

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 year 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		<u>190,191</u>	<u>190,191</u>	<u>259,451</u>
Expenditure on:				
Raising funds		2,320	2,320	3,132
Charitable activities	6	222,639	222,639	183,243
Total expenditure		<u>224,959</u>	<u>224,959</u>	<u>186,375</u>
Net movement in funds		<u>(34,768)</u>	<u>(34,768)</u>	<u>73,076</u>
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		<u>94,413</u>	<u>94,413</u>	<u>129,181</u>

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
	<i>Unrestricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Donations	259,451	259,451

4. Expenditure on raising funds

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

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

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

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2023 £	Total 2023 £
Charitable activities	222,639	222,639

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

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

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

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
	75,078	28,757

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

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
	56,505	19,855

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

	2023 No.	2022 No.
Employees	2	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 (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	<i>56,105</i>	<i>259,451</i>	<i>(186,375)</i>	<i>129,181</i>

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).