



## Trustees' Annual Report for the period

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

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	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
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20				
Names of the trustees for the charity, if any, (for example, any custodian trustees)				
	Name	Dates acted if not for whole year		



- registration form
3. User completes online registration form for COOD with additional info
4. COOD review user submission for suitability and ensure required info is complete
5. COOD liaise with user, instructor and wall to book first session
6. User attends first session at wall (with guardian if required), completes induction with instructor and does first climb
7. COOD collects feedback from user and instructor from first session
8. COOD liaise with user, instructor and wall to book up to 3 more sessions. Each time collecting feedback from the session
9. COOD periodically sends out invites to social climbing sessions
10. 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 policies and procedures book in place to protect participants, volunteers, and professionals etc. One specifically for children and the other for adults. 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.

### Data Protection Policy

Climbing out of Depression has a comprehensive Data Protection policy in place which is in line with the GDPR and is committed to processing data in accordance with its responsibilities under the GDPR. The designated data protection officer is Laura Whitticase.

<b>Summary of the objects of the charity set out in its governing document</b>	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.
	<h2>Aims and Objectives</h2> <h3>Purposes and Aims</h3> <p>Climbing out of Depression’s purpose, as set out in the objects contained in the</p>

<p><b>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)</b></p>	<p>charity's constitution.</p> <p>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.</p> <p>The Charity benefits people in England and Wales, starting and expanding from South East England.</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>Benefits and Beneficial Evidence</b></p> <p>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.</p> <p>Analysis of evidence, alongside personal stories can be found at the C/A/M website (<a href="http://www.climbalongsidementalhealth.org">www.climbalongsidementalhealth.org</a>)</p> <p>Climbing For All Sheffield (<a href="http://climbingforallssheffield.com">climbingforallssheffield.com</a>) 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.</p> <p>The Charity, Sport in Mind established in 2010 which is endorsed by the NHS (<a href="http://www.sportinmind.org">www.sportinmind.org</a>) 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.</p> <p>The Wave Project (<a href="http://www.waveproject.co.uk">www.waveproject.co.uk</a>) 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.</p> <p><b>Statutory Declaration</b></p> <p>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.</p>
<p><b>Additional details of objectives and activities (Optional information)</b></p>	
<p>You <b>may choose</b> to include further statements, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policy on grantmaking;</li> <li>• policy programme related investment;</li> <li>• contribution made by volunteers.</li> </ul>	

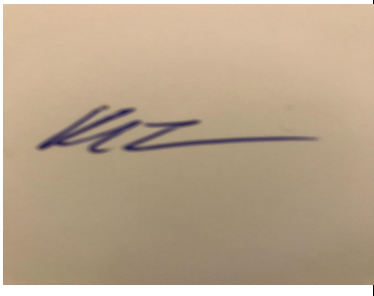
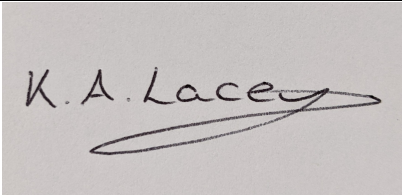
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<b>Summary of the main achievements of the charity during the year</b>	<p>The Charity obtained registration with the Charity Commission of England and Wales in April 2020 in the midst of the Global Pandemic. As a result, all climbing facilities were 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.</p> <p>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.</p>

<b>Brief statement of the charity's policy on reserves</b>	<p><b>Reserves Policy</b></p> <p>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.</p>

<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>

<p><b>The trustees declare that they have approved the trustees' report above.</b></p> <p><b>Signed on behalf of the charity's trustees</b></p>			
<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		No (if any)	
Climbing out of Depression		1189274	
<b>Receipts and payments accounts</b>			
For the period from	Period start date	To	Period end date
	01/04/2020		31/03/2021

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## 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
	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
<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
	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>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>A6 Cash funds last year end</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<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>
	(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>		0	0	0
		0	0	0
		0	0	0

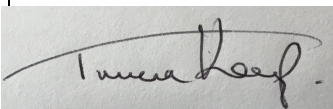
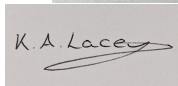
	0	0	0
	0	0	0
	0	0	0

### 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

### B5 Liabilities

Details	Fund to which liability relates	When due (optional)
	0	
	0	
	0	
	0	
	0	

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