C2R IMPACT REPORT

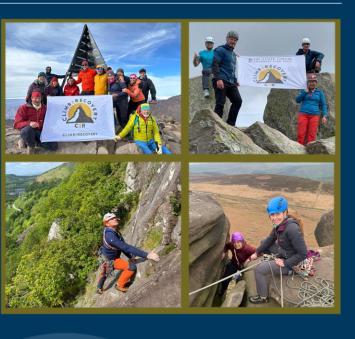
Enhancing the recovery and rehabilitation of seriously wounded service people and veterans



• WHO WE ARE | C2R

Climb 2 Recovery supports seriously wounded, injured and sick service people and veterans, all of whom have completed at least two-years of conventional treatment - yet remain chronically and severely disabled by their adversity, through a year-round programme of fullyfunded residential adaptive and progressive climbing and mountaineering.

Over 140 members



-• AWARDS & QUALIFICATIONS

C2R has enabled members to complete training with;

- 6 IRATA Level 1 Rope Access Awards
- **3** Rock Climbing Instructors trained
- 4 Rock Climbing Instructors qualified
- 5 Mountain Leaders trained
- 5 Mountain Leaders qualified
- Mountaineering & Climbing Instructor qualified

20 Training & Assessment courses completed

Total cost of C2R activities for 2023 was £110,000

Supported **85 very active members**, who attended multiple courses throughout the year, and welcomed **29 new members**

Enhancing recovery through climbing



www.C2R.org E| joe@C2R.org Climb **2 R**ecovery Registered charity No. 1186493 3 Coastguard Close, Hampshire, PO12 2ND



7 YEARS SUPPORTING **OUR** VETERANS

C2R DELIVERED & SUPPORTED...

Peak District learn to lead climb Lake District scrambling North Wales learn to Multi-pitch course Scotland Winter Mountaineering Skills training Morocco Expedition Trekking Pembrokeshire learn to lead climb Cornwall learn to lead climb

> More than **907** Individual Training days in 2023

Dr Sheen-Harker said; 'engagement in C2R had been an invaluable experience in providing the members a renewed sense of achievement, identity, and purpose in life'.