	Trustees' Annual Report for the period							
		Period start date				Period end date			
		From	Day 01	Month April	Year 2024	To	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
	9				
	10				
	11				
	12				
	13				
	14				
	15				
	16				
	17				

	18				
	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.

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)

Climbing For All Sheffield (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) 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) 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)

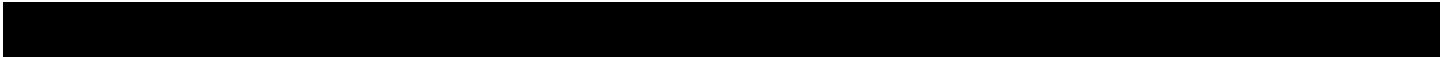
You **may choose** to include further statements, where relevant, about:

- 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

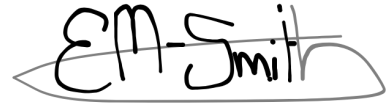
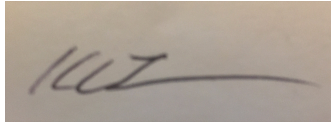
Other optional information

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

Signed on behalf of the charity's trustees

|

Signature(s)



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

CC16a

Receipts and payments accounts

For the period
from

Period start date
01/04/2024

To

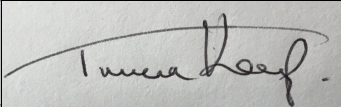
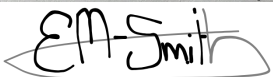
Period end date
31/03/2025

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

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

		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset	Cost (optional)	Current value
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset	Cost (optional)	Current value
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which	Amount due	When due
B5 Liabilities			-	
			-	
			-	
			-	
			-	
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