



# IMPACT STATEMENT

## OUR YEAR IN SUMMARY 2022

**“Enhancing the recovery and rehabilitation of seriously wounded service people and veterans”**

*This Impact Statement covers the period for 2022 and highlights the key achievements, activity and support provided to and by Climb2Recovery*







# WHO WE ARE ... C2R

Established by wounded veterans to significantly enhance the recovery and rehabilitation of other veterans and those still serving who have been wounded, injured, become sick or otherwise adversely affected by their military service.

C2R achieves this through a year-round programme of climbing and mountaineering that provides a variety of opportunities to get outdoors, make friends, learn skills, gain qualifications and paid work experience.

The impact of this activity is broad and far reaching, greatly improving the well-being, social functioning, self-confidence, and life outlook of our members, as well as leaving them more likely to take part in activities involving exploration (trying and learning new things), testing themselves in challenging or new situations, and listening to and helping others (increasing empathy and teamwork).

This also resonates with what's most important to our members – which is always having a C2R event in the diary, throughout the year, which they can look forward to, where they can meet up with and make new friends, have fun and do something exciting!

“The impact of this activity is

**broad and far reaching ...”**







Over the past year C2R have provided the following  
**Individual Training days**

# OUR TRAINING DAYS IN 2022

Total Training  
**1,078** days

Peak District  
**300** days

Skye  
**36** days

Pembrokeshire  
**20** days

Cornwall  
**60** days

IRATA  
Training  
**20** days

Multi  
Activity  
**220** days

Regional  
Support  
**72** days

Chamonix, Alps  
**84** days

Spain  
**60** days



Winter Skills Training  
**150** days





# QUALIFICATIONS ACHIEVED

4

Rock Climbing  
Instructors  
Trained



23

Training &  
Assessment  
courses  
completed



4

Rock Climbing  
Instructors  
Assessed



6 Mountain  
Leaders Trained

3 Winter Mountain  
Leader Assessed



1 Mountaineering  
& Climbing  
Instructor trained

1 International  
Mountain Leader  
Trained

4 IRATA Level 1  
Rope Access  
Awards



2 International  
Mountain Leaders  
Assessed

6 Off-Sight  
Safety Managers  
certificates awarded



Enhancing recovery through climbing



# FUNDING & HOW WE USED IT

For 2022, C2R received a total of **£135,000** in donations and grants

All funding is committed or spent

Total cost of C2R Activities in 2022 was **£122,000**

For 2023 we require **£130,000** to run our programme of events, welcoming **40** new members



**Sustainable funding**  
enabling support







## TRUSTEE STATEMENT 2022

This is Climb 2 Recovery's sixth year of delivering activity and third year as a registered charity.

Organisationally we remain a small and committed team, just our CEO, Operations Manager and, new for 2022, a Grants and Impact Manager alongside the Board of Trustees. More recently our governance, risk and operational framework has allowed us to greatly expand the breadth, frequency, reach and impact of our programme.

During the last six years we have provided life-changing climbing and mountaineering opportunities to seriously wounded, injured, sick, disabled and disadvantaged service people and veterans. The majority of whom have remained engaged with us long-term, and have gained or are working towards professional leadership qualifications fully sponsored through our programme.

Overall, this has helped to improve the broader rehabilitation and recovery of our members, bringing people back from the brink by giving them hope, a community, friendship and many adventures. We are excited at the growing body of academic evidence that proves this relationship: between climbing and mountaineering and vastly improved self-confidence, self-esteem, happiness, physical fitness, psychological health and life outlook. Climb 2 Recovery is making a contribution to this research with academics at a UK University.

***"... It's an exciting journey we are on together!"***







# TRUSTEE STATEMENT 2022

So our first thanks goes to our members: Whose bravery and courage in the face of often unimaginable adversity gives so much inspiration. Your commitment to yourselves and to each other, to our community, creates so much strength, resilience, mutual moral and emotional support, friendship and great enjoyment.

Our second thanks goes to all the many organisations and individuals who have supported us and without whom we simply wouldn't be able to deliver.

You are the foundations and bedrock of our community.



**A climbing community  
for wellbeing**

## Looking to the future

Demand for our services continues to exceed our capacity to supply opportunities, despite our exponential growth over the last six years. This is because there are still so many service people and veterans in need of help and support, particularly following the pandemic and now a desperate cost of living crisis. We are constantly exploring ways of driving down costs and making our activity more efficient and effective so that as much of our funding as possible goes directly to supporting our members.

*"The work of Climb 2 Recovery is extremely important, we are changing lives for the better, if you can help support us in anyway please do get in touch."*

C2R Trustees 2022





Academic research shows that the rehabilitation and recovery of service people and veterans, suffering with complex mental health problems, requires far more than just a clinical solution.

In short, our members need something to compliment their clinical treatment and approaches, that makes their recovery more holistic and person-focused, and which counters the associated stigmatisation of injury/illness and recovery.

This is C2R's unique contribution; we compliment and **enhance** conventional clinical practice, but without being associated with hospitals, rehabilitation centres, or other clinical settings that often have negative connotations and meanings.



Specifically, C2R provides a pretext, an environment, and a safe community for seriously injured/ill service people and veterans to makes sense of their circumstances. This is enabling veterans to re-discover themselves, providing courses in an environment with no stigma, helping to facilitate a more successful return to healthy levels of psychological functioning and independence.

C2R is proud to be working with University academics to research and help better understand the tremendous therapeutic benefits of climbing and mountaineering.

## Understanding more

**facilitating success**







## OUR MEMBERS

Many have physical injuries, but almost all have psychological injuries and complex mental health problems, particularly PTSD. Many are in receipt of Armed Forces Compensation or War Pensions, as well as Armed Forces Independence Payment or Personal Independence Payment.

They are variously married, with partners or single, most are cared for by others whilst also having dependent children, or partners and parents that require care too.

They are generally supported by other organisations, the NHS, local authority and other service charities, this tends to reduce over time with C2R.

Mostly male but our female membership is growing



Most members are between 25 and 50

They are from all three services, mostly the Army then the Royal Marines, including Officers, Warrant Officers, SNCOs and non-commissioned, from a variety of specialist trades and roles.

Although from all over the UK, they tend to reside in less affluent urban and rural areas.

Although some work full-time, due to their injuries many are only part-time or are unable to work; employment tends to increase over time with C2R.

Generally, life is tough, with little fun or much to look forward, often suffering financial hardships.







## OUR MEMBERSHIP

Our members have remained highly engaged and involved with the programme throughout 2022, with almost everyone attending at least one course and many returning for several events over the year.

We gained 30 new members during 2022, all seriously wounded, sick, disabled and disadvantaged veterans, taking our total membership to well over 100.

The vast majority of our members continue to pursue at least one, and some two to three, professional climbing and mountaineering qualifications - all fully funded by Climb 2 Recovery. C2R remains the only veterans charity, and climbing and mountaineering charity, that fully sponsors and mentors our beneficiaries through the full hierarchy of Mountain Training qualifications.



Over **100** members

**30** New  
members  
in **2022**







## REGIONAL PROGRAMME

Thanks to a grant from the Armed Forces Covenant Trust Fund during 2022 Climb 2 Recovery established a *Regional Programme* to run alongside and complement our main national residential programme. Training and employing a team of beneficiary members as Regional Representatives across the UK, this team are now planning a range of local activity for C2R - with the aim of delivering more climbing and getting together, closer to home and more frequently.

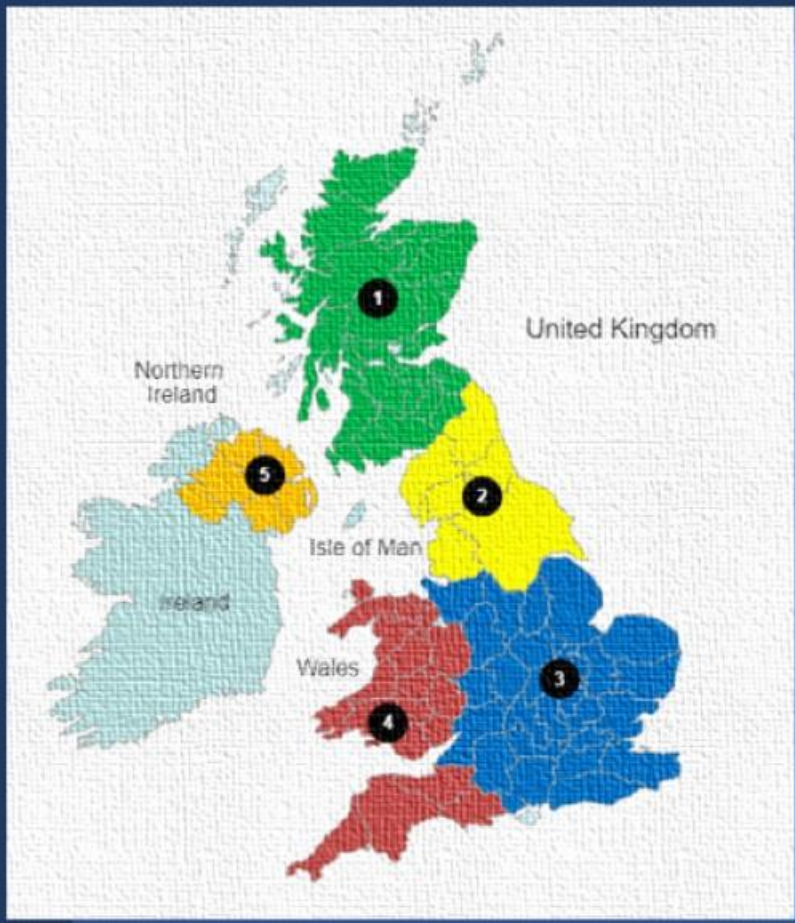
In the last 3 months of 2022, the regional programme has delivered 24 events and enabled 108 training days with much more planned for 2023.

During 2023 the Regional Programme will expand to help us identify and recruit new members, other veterans and service people in need of our support. Once these potential members have been along for a few climbs the Regional Representative will signpost them to the main C2R residential programme.

Details on regional events and their schedules of activity can be found on the website.

**Regional Courses — [Climb2Recovery \(c2r.org\)](https://climb2recovery.org)**

**108**  
training  
days



**Improving networks  
reaching further**





# CASE STUDIES & TESTIMONIALS

## Your background story ...

I left the Army in February 2020 having served eight years with The Rifles. After multiple arduous overseas exercises and an operational deployment to Afghanistan, I felt it was too much. I was suffering with depression following the tragic death of my four-year-old daughter Lilly, and had mental health issues that needed attention.

A colleague and good friend had been trying to refer me to C2R for a while, I finally agreed to go along to a trial day in the Peak District. I met Neil Heritage on that course and things just went from there.

During past 12-months I have been incredibly fortunate and privileged to have completed Mountain Leader and Rock Climbing Instructor training, whilst also participating in many climbing events run by C2R, all over the UK.

Personally, it took a lot for me to apply to the C2R programme as I don't enjoy admitting that I need help or support in any way, regardless of how desperate I was feeling.

***"I raised funds for C2R by completing the West Highland Way in Scotland***

***- finishing with an ascent of Ben Nevis!"***

**Ian Fox – Army Veteran.  
Member since 2020**

*'the friends that I've made and keep in touch with daily are the real highlights for me, having genuine friends that are always there for you is priceless'*



## The impact for you ...

**C2R** has enabled me to meet other veterans that have overcome adversity and that continue to work on their rehabilitation and recovery through climbing and mountaineering. After leaving the Army, I felt there was a huge support gap missing, that would have usually been filled by my best friends and comrades. C2R has helped me find a close circle of new friends outside of the military, but with the same humour and dry wit that you would usually only find among military people.

I am far more sociable and outgoing now, and much like the military, climbing has taught me a lot about my limits and how they are never set in stone. Getting outside, is imperative for my mental health, the monthly C2R events give me something genuine to look forward to.





## CASE STUDIES & TESTIMONIALS

### What impact did the project have on you and how has it made a difference?

I feel an improved level of confidence through learning new skills and meeting people. When I hear other peoples' stories of how their military service had impacted them, and how they have overcome adversity, allows me to put my own situation into perspective and gives me the confidence to succeed.

"On the bus to Chamonix, I had a small panic attack, but Ian was supportive. I managed to control my breathing and get through it."

Having supportive members and staff creates a comfortable feeling, enabling me to take part in the activities. Getting through this panic attack without it escalating has helped me build more confidence for the future.



Andrew Cliff - RAF Veteran  
Member since 2021

*"With my climbing experience improving, I have been able to climb with my partner - which she has enjoyed!"*



### What have you achieved so far? What has changed?

An improved ability to handle my anxiety. Greater sense of personal confidence, through spending time with a group, getting to know them and with the safety net of having a supportive environment around me.

Being outside my comfort zone yet in a supportive environment, with likeminded people, and experiencing things I wouldn't normally have the confidence to pursue without C2R is a great feeling.



Climb 2 Recovery is constantly exploring ways of making our organisation ever more efficient and cost effective.

We deliberately don't have any office spaces, facilities or vehicles to pay for or maintain; our courses utilise budget group accommodation and we purchase and prepare all our own food and meals; our CEO takes no wage. Our two part-time staff members paid employment is a central part of their ongoing recovery pathway; allowing us to direct the vast majority of our funds to support our members.

Even with the cost-of-living crisis and fuel price increases, climbing and mountaineering remain comparatively inexpensive activities - allowing our funds go so much further and help so many more people.

**Increasing support  
developing skills**



Welcoming **40** new members for the 2023 programme







Enhancing recovery through climbing



# THANKS GO TO ...

We would like to thank all of those who have made donations, volunteered and helped C2R over this period.

Without your incredible support we would not have been able to offer our program. With special thanks to:

- Armed Forces Covenant Fund Trust
- Lest we Forget
- The Veterans Foundation
- Neptune
- RMA – The Royal Marines Charity
- Alpkit Foundation
- The Gosling Foundation
- BLESMA
- Patron Capital Charitable Initiatives
- Team Army
- The Carole and Geoffrey Lawson Foundation
- Natures Aid - Bio 360
- The Wyfold Charitable Trust

## Our Supporters — Climb2Recovery (c2r.org)







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