

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events, including platform costs associated with fundraising.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2020**

2. Accounting policies (continued)

2.4 Expenditure (continued)

Grants payable are charged in the period when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the period end are noted as a commitment, but not accrued as expenditure.

Governance costs are those incurred in connection with constitutional and statutory requirements of the Charity and are included within support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.6 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2.7 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.8 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

3. Income from donations

	Unrestricted funds 2020 £	Total funds 2020 £
Donations	41,350	41,350

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2020**

4. Expenditure on raising funds

	Unrestricted funds 2020 £	Total funds 2020 £
Costs of raising voluntary income		
Internet giving platform costs	108	108
	<u> </u>	<u> </u>

5. Analysis of grants

	Grants to Institutions 2020 £	Total funds 2020 £
Grant expenditure	11,180	11,180
	<u> </u>	<u> </u>

One grant was paid during the period to Wings For Life. Please see the Trustees Report for further details.

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2020 £	Total funds 2020 £
Charitable activities	15,143	15,143
	<u> </u>	<u> </u>

7. Analysis of expenditure by activities

	Grant funding of activities 2020 £	Support costs 2020 £	Total funds 2020 £
Charitable activities	11,180	3,963	15,143
	<u> </u>	<u> </u>	<u> </u>

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2020**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Activities 2020 £	Total funds 2020 £
Printing, Postage and Stationery	41	41
Computer expenses	22	22
Governance costs, independent examiner fees	3,900	3,900
	<u>3,963</u>	<u>3,963</u>

8. Independent examiner's remuneration

	2020 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	1,750
Fees payable to the Charity's independent examiner in respect of: Preparation of the financial statements	<u>1,500</u>

9. Staff costs

The charity did not have any employees during the period.

10. Trustees' remuneration and expenses

During the period, no Trustees received any remuneration or other benefits.

During the period ended 31 December 2020, no Trustee expenses have been incurred.

MILLIMETRES 2 MOUNTAINS FOUNDATION CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2020**

11. Creditors: Amounts falling due within one year

	2020
	£
Accruals	3,900

12. Statement of funds

Statement of funds - current period

	Income	Expenditure	Balance at
	£	£	31
			December
			2020
			£
Unrestricted funds			
General Funds	41,350	(16,462)	24,888

13. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted	Total
	funds	funds
	2020	2020
	£	£
Current assets	28,788	28,788
Creditors due within one year	(3,900)	(3,900)
Total	24,888	24,888

14. Related party transactions

The Charity has not entered into any related party transaction during the period, nor are there any outstanding balances owing between related parties and the Charity at 31 December 2020.