

# CLIMBING OUT OF DEPRESSION

England & Wales · Charity number 1189274

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-04-29

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

## Contact

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**Address** 122 Cardinal Avenue  
Morden  
SM4 4SX

**Phone** 07956632173

**Email** [Tricia@cood.org.uk](mailto:Tricia@cood.org.uk)

**Website** [Cood.org.uk](http://Cood.org.uk)

## Activities

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**Objects:** TO RELIEVE THE NEEDS OF THOSE WHO ARE SUFFERING FROM MENTAL HEALTH ISSUES IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, IN PARTICULAR BY PROVIDING ROCK CLIMBING AND ASSOCIATED ACTIVITIES

**Activities:** The Charity provides free opportunities for referred individuals in S London and the South East suffering mental health issues, to participate in supervised climbing & bouldering activities in a safe secure environment with professional tuition, support and guidance, for the purposes of relieving symptoms of anxiety and depression. Plus free opportunities for interaction at regular social events.

## Classification

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- **How:** Provides Services
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,807	£1,255	-	-
2024-03-31	£753	£28	-	-
2023-03-31	£2,458	£11	-	-
2022-03-31	£11,102	£0	-	-
2021-03-31	£9,617	£0	-	-

## Trustees

Name	Role	Appointed
<b>Kate Louise Jackson</b>	Chair	2019-09-06
Emily Jane Moreton-Smith		2023-09-18
Jonathan William Guy Hatfield		2020-10-01
Kate Louise Renshaw		2024-02-08
Olivia Mary Hobson		2026-03-19
PATRICIA MARIA KEMP		2018-07-27

**CLIMBING OUT OF DEPRESSION**

England & Wales - Charity number 1189274

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 01	Month April	Year 2024		Day 31	Month March	Year 2025

**Charity name** Climbing out of Depression

**Other names charity is known by** COOD

**Registered charity number (if any)** 1189274

**Charity's principal address**  
 122 Cardinal Avenue  
 Morden  
 Surrey  
**Postcode** SM4 4SX

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Patricia Kemp	Treasurer		COOD Board of Trustees
2	Kate Renshaw	Safeguarding Officer		COOD Board of Trustees
3	Kate Jackson	Chair		COOD Board of Trustees
4	Jon Hatfield	Digital Lead		COOD Board of Trustees
5	Sally Heath	Partnership & Business Development Lead and Acting Health & Safety Officer		COOD Board of Trustees
6	Emily Moreton-Smith	Secretary to Board		COOD Board of Trustees
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**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

Belinda Fuller - Founder and Face of Charity - Voluntary position  
 Hannah Baldwin - Administrator (Paid Position from 18/03/25)



**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	CIO Foundation Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Board of Trustees

**Additional governance issues (Optional information)**

- You **may choose** to include additional information, where relevant, about:
- policies and procedures adopted for the induction and training of trustees;
  - the charity's organisational structure and any wider network with which the charity works;
  - relationship with any related parties;
  - trustees' consideration of major risks and the system and procedures to manage them.

Climbing out of Depression is governed by its constitution. The Board of Trustees is responsible for the overall governance of the Charity and will meet a minimum of four times a year. The quorum is two charity Trustees, or the number nearest to one third of the total number of Charity Trustees. The minimum number of Trustees is three.

Appointment of Trustees is on a skills basis to ensure the body has the appropriate mix of skills and experience to ensure that Charity regulations, health and safety, financial regulations and safeguards are in place and carried out in a professional manner. New Trustees will receive detailed information about the Charity, its financial status, policies and procedures, aims and purposes and a copy of the Governance document.

Climbing out of Depression provides free opportunities for referred individuals to participate in supervised climbing and bouldering activities in a safe and secure environment with professional tuition, support and guidance.

Through these sessions the charity aims to help to develop confidence in participants alongside relief from stress, anxiety and associated conditions through climbing instruction and group social sessions. Additional complementary activities which also have benefits for mental and physical health will provide additional opportunities for social interaction and relief.

### **How the service will operate**

1. User or Health Care Professional completes online registration form and submits to COOD
2. COOD reviews HCP or user submission for suitability and ensure required info is complete
3. If anything is missing or the user has not yet been in contact with a GP or mental health professional, COOD will liaise with the user to try and resolve
4. COOD liaise with user, instructor and wall to book first session
5. User attends first session at wall (with guardian if required), completes induction with instructor and completes first climb
6. COOD liaise with user, instructor and wall to book up to 3 more sessions.
7. COOD periodically sends out invites to social climbing sessions
8. User completes Warwick-Edinburgh Mental Well-being Scale survey periodically to monitor outcomes
9. If user has been "inactive" for a period of time COOD sends out an email to check in on them and see if they can be re-engaged

## **Risk Management and Responsibilities**

The Trustees have introduced a risk management process to assess business risk and implement risk management strategies. This involves identifying the types of risks Climbing Out of Depression face, prioritising them in terms of potential impact and the likelihood of occupancies, and then identifying and implementing ways of mitigating them. These processes will be reviewed periodically to ensure that they continue to meet the needs of the charity.

## **Safeguarding Policies**

Vulnerable groups – Climbing out of Depression have a comprehensive safeguarding policy and procedures book in place to protect participants, volunteers, and professionals etc. We carry out DBS checks on all Trustees and all Climbing Instructors, the policy details the checks required for all other participants who will be in contact with clients.

## **Privacy Policy**

Climbing out of Depression has a comprehensive Privacy policy which covers Data Protection, which is in line with the UK GDPR and is committed to processing data in accordance with its responsibilities under the UK GDPR. We will continue to review areas which can be improved and when identified we will review with our lawyers and make changes accordingly .

**Summary of the objects of the charity set out in its governing document**

TO RELIEVE THE NEEDS OF THOSE WHO ARE SUFFERING FROM MENTAL HEALTH ISSUES IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, IN PARTICULAR BY PROVIDING ROCK CLIMBING AND ASSOCIATED ACTIVITIES.

# Aims and Objectives

## Purposes and Aims

Climbing out of Depression's purpose, as set out in the objects contained in the charity's constitution.

We do this by offering free access to qualified climbing instruction, social group gatherings which encompass support and other group activities designed to complement overall health and well-being.

The Charity benefits people in England and Wales, starting and expanding from South East England.

Climbing out of Depression provides free opportunities for referred individuals to participate in supervised climbing and bouldering activities in a safe and secure environment with professional tuition, support and guidance.

Through these sessions the charity aims to help to develop confidence in participants alongside relief from stress, anxiety and associated conditions through climbing instruction and group social sessions.

## Benefits and Beneficial Evidence

There is substantial evidence to support the reduction in depressive symptoms after physical activity. Climbing in particular not only increases serotonin levels which is proven in most physical activities, but due to the concentration and focus required, can help to manage the negative thought processes experienced by many sufferers, bringing relieving periods of mindfulness during the sessions.

Analysis of evidence, alongside personal stories can be found at the C/A/M website ([www.climbalongsidementalhealth.org](http://www.climbalongsidementalhealth.org))

Climbing For All Sheffield ([climbingforallsheffield.com](http://climbingforallsheffield.com)) has been a registered charity since May 2016 and provides climbing opportunities for disabled people, the organisation has similar objectives to Climbing out of Depression.

The Charity, Sport in Mind established in 2010 which is endorsed by the NHS ([www.sportinmind.org](http://www.sportinmind.org)) also use sporting activities to improve mental health wellbeing and have recorded 94% improvement in mental wellbeing and 91% improvement in self esteem, endorsing further evidence that all sporting activities are beneficial to mental health. We have recently had contact with the charity and they are interested in working with us now we have charitable registration.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The Wave Project ([www.waveproject.co.uk](http://www.waveproject.co.uk)) which was established in 2011 has been providing people with mental health issues with access to surfing lessons as a form of therapy to relieve their symptoms. This project is now partially funded by the NHS. In 2015 a peer review concluded that the Wave project provides a demonstrable and cost effective way to deliver mental health care (please see the website for further evidence). Climbing has very similar benefits to Surfing in overcoming challenges, concentration, mindfulness and self esteem.

### **Statutory Declaration**

All Trustees have had regard to the guidance issued by the Charity Commission on public benefit and that they will comply with their responsibilities as trustees as set out in the Charity Commission guidance on public benefit.

### **Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



**Summary of the main achievements of the charity during the year**

The Charity obtained registration with the Charity Commission of England and Wales in April 2020 in the midst of the Global Pandemic. As a result, all climbing facilities were closed for varying periods throughout 2020 and 2021. While our likely referrers (Mental Health Trusts, Doctors and other Charities) have been extremely busy during this period, we have been developing our structure as a charity and preparing for launch. We have been using this time to develop robust systems which include detailed user flows, strategies, policies which include a comprehensive safeguarding and privacy policy, and the launch of our new website. In addition, we have also been ensuring our team and volunteers are trained fully for various roles to ensure the Charity is in a strong position financially and functionally. This will ensure a smooth operation when we begin to introduce clients to the Charity and the climbing walls. Our original financial projections have been revised in view of the delay in our start-up. We originally hoped to be fully up and running by the end of 2022, but continuing issues and complications brought about by Climbing walls reluctance to introduce charity entrants until they had restored their own footfall and additional policies and insurance requirements have again delayed us. However, we have now launched the service on 13th March 2025 and are processing our first clients at present. We are starting with adults at first to ensure all the processes are running effectively and will introduce the service to include children in the coming months of 2025.

**Brief statement of the charity's policy on reserves**

**Reserves Policy**

The Trustees have considered the exposure to financial risk from loss of income due to fluctuations in fundraising or unforeseen costs, in line with the Charity Commission guidelines, and have therefore included 3 months operating costs as reserves in the projections. This reserves policy will be reviewed annually and revised in line with financial conditions.

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Sources of Funds and funding going forward**

The Charity has to date enough resources from fundraising to ensure we can operate throughout the remaining months in 2025 and much of 2026. We are actively investigating other funding opportunities and will be organising fundraising events after our launch. We have added a donation facility to our website and the charity is in the process of reviewing 3rd party payment platforms which we will integrate for donations and purchase of merchandise through the Charity website.

**Section F**

**Other optional information**

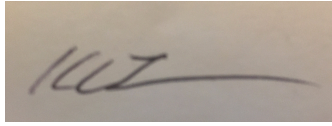
[Empty box for optional information]

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

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Signature(s)



EM-Smith

Full name(s)

Kate Jackson

Emily Moreton-Smith

Position (eg Secretary, Chair, etc)

Chair

Secretary to the Board

Date

8th May 2025



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
**Climbing out of Depression**

No (if any)  
1189274

## Receipts and payments accounts

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For the period from  
01/04/2024

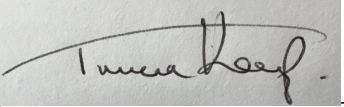
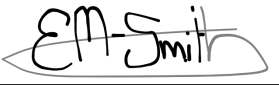
To  
31/03/2025

### Section A Receipts and payments

	Unrestricted to the nearest £	Restricted funds to the nearest £	Endowment to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Fundraising and Donations	1,807	-	-	1,807	753
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>1,807</b>	<b>-</b>	<b>-</b>	<b>1,807</b>	<b>753</b>
<b>A2 Asset and investment sales, (see</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,807</b>	<b>-</b>	<b>-</b>	<b>1,807</b>	<b>753</b>
<b>A3 Payments</b>					
Web Domain	11	-	-	11	11
DBS Checks	231	-	-	231	17
Safeguarding Training	218	-	-	218	-
Fundraising Expenses	795	-	-	795	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>1,255</b>	<b>-</b>	<b>-</b>	<b>1,255</b>	<b>28</b>
<b>A4 Asset and investment</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,255</b>	<b>-</b>	<b>-</b>	<b>1,255</b>	<b>28</b>
<b>Net of receipts/(payments)</b>	<b>552</b>	<b>-</b>	<b>-</b>	<b>552</b>	<b>725</b>
<b>A5 Transfers between funds</b>					
	-	-	-	-	-
<b>A6 Cash funds last year end</b>	<b>17,145</b>	<b>6,746</b>	<b>-</b>	<b>23,891</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>17,697</b>	<b>6,746</b>	<b>-</b>	<b>24,443</b>	<b>725</b>

### Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted to nearest £	Restricted funds to nearest £	Endowment to nearest £
<b>B1 Cash funds</b>	Bank Account	17,697	6,746	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>17,697</b>	<b>6,746</b>	<b>-</b>
	(agree balances with receipts and payments account (s))	OK	OK	OK
		<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>
	<b>Details</b>	<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-

		-	-	-
		-	-	-
		-	-	-
		-	-	-
	<b>Details</b>	<b>Fund to which asset</b>	<b>Cost (optional)</b>	<b>Current value</b>
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-
	<b>Details</b>	<b>Fund to which asset</b>	<b>Cost (optional)</b>	<b>Current value</b>
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	<b>Details</b>	<b>Fund to which</b>	<b>Amount due</b>	<b>When due</b>
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of	Signature	Print Name	Date of approval	
		Patricia Kemp (Treasurer)	8th May 2025	
		Emily Moreton-Smith (Secretary to Board)	8th May 2025	

**CLIMBING OUT OF DEPRESSION**

England & Wales - Charity number 1189274

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 01	Month April	Year 2023		Day 31	Month March	Year 2024

**Charity name** Climbing out of Depression

**Other names charity is known by** COOD

**Registered charity number (if any)** 1189274

**Charity's principal address**  
 122 Cardinal Avenue  
 Morden  
 Surrey  
**Postcode** SM4 4SX

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Patricia Kemp	Treasurer		COOD Board of Trustees
2	Kate Renshaw	Safeguarding Officer	08/02/24 - 31/03/24	COOD Board of Trustees
3	Kate Jackson	Chair		COOD Board of Trustees
4	Jon Hatfield	Digital Lead		COOD Board of Trustees
5	Sally Heath	Partnership & Business Development Lead		COOD Board of Trustees
6	Emily Moreton-Smith	Secretary to Board	18/09/23 - 31/03/24	COOD Board of Trustees
7	Kathleen Goodman	Secretary to Board	01/04/23 - 18/12/23	COOD Board of Trustees
8	Karla Goodman	Safeguarding Officer	01/04/23 - 15/01/24	COOD Board of Trustees
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**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

Belinda Fuller - Founder and Operations Manager - Voluntary position



**Description of the charity's trusts**

Type of governing document  
(eg. trust deed, constitution)

CIO Foundation Constitution

How the charity is constituted  
(eg. trust, association, company)

Trust

Trustee selection methods  
(eg. appointed by, elected by)

Appointed by the Board of Trustees

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
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policies and procedures, aims and purposes and a copy of the Governance document.

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**Summary of the objects of the charity set out in its governing document**

TO RELIEVE THE NEEDS OF THOSE WHO ARE SUFFERING FROM MENTAL HEALTH ISSUES IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, IN PARTICULAR BY PROVIDING ROCK CLIMBING AND ASSOCIATED ACTIVITIES.

# Aims and Objectives

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**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The Wave Project ([www.waveproject.co.uk](http://www.waveproject.co.uk)) which was established in 2011 has been providing people with mental health issues with access to surfing lessons as a form of therapy to relieve their symptoms. This project is now partially funded by the NHS. In 2015 a peer review concluded that the Wave project provides a demonstrable and cost effective way to deliver mental health care (please see the website for further evidence). Climbing has very similar benefits to Surfing in overcoming challenges, concentration, mindfulness and self esteem.

### **Statutory Declaration**

All Trustees have had regard to the guidance issued by the Charity Commission on public benefit and that they will comply with their responsibilities as trustees as set out in the Charity Commission guidance on public benefit.

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**Brief statement of the charity's policy on reserves**

**Reserves Policy**

The Trustees have considered the exposure to financial risk from loss of income due to fluctuations in fundraising or unforeseen costs, in line with the Charity Commission guidelines, and have therefore included 3 months operating costs as reserves in the projections. This reserves policy will be reviewed annually and revised in line with financial conditions.

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
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**Sources of Funds and funding going forward**

The Charity has to date enough resources from fundraising to ensure we can operate throughout the remaining months in 2024 and much of 2025. We have actively applied to organisations community funding schemes and have secured funding from these sources during 2021/22. We are also actively investigating other funding opportunities and will be organising fundraising events after our launch. The charity is in the process of reviewing 3rd party payment platforms which we will integrate for donations and purchase of merchandise through the Charity website.

**Section F Other optional information**

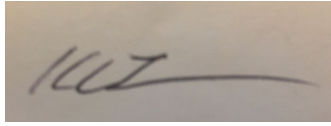
[Empty box for optional information]

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

|

Signature(s)



EM-Smith

Full name(s)

Kate Jackson

Emily Moreton-Smith

Position (eg Secretary, Chair, etc)

Chair

Secretary to the Board

Date

13th June 2024



Charity Name <b>Climbing out of Depression</b>	No (if any) 1189274
---	------------------------

**CC16a**

## Receipts and payments accounts

For the period from	Period start date 01/04/2023	To	Period end date 31/03/2024
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### Section A Receipts and payments

	Unrestricted to the nearest £	Restricted funds to the nearest £	Endowment to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	-	-	-	-	-
Fundraising and Donations	753	-	-	753	2,458
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>753</b>	<b>-</b>	<b>-</b>	<b>753</b>	<b>2,458</b>
<b>A2 Asset and investment sales, (see</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>753</b>	<b>-</b>	<b>-</b>	<b>753</b>	<b>2,458</b>
<b>A3 Payments</b>					
	-	-	-	-	-
Web Domain	11	-	-	11	11
Trustee DBS Check	17	-	-	17	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>28</b>	<b>-</b>	<b>-</b>	<b>28</b>	<b>11</b>

<b>A4 Asset and investment</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	-	-	-	-	
<b>Total payments</b>	28	-	-	28	11
<b>Net of receipts/(payments)</b>	725	-	-	725	2,447
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	16,420	6,746	-	23,166	-
<b>Cash funds this year end</b>	17,145	6,746	-	23,891	2,447

## Section B Statement of assets and liabilities at the end of the period

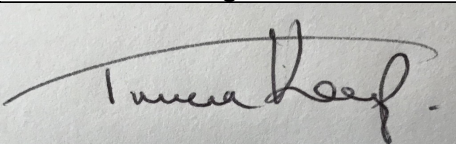
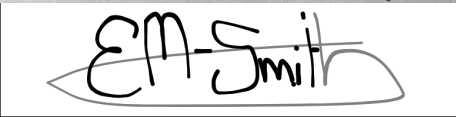
Categories	Details	Unrestricted to nearest £	Restricted funds to nearest £	Endowment to nearest £
<b>B1 Cash funds</b>	Bank Account	17,145	6,746	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>17,145</b>	<b>6,746</b>	<b>-</b>
	(agree balances with receipts and payments account (s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	<b>Details</b>	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset	Cost (optional)	Current value
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset	Cost (optional)	Current value
			-	-

		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**B5 Liabilities**

Details	Fund to which	Amount due	When due
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of

Signature	Print Name	Date of approval
	Patricia Kemp (Treasurer)	13th June 2024
	Emily Moreton-Smith (Secretary to Board)	13th June 2024

**CLIMBING OUT OF DEPRESSION**

England & Wales - Charity number 1189274

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 01	Month April	Year 2022		Day 31	Month March	Year 2023

**Charity name** Climbing out of Depression

**Other names charity is known by** COOD

**Registered charity number (if any)** 1189274

**Charity's principal address**  
 122 Cardinal Avenue  
 Morden  
 Surrey  
**Postcode** SM4 4SX

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Patricia Kemp	Treasurer		COOD Board of Trustees
2	Laura Whitticase	Safeguarding Officer	01/04/22 - 14/09/22	COOD Board of Trustees
3	Kate Jackson	Chair		COOD Board of Trustees
4	Jon Hatfield	Digital Lead		COOD Board of Trustees
5	Ian Higgins	Clinical Lead	01/04/22 - 11/10/22	COOD Board of Trustees
6	Katja Lacey	Secretary to Board	01/04/22 - 01/10/22	COOD Board of Trustees
7	Sally Heath	Partnership & Business Development Lead		COOD Board of Trustees
8	Kathleen Goodman	Secretary to Board	14/09/22 - 31/03/23	COOD Board of Trustees
9	Karla Goodman	Safeguarding Officer	07/04/22 - 31/03/23	COOD Board of Trustees
10				
11				
12				
13				
14				

15				
16				
17				
18				
19				
20				

**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

Belinda Fuller - Founder and Operations Manager - Voluntary position

**Description of the charity's trusts**

Type of governing document  
(eg. trust deed, constitution)

CIO Foundation Constitution

How the charity is constituted  
(eg. trust, association, company)

Trust

Trustee selection methods  
(eg. appointed by, elected by)

Appointed by the Board of Trustees

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system

Climbing out of Depression is governed by its constitution. The Board of Trustees is responsible for the overall governance of the Charity and will meet a minimum of four times a year. The quorum is two charity Trustees, or the number nearest to one third of the total number of Charity Trustees. The minimum number of Trustees is three.

Appointment of Trustees is on a skills basis to ensure the body has the appropriate mix of skills and experience to ensure that Charity regulations, health and safety, financial regulations and safeguards are in place and carried out in a professional manner. New Trustees will receive detailed information about the Charity, its financial status,

and procedures to manage them.

policies and procedures, aims and purposes and a copy of the Governance document.

Climbing out of Depression provides free opportunities for referred individuals to participate in supervised climbing and bouldering activities in a safe and secure environment with professional tuition, support and guidance.

Through these sessions the charity aims to help to develop confidence in participants alongside relief from stress, anxiety and associated conditions through climbing instruction and group social sessions. Additional complementary activities which also have benefits for mental and physical health will provide additional opportunities for social interaction and relief.

### **How the service will operate**

1. User completes online registration form for COOD with additional info
2. COOD review user submission for suitability and ensure required info is complete
3. If anything is missing or the user has not yet been in contact with a GP or mental health professional, COOD will liaise with the user to try and resolve
4. COOD liaise with user, instructor and wall to book first session
5. User attends first session at wall (with guardian if required), completes induction with instructor and completes first climb
6. COOD liaise with user, instructor and wall to book up to 3 more sessions.
7. COOD periodically sends out invites to social climbing sessions
8. If user has been "inactive" for a period of time COOD sends out an email to check in on them and see if they can be re-engaged

## **Risk Management and Responsibilities**

The Trustees have introduced a risk management process to assess business risk and implement risk management strategies. This involves identifying the types of risks Climbing Out of Depression face, prioritising them in terms of potential impact and the likelihood of occupancies, and then identifying and implementing ways of mitigating them. These processes will be reviewed periodically to ensure that they continue to meet the needs of the charity.

## **Safeguarding Policies**

Vulnerable groups – Climbing out of Depression have a comprehensive safeguarding policy and procedures book in place to protect participants, volunteers, and professionals etc. We carry out DBS checks on all Trustees and all Climbing Instructors, the policy details the checks required for all other participants who will be in contact with clients.

## **Privacy Policy**

Climbing out of Depression has a comprehensive Privacy policy which covers Data Protection, which is in line with the GDPR and is committed to processing data in accordance with its responsibilities under the GDPR. Having identified some areas which can be improved we are working on an update which we expect to be published in the coming months, pending approval with our lawyers..

**Summary of the objects of the charity set out in its governing document**

TO RELIEVE THE NEEDS OF THOSE WHO ARE SUFFERING FROM MENTAL HEALTH ISSUES IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, IN PARTICULAR BY PROVIDING ROCK CLIMBING AND ASSOCIATED ACTIVITIES.

# Aims and Objectives

## Purposes and Aims

Climbing out of Depression's purpose, as set out in the objects contained in the charity's constitution.

We do this by offering free access to qualified climbing instruction, social group gatherings which encompass support and other group activities designed to complement overall health and well-being.

The Charity benefits people in England and Wales, starting and expanding from South East England.

Climbing out of Depression provides free opportunities for referred individuals to participate in supervised climbing and bouldering activities in a safe and secure environment with professional tuition, support and guidance.

Through these sessions the charity aims to help to develop confidence in participants alongside relief from stress, anxiety and associated conditions through climbing instruction and group social sessions.

## Benefits and Beneficial Evidence

There is substantial evidence to support the reduction in depressive symptoms after physical activity. Climbing in particular not only increases serotonin levels which is proven in most physical activities, but due to the concentration and focus required, can help to manage the negative thought processes experienced by many sufferers, bringing relieving periods of mindfulness during the sessions.

Analysis of evidence, alongside personal stories can be found at the C/A/M website ([www.climbalongsidementalhealth.org](http://www.climbalongsidementalhealth.org))

Climbing For All Sheffield ([climbingforallsheffield.com](http://climbingforallsheffield.com)) has been a registered charity since May 2016 and provides climbing opportunities for disabled people, the organisation has similar objectives to Climbing out of Depression.

The Charity, Sport in Mind established in 2010 which is endorsed by the NHS ([www.sportinmind.org](http://www.sportinmind.org)) also use sporting activities to improve mental health wellbeing and have recorded 94% improvement in mental wellbeing and 91% improvement in self esteem, endorsing further evidence that all sporting activities are beneficial to mental health. We have recently had contact with the charity and they are interested in working with us now we have charitable registration.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The Wave Project ([www.waveproject.co.uk](http://www.waveproject.co.uk)) which was established in 2011 has been providing people with mental health issues with access to surfing lessons as a form of therapy to relieve their symptoms. This project is now partially funded by the NHS. In 2015 a peer review concluded that the Wave project provides a demonstrable and cost effective way to deliver mental health care (please see the website for further evidence). Climbing has very similar benefits to Surfing in overcoming challenges, concentration, mindfulness and self esteem.

### **Statutory Declaration**

All Trustees have had regard to the guidance issued by the Charity Commission on public benefit and that they will comply with their responsibilities as trustees as set out in the Charity Commission guidance on public benefit.

### **Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



**Summary of the main achievements of the charity during the year**

The Charity obtained registration with the Charity Commission of England and Wales in April 2020 in the midst of the Global Pandemic. As a result, all climbing facilities were closed for varying periods throughout 2020 and 2021. While our likely referrers (Mental Health Trusts, Doctors and other Charities) have been extremely busy during this period, we have been developing our structure as a charity and preparing for launch. We have been using this time to develop robust systems which include detailed user flows, strategies, policies which include a comprehensive safeguarding and privacy policy, and the launch of our new website. We have also had a very successful fundraising event through Aviva raising £6,800. In addition, we have also been ensuring our team and volunteers are trained fully for various roles to ensure the Charity is in a strong position financially and functionally. This will ensure a smooth operation when we begin to introduce clients to the Charity and the climbing walls. Our original financial projections have been revised in view of the delay in our start-up. We originally hoped to be fully up and running by the end of 2022, but continuing issues and complications brought about by Climbing walls reluctance to introduce charity entrants until they had restored their own footfall and additional policies and insurance requirements have again delayed us. We anticipate being fully running in 2023, if the situation allows.

**Brief statement of the charity's policy on reserves**

**Reserves Policy**

The Trustees have considered the exposure to financial risk from loss of income due to fluctuations in fundraising or unforeseen costs, in line with the Charity Commission guidelines, and have therefore included 3 months operating costs as reserves in the projections. This reserves policy will be reviewed annually and revised in line with financial conditions.

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Sources of Funds and funding going forward**

The Charity has to date enough resources from fundraising to ensure we can operate throughout the remaining months in 2023 and much of 2024. We have actively applied to organisations community funding schemes and have secured funding from these sources during 2021/22. We are also actively investigating other funding opportunities and will be organising fundraising events after our launch. The charity is in the process of reviewing 3rd party payment platforms which we will integrate for donations and purchase of merchandise through the Charity website.

**Section F Other optional information**

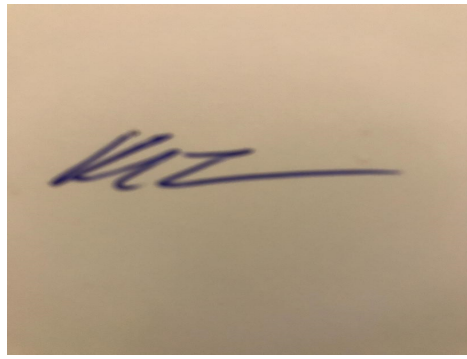
[Empty box for optional information]

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

|

**Signature(s)**



*Kathleen Goodman*

**Full name(s)**

Kate Jackson	Kathleen Goodman
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**Position (eg Secretary, Chair, etc)**

Chair	Secretary to the Board
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**Date**

17th May 2023



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name Climbing out of Depression	No (if any) 1189274
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CC16a

## Receipts and payments accounts

For the period from	Period start date 01/04/2022	To	Period end date 31/03/2023
------------------------	---------------------------------	----	-------------------------------

### Section A Receipts and payments

	Unrestricted to the nearest £	Restricted funds to the nearest £	Endowment to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	-	-	-	-	-
Fundraising and Donations	1,326	1,132	-	2,458	11,102
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>1,326</b>	<b>1,132</b>	<b>-</b>	<b>2,458</b>	<b>11,102</b>
<b>A2 Asset and investment sales, (see</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,326</b>	<b>1,132</b>	<b>-</b>	<b>2,458</b>	<b>11,102</b>
<b>A3 Payments</b>					
	-	-	-	-	-
Web Domain	11	-	-	11	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>11</b>	<b>-</b>	<b>-</b>	<b>11</b>	<b>-</b>

<b>A4 Asset and investment</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	-	-	-	-	
<b>Total payments</b>	11	-	-	11	-
<b>Net of receipts/(payments)</b>	1,315	1,132	-	2,447	11,102
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	15,105	5,614	-	20,719	-
<b>Cash funds this year end</b>	16,420	6,746	-	23,166	11,102

## Section B Statement of assets and liabilities at the end of the period

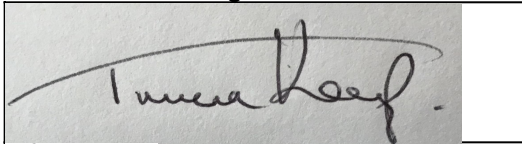
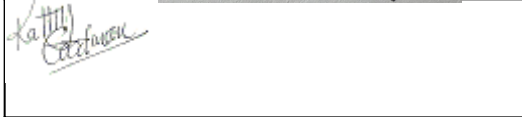
Categories	Details	Unrestricted to nearest £	Restricted funds to nearest £	Endowment to nearest £
<b>B1 Cash funds</b>	Bank Account	16,420	6,746	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>16,420</b>	<b>6,746</b>	<b>-</b>
	(agree balances with receipts and payments account (s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	<b>Details</b>	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset</b>	<b>Cost (optional)</b>	<b>Current value</b>
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset</b>	<b>Cost (optional)</b>	<b>Current value</b>
			-	-

		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**B5 Liabilities**

Details	Fund to which	Amount due	When due
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of

Signature	Print Name	Date of approval
	Patricia Kemp (Treasurer)	17th May 2023
	Kathleen Goodman (Secretary to Board)	17th May 2023

**CLIMBING OUT OF DEPRESSION**

England & Wales - Charity number 1189274

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 01	Month April	Year 2021		Day 31	Month March	Year 2022

## Section A Reference and administration details

**Charity name** Climbing out of Depression

**Other names charity is known by** COOD

**Registered charity number (if any)** 1189274

**Charity's principal address**  
 122 Cardinal Avenue  
 Morden  
 Surrey  
**Postcode** SM4 4SX

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Patricia Kemp	Treasurer		COOD Board of Trustees
2	Laura Whitticase	Safeguarding Officer		COOD Board of Trustees
3	Kate Jackson	Chair		COOD Board of Trustees
4	Jon Hatfield	Digital Lead		COOD Board of Trustees
5	Ian Higgins	Clinical Lead		COOD Board of Trustees
6	Katja Lacey	Secretary to Board		COOD Board of Trustees
7	Sally Heath		02/12/2021 - 31/03/2022	COOD Board of Trustees
8				
9				
10				
11				
12				
13				
14				
15				
16				

17				
18				
19				
20				

**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

Belinda Fuller - Founder and Operations Manager - Voluntary position

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document  
(eg. trust deed, constitution)

CIO Foundation Constitution

How the charity is constituted  
(eg. trust, association, company)

Trust

Trustee selection methods  
(eg. appointed by, elected by)

Appointed by the Board of Trustees

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Climbing out of Depression is governed by its constitution. The Board of Trustees is responsible for the overall governance of the Charity and will meet a minimum of four times a year. The quorum is two charity Trustees, or the number nearest to one third of the total number of Charity Trustees. The minimum number of Trustees is three.

Appointment of Trustees is on a skills basis to ensure the body has the appropriate mix of skills and experience to ensure that Charity regulations, health and safety, financial regulations and safeguards are in place and carried out in a professional manner. New Trustees will receive detailed information about the Charity, its financial status,

policies and procedures, aims and purposes and a copy of the Governance document.

Climbing out of Depression provides free opportunities for referred individuals to participate in supervised climbing and bouldering activities in a safe and secure environment with professional tuition, support and guidance.

Through these sessions the charity aims to help to develop confidence in participants alongside relief from stress, anxiety and associated conditions through climbing instruction and group social sessions. Additional complementary activities which also have benefits for mental and physical health will provide additional opportunities for social interaction and relief. These activities include Yoga, Mindfulness and social events.

### **How the service will operate**

1. User completes online registration form for COOD with additional info
2. COOD review user submission for suitability and ensure required info is complete
3. If anything is missing or the user has not yet been in contact with a GP or mental health professional, COOD will liaise with the user to try and resolve
4. COOD liaise with user, instructor and wall to book first session
5. User attends first session at wall (with guardian if required), completes induction with instructor and does first climb
6. COOD liaise with user, instructor and wall to book up to 3 more sessions.
7. COOD periodically sends out invites to social climbing sessions
8. If user has been "inactive" for a period of time COOD sends out an email to check in on them and see if they can be re-engaged

## **Risk Management and Responsibilities**

The Trustees have introduced a risk management process to assess business risk and implement risk management strategies. This involves identifying the types of risks Climbing Out of Depression face, prioritising them in terms of potential impact and the likelihood of occupancies, and then identifying and implementing ways of mitigating them. These processes will be reviewed periodically to ensure that they continue to meet the needs of the charity.

## **Safeguarding Policies**

Vulnerable groups – Climbing out of Depression have a comprehensive safeguarding policy and procedures book in place to protect participants, volunteers, and professionals etc. We carry out DBS checks on all Trustees and all Climbing Instructors, the policy details the checks required for all other participants who will be in contact with clients.

## **Privacy Policy**

Climbing out of Depression has a comprehensive Privacy policy which covers Data Protection, which is in line with the GDPR and is committed to processing data in accordance with its responsibilities under the GDPR. The current policy is currently being updated and we are waiting for approval confirmation from our lawyers.

## **Section C**

## **Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

TO RELIEVE THE NEEDS OF THOSE WHO ARE SUFFERING FROM MENTAL HEALTH ISSUES IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, IN PARTICULAR BY PROVIDING ROCK CLIMBING AND ASSOCIATED ACTIVITIES.

# Aims and Objectives

## Purposes and Aims

Climbing out of Depression's purpose, as set out in the objects contained in the charity's constitution.

We do this by offering free access to qualified climbing instruction, social group gatherings which encompass support and other group activities designed to complement overall health and well-being, including yoga and mindfulness sessions.

The Charity benefits people in England and Wales, starting and expanding from South East England.

Climbing out of Depression provides free opportunities for referred individuals to participate in supervised climbing and bouldering activities in a safe and secure environment with professional tuition, support and guidance.

Through these sessions the charity aims to help to develop confidence in participants alongside relief from stress, anxiety and associated conditions through climbing instruction and group social sessions. Additional complementary activities which also have benefits for mental and physical health will provide additional opportunities for social interaction and relief. These activities include Yoga, Mindfulness and social events.

## Benefits and Beneficial Evidence

There is substantial evidence to support the reduction in depressive symptoms after physical activity. Climbing in particular not only increases serotonin levels which is proven in most physical activities, but due to the concentration and focus required, can help to manage the negative thought processes experienced by many sufferers, bringing relieving periods of mindfulness during the sessions.

Analysis of evidence, alongside personal stories can be found at the C/A/M website ([www.climbalongsidementalhealth.org](http://www.climbalongsidementalhealth.org))

Climbing For All Sheffield ([climbingforallssheffield.com](http://climbingforallssheffield.com)) has been a registered charity since May 2016 and provides climbing opportunities for disabled people, the organisation has similar objectives to Climbing out of Depression.

The Charity, Sport in Mind established in 2010 which is endorsed by the NHS ([www.sportinmind.org](http://www.sportinmind.org)) also use sporting activities to

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

improve mental health wellbeing and have recorded 94% improvement in mental wellbeing and 91% improvement in self esteem, endorsing further evidence that all sporting activities are beneficial to mental health. We have recently had contact with the charity and they are interested in working with us when we have received charitable registration.

The Wave Project ([www.waveproject.co.uk](http://www.waveproject.co.uk)) which was established in 2011 has been providing people with mental health issues with access to surfing lessons as a form of therapy to relieve their symptoms. This project is now partially funded by the NHS. In 2015 a peer review concluded that the Wave project provides a demonstrable and cost effective way to deliver mental health care (please see the website for further evidence). Climbing has very similar benefits to Surfing in overcoming challenges, concentration, mindfulness and self esteem.

### **Statutory Declaration**

All Trustees have had regard to the guidance issued by the Charity Commission on public benefit and that they will comply with their responsibilities as trustees as set out in the Charity Commission guidance on public benefit.

#### **Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

The Charity obtained registration with the Charity Commission of England and Wales in April 2020 in the midst of the Global Pandemic. As a result, all climbing facilities were closed for varying periods throughout 2020 and 2021. While our likely referrers (Mental Health Trusts, Doctors and other Charities) have been extremely busy during this period, we have been developing our structure as a charity and preparing for launch. We have been using this time to develop robust systems, strategies and a website. We have also been focusing on fundraising, developing team leaders and volunteers for various roles to ensure the Charity is in a strong position financially and functionally. This will ensure a smooth operation when we begin to introduce clients to the Charity and the climbing walls. Our original financial projections have been revised in view of the delay in our start-up. We originally hoped to be fully up and running by the end of May 2021 but continuing issues and complications brought about by further lockdowns and restrictions at the climbing walls, we anticipate to be fully running in 2022, if the situation allows.

There are growing concerns about the effects that prolonged lockdowns are having on the mental health of adults and more worrying on children. We feel the need for services the Charity provides will be even greater than before the pandemic.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

### Reserves Policy

The Trustees have considered the exposure to financial risk from loss of income due to fluctuations in fundraising or unforeseen costs, in line with the Charity Commission guidelines, and have therefore included 3 months operating costs as reserves in the projections. This reserves policy will be reviewed annually and revised in line with financial conditions.

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

### Sources of Funds and funding going forward

The Charity has to date enough resources from fundraising to ensure we can operate throughout the remaining months in 2022 and much of 2023. We have actively applied to organisations community funding schemes and have secured funding from these sources during 2021. We are also actively investigating crowdfunding opportunities and will be organising fundraising events in the remaining part of this year as long as no further COVID restrictions are in force. The charity is in the process of developing a platform for donations and purchase of merchandise through the Charity website.

## Section F

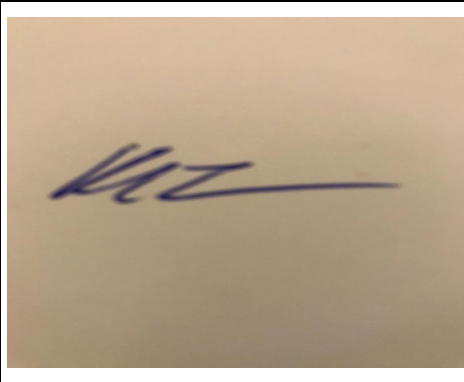
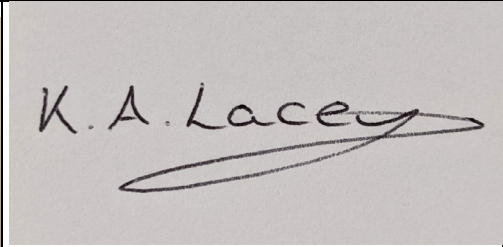
## Other optional information

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		

<b>Full name(s)</b>	Kate Jackson	Katja Lacey
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<input type="checkbox"/>	<b>Position (eg Secretary, Chair, etc)</b>	Chair	Secretary to the Board
		<input type="checkbox"/>	
		<input type="checkbox"/>	
	<b>Date</b>	26th May 2022	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>Climbing out of Depression</b>	No (if any) 1189274
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## Receipts and payments accounts

For the period from	Period start date 01/04/2021	To	Period end date 31/03/2022
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### Section A Receipts and payments

	Unrestricted to the nearest £	Restricted to the nearest £	Endowment to the nearest £	Total funds to the nearest £
<b>A1 Receipts</b>				
	-	-	-	-
Fundraising and Donations	5,488	5,614	-	11,102
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total (Gross income for</b>	<b>5,488</b>	<b>5,614</b>	<b>-</b>	<b>11,102</b>
<b>A2 Asset and investment sales,</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,488</b>	<b>5,614</b>	<b>-</b>	<b>11,102</b>
<b>A3 Payments</b>				
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A4 Asset and investment</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>5,488</b>	<b>5,614</b>	<b>-</b>	<b>11,102</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>9,617</b>	<b>-</b>	<b>-</b>	<b>9,617</b>
<b>Cash funds this year end</b>	<b>15,105</b>	<b>5,614</b>	<b>-</b>	<b>20,719</b>

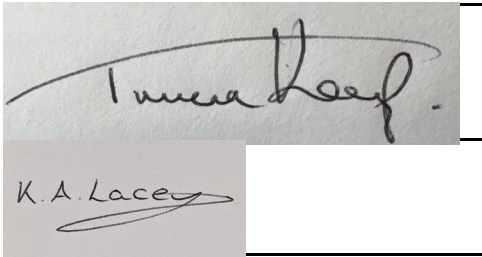
# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted to nearest £	Restricted to nearest £
<b>B1 Cash funds</b>	Bank Account	15,105	5,614
		-	-
		-	-
	<b>Total cash funds</b>	<b>15,105</b>	<b>5,614</b>
	(agree balances with receipts and payments account(s))	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	-	-
		-	-
		-	-
		-	-
		-	-
		-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
			-
			-
			-
			-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
			-
			-
			-
			-
			-
			-
			-
			-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which</b>	<b>Amount due</b>
			-
			-
			-
			-

Signed by one or two trustees on

Signature \_\_\_\_\_

Print Name



Patricia Kemp (Treasurer)
Katja Lacey (Secretary to Board)

**CC16a**



**Last year  
to the nearest £**

-
<b>9,617</b>
-
-
-
-
-
-
<b>9,617</b>

-
-
<b>-</b>

<b>9,617</b>
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-
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-
<b>-</b>

-
<b>-</b>

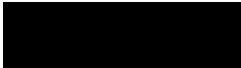
<b>-</b>
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<b>9,617</b>
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-
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-
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<b>9,617</b>
--------------



**Endowment  
to nearest £**

-
-
-
-

OK

**Endowment  
funds  
to nearest £**

-
-
-
-
-
-

**Current value  
(optional)**

-
-
-
-
-

**Current value  
(optional)**

-
-
-
-
-
-
-
-
-

**When due**


Date of |

**5th May 2022**

**5th May 2022**

**CLIMBING OUT OF DEPRESSION**

England & Wales - Charity number 1189274

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# Accounts

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## Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2020		31	March	2021



**Charity name**

Climbing out of Depression

**Other names charity is known by**

COOD

**Registered charity number (if any)**

1189274

**Charity's principal address**

122 Cardinal Avenue	
Morden	
Surrey	
<b>Postcode</b>	<b>SM4 4SX</b>

Names of the charity trustees who manage the charity				
	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Patricia Kemp	Treasurer		COOD Board of Trustees
2	Laura Whitticase	Safeguarding Officer		COOD Board of Trustees
3	Kate Jackson	Chair		COOD Board of Trustees
4	Jon Hatfield	Digital Lead	01/10/2020 - 31/03/2021	COOD Board of Trustees
5	Ian Higgins	Clinical Lead	01/10/2020 - 31/03/2021	COOD Board of Trustees
6	Katja Lacey	Secretary to Board	01/10/2020 - 31/03/2021	COOD Board of Trustees
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
<b>Names of the trustees for the charity, if any, (for example, any custodian trustees)</b>				
	<b>Name</b>	<b>Dates acted if not for whole year</b>		


Names and addresses of advisers (Optional information)		
Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

Belinda Fuller - Founder and Operations Manager - Voluntary position

Description of the charity's trusts	
Type of governing document (eg. trust deed, constitution)	CIO Foundation Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Board of Trustees
Additional governance issues (Optional information)	
<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity's organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees' consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>Climbing out of Depression is governed by its constitution. The Board of Trustees is responsible for the overall governance of the Charity and will meet a minimum of four times a year. The quorum is two charity Trustees, or the number nearest to one third of the total number of Charity Trustees. The minimum number of Trustees is three.</p> <p>Appointment of Trustees is on a skills basis to ensure the body has the appropriate mix of skills and experience to ensure that Charity regulations, health and safety, financial regulations and safeguards are in place and carried out in a professional manner. New Trustees will receive detailed information about the Charity, its financial status, policies and procedures, aims and purposes and a copy of the Governance document.</p> <p>Climbing out of Depression provides free opportunities for referred individuals to participate in supervised climbing and bouldering activities in a safe and secure environment with professional tuition, support and guidance.</p> <p>Through these sessions the charity aims to help to develop confidence in participants alongside relief from stress, anxiety and associated conditions through climbing instruction and group social sessions. Additional complementary activities which also have benefits for mental and physical health will provide additional opportunities for social interaction and relief. These activities include Yoga, Mindfulness and social events.</p> <p><b>How the service will operate</b></p> <ol style="list-style-type: none"> <li>1. COOD receives referral from GP, NHS Trust or other charity for user</li> <li>2. COOD send email to user with link to</li> </ol>



**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

charity's constitution.

We do this by offering free access to qualified climbing instruction, social group gatherings which encompass support and other group activities designed to complement overall health and well-being, including yoga and mindfulness sessions.

The Charity benefits people in England and Wales, starting and expanding from South East England.

Climbing out of Depression provides free opportunities for referred individuals to participate in supervised climbing and bouldering activities in a safe and secure environment with professional tuition, support and guidance.

Through these sessions the charity aims to help to develop confidence in participants alongside relief from stress, anxiety and associated conditions through climbing instruction and group social sessions. Additional complementary activities which also have benefits for mental and physical health will provide additional opportunities for social interaction and relief. These activities include Yoga, Mindfulness and social events.

### **Benefits and Beneficial Evidence**

There is substantial evidence to support the reduction in depressive symptoms after physical activity. Climbing in particular not only increases serotonin levels which is proven in most physical activities, but due to the concentration and focus required, can help to manage the negative thought processes experienced by many sufferers, bringing relieving periods of mindfulness during the sessions.

Analysis of evidence, alongside personal stories can be found at the C/A/M website ([www.climbalongsidementalhealth.org](http://www.climbalongsidementalhealth.org))

Climbing For All Sheffield ([climbingforallssheffield.com](http://climbingforallssheffield.com)) has been a registered charity since May 2016 and provides climbing opportunities for disabled people, the organisation has similar objectives to Climbing out of Depression.

The Charity, Sport in Mind established in 2010 which is endorsed by the NHS ([www.sportinmind.org](http://www.sportinmind.org)) also use sporting activities to improve mental health wellbeing and have recorded 94% improvement in mental wellbeing and 91% improvement in self esteem, endorsing further evidence that all sporting activities are beneficial to mental health. We have recently had contact with the charity and they are interested in working with us when we have received charitable registration.

The Wave Project ([www.waveproject.co.uk](http://www.waveproject.co.uk)) which was established in 2011 has been providing people with mental health issues with access to surfing lessons as a form of therapy to relieve their symptoms. This project is now partially funded by the NHS. In 2015 a peer review concluded that the Wave project provides a demonstrable and cost effective way to deliver mental health care (please see the website for further evidence). Climbing has very similar benefits to Surfing in overcoming challenges, concentration, mindfulness and self esteem.

### **Statutory Declaration**

All Trustees have had regard to the guidance issued by the Charity Commission on public benefit and that they will comply with their responsibilities as trustees as set out in the Charity Commission guidance on public benefit.

### **Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

The Charity obtained registration with the Charity Commission of England and Wales in April 2020 in the midst of the Global Pandemic. As a result, all climbing facilities were closed. While our likely referrers (Mental Health Trusts, Doctors and other Charities) have been extremely busy during this period, we have been developing our structure as a charity and preparing for launch. We have been using this time to develop robust systems, strategies and a website. We have also been focusing on developing team leaders and volunteers for various roles to ensure the Charity is in a strong position financially and functionally. This will ensure a smooth operation when we begin to introduce clients to the Charity and the climbing walls. Our original financial projections have been revised in view of the delay in our start-up. We hope to be fully up and running by the end of May 2021 if the situation allows.

There are growing concerns about the effects that prolonged lockdowns are having on the mental health of adults and more worrying on children. We feel the need for services the Charity provides will be even greater than before the pandemic when restrictions are lifted.

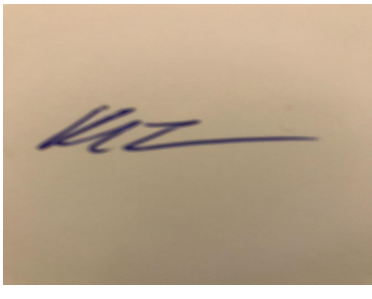
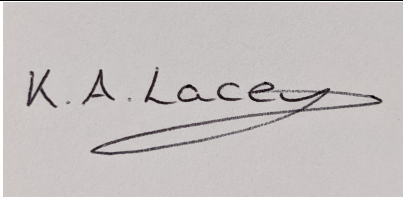
**Brief statement of the charity's policy on reserves**

**Reserves Policy**

The Trustees have considered the exposure to financial risk from loss of income due to fluctuations in fundraising or unforeseen costs, in line with the Charity Commission guidelines, and have therefore included 3 months operating costs as reserves in the projections. These funds will be held in a separate account to safeguard the continuing operation of the Charity. This reserves policy will be reviewed annually and revised in line with financial conditions.

<b>Details of any funds materially in deficit</b>	
<b>Further financial review details (Optional information)</b>	
<p>You <b>may choose</b> to include additional information, where relevant about:</p> <ul style="list-style-type: none"> <li>the charity's principal sources of funds (including any fundraising);</li> <li>how expenditure has supported the key objectives of the charity;</li> <li>investment policy and objectives including any ethical investment policy adopted.</li> </ul>	<p><b>Sources of Funds and funding going forward</b></p> <p>The Charity has to date enough resources from fundraising to ensure we can operate throughout the remaining months in 2021 and into early 2022. We are actively applying to organisations community funding schemes and are optimistic that we will secure funding from these sources during 2021. We are also actively investigating crowdfunding opportunities and will be organising fundraising events in the remaining part of this year as long as COVID restrictions do not impede us. The charity is in the process of developing a platform for donations and purchase of merchandise through the Charity website.</p>

<b>Section F</b>	<b>Other optional information</b>

		<b>The trustees declare that they have approved the trustees' report above.</b>	
		Signed on behalf of the charity's trustees	
<b>Signature(s)</b>			
<b>Full name(s)</b>	Kate Jackson	Katja Lacey	
	<b>Position (eg Secretary, Chair, etc)</b>	Chair	Secretary to the Board
	<b>Date</b>	7th April 2021	

Charity Name <b>Climbing out of Depression</b>	No (if any) 1189274	<b>CC16a</b>	
<b>Receipts and payments accounts</b>			
For the period from	Period start date 01/04/2020		To

## Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	0	0	0	0	0
Fundraising and Donations	9,617	0	0	9,617	9,617
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total(Gross income for AR)</b>	<b>9,617</b>	<b>0</b>	<b>0</b>	<b>9,617</b>	<b>9,617</b>
<b>A2 Asset and investment sales, (see table).</b>					
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total receipts</b>	<b>9,617</b>	<b>0</b>	<b>0</b>	<b>9,617</b>	<b>9,617</b>
<b>A3 Payments</b>					
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total payments</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Net of receipts/(payments)</b>	<b>9,617</b>	<b>0</b>	<b>0</b>	<b>9,617</b>	<b>9,617</b>
<b>A5 Transfers between funds</b>	0	0	0	0	0
<b>A6 Cash funds last year end</b>	0	0	0	0	0
<b>Cash funds this year end</b>	<b>9,617</b>	<b>0</b>	<b>0</b>	<b>9,617</b>	<b>9,617</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Account	9,617	0	0
		0	0	0
		0	0	0
	<b>Total cash funds</b>	<b>9,617</b>	<b>0</b>	<b>0</b>
	<small>(agree balances with receipts and payments account(s))</small>	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		0	0	0
		0	0	0
		0	0	0

	0	0	0
	0	0	0
	0	0	0

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		0	0
		0	0
		0	0
		0	0
		0	0

**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0

*Patricia Kemp*

*K. A. Lacey*

**B5 Liabilities**

Details	Fund to which liability relates	When due (optional)

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Patricia Kemp (Treasurer)	1st April 2021
	Katja Lacey (Secretary to Board)	1st April 2021