		<b>Trustees' Annual Report for the period</b>					
		Period start date			Period end date		
		Day 01	Month April	Year 2022	<b>T o</b>	Day 31	Month March
<b>From</b>							
<b>Charity name</b>				Climbing out of Depression			
<b>Other names charity is known by</b>				COOD			
<b>Registered charity number (if any)</b>				1189274			
<b>Charity's principal address</b>				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	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				
	<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)

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.

**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)**

# 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 ([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 now we have 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)**

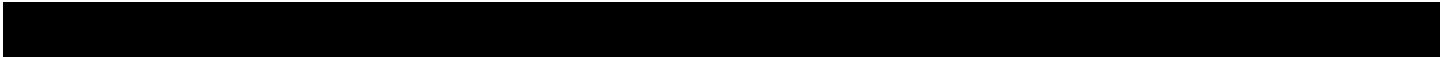
You **may choose** to include further statements, where relevant, about:

- 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 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**

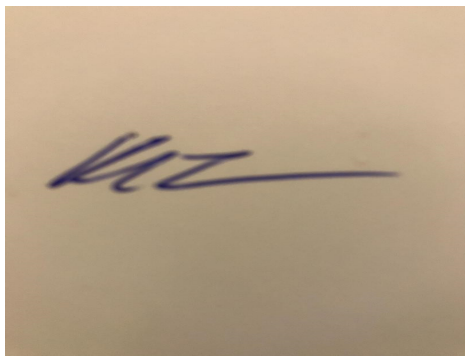
**Other optional information**

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

**Position (eg Secretary, Chair, etc)**

Chair

Secretary to the Board

**Date**

17th May 2023



CHARITY COMMISSION  
FOR ENGLAND AND WALES

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

CC16a

For the period from	Period start date 01/04/2022	To	Period end date 31/03/2023
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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	1,326	1,132	-	2,458	11,102
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	1,326	1,132	-	2,458	11,102
<b>A2 Asset and investment sales, (see</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1,326	1,132	-	2,458	11,102
<b>A3 Payments</b>					
	-	-	-	-	-
Web Domain	11	-	-	11	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	11	-	-	11	-

<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

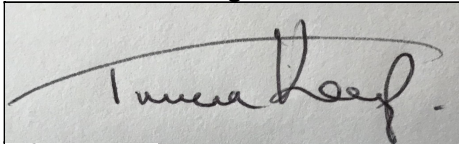

Categories	Details	Unrestricted to nearest £	Restricted funds to nearest £	Endowment to nearest £
<b>B1 Cash funds</b>	Bank Account	16,420	6,746	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	16,420	6,746	-
	(agree balances with receipts and payments account (s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset	Cost (optional)	Current value
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	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)	17th May 2023
	Kathleen Goodman (Secretary to Board)	17th May 2023