

Wilderness Foundation UK  
Registered Company No. 06003527  
Registered Charity in England No. 1118493  
Registered Charity in Scotland No. SC041697

# **WILDERNESS**

**FOUNDATION UK**

Report and accounts

31 December 2019



[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)



# WILDERNESS FOUNDATION UK

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# **WILDERNESS FOUNDATION UK**

## **INTRODUCTION FOR THE YEAR ENDED 31 DECEMBER 2019**

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The Directors, who are also the trustees of the charity for the purposes of Charity Law, present their annual report and the independently examined financial statements of the charity for the year ended 31 December 2018. The Directors have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in March 2005 in preparing the annual report and financial statements of the charity. The Directors are the members of the company.

The Chief Executive has dispensation from the Charity Commission to serve as Founding Director on the board, alongside working as Chief Executive Officer.

This report represents the twelve months to 31st December 2019 and describes what the Wilderness Foundation UK achieved, explains our constitution and governance arrangements and outlines our future plans.



# WILDERNESS FOUNDATION UK

## REFERENCE AND ADMINISTRATIVE INFORMATION AS AT 31 DECEMBER 2019

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**Patrons**

Sir Humphry Wakefield Bt  
Lord Petre  
Dr. John Hemming  
Bruce Little  
Nicky Rattray  
Simon Hall  
Cathy O'Dowd

**Trustees**

Andrew Sheepshanks (Vice Chair)  
Toby Akyroyd (Vice Chair)  
Edward Posey OBE  
Jo Roberts (Founder Director)\*  
Vance Martin  
Peter Davidson  
Matt Adams Williams  
Olivia Shaw  
Peter Hobson  
Peter Martin (Chair)  
Myles Farnbank  
Andrew Gibbs  
Murray Souter  
Perdeep Grewel

The trustees are also directors and members of the charity

The Wilderness Foundation UK (formerly the Wilderness Trust) was founded in 1976 by Dr. Ian Player DMS and Sir Laurens van der post.

**Registered office:**

Trinity House  
2 Whitbreads Business Centre  
Whitbreads Farm Lane  
Chatham Green  
Essex  
CM3 3FE

**Registered numbers:**

Charity England:	1118493
Charity Scotland:	SC041697
Company:	06003527

**Reporting accountant:**

Community360  
Winsley's House  
High Street  
Colchester  
Essex  
CO1 1UG

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## CHAIRMAN'S REPORT



During the year to 31 December 2019 I am delighted to say that the Foundation had the best year in our history in terms of funds raised and the delivery of our programmes. This due to the wonderful efforts of our Chief Executive, Jo Roberts, our dedicated staff team and our committed volunteers. I would also like to thank my fellow board members who also give their time and effort to the charity on a voluntary basis.

The year was dominated by a range of national and global politics, particularly events around the increasing awareness of the devastating impacts and reality of Climate Change and understanding also what the implications of Brexit would have on farming and the environment. The Charity has always had a keen interest in being responsive to current events and wishes to deliver relevant services to support both the environment and the needs of young people, particularly those most vulnerable.

We have benefited during the year from the involvement of a group of MBA students from the Judge Business School, part of Cambridge University, who dedicated time, passion and effort in helping us review the charity and its programmes, how we evaluate what work we do in terms of mission and vision and looking at the potential for expansion. They developed an assessment tool for the charity to be able to use in the future, which has been very helpful to our planning processes. This will be continued with a comprehensive Business Development Plan.

Our outreach to schools for environmental education increased and visits were of an unprecedented number – close to 6000 children in this programme alone. For a charity that is all about the experience and understanding of the natural world as a tool for further conservation ethics and practice, our children and groups that engaged are a substantial population to carry this forward. The team who deliver the work are small and dynamic and always go the extra mile, as they believe themselves in the value and critical importance of understanding the natural world and biodiversity.

We had growth in other environmental work on our allotments, the taking on of a license for the use of a 100 acre private wood close to our centre, courtesy of David and Angela Boyle, for further engagement in wilderness therapy, education and conservation volunteering. We have developed a partnership with the owners of Whatton House estate In Leicestershire with Tim and Amanda Eastwood, where we aim to grow our education and youth at risk work for the communities in the Midlands.. As always dedicated partners and friends have continued to help the charity thrive.

Our wilderness therapy and youth at risk work was supplemented with adult women from the Open Road Charity, who were linked to the probation services. The women themselves found the immersion in nature and building their coping and social skills, communication and relationship support life enhancing, and we had excellent outcomes that evidenced the impact of nature on wellbeing.

Our youth at risk programmes, such as TurnAround, served vulnerable youth with complex needs, and expeditions to Scotland, Dartmoor and Wales were undertaken during the year. Graduation ceremonies and family gatherings were held and we achieved an Award from the High Sherriff of Essex in the first half of the year. Our Out There Academy continued to serve schools and social services by working with 60 vulnerable youth. It is not an easy programme to run, and proof of success were the sad faces on the last day with most not wanting to leave.

Wilderness therapy grew and teaching has increased with training wilderness therapists from the UK, Germany, France, Brazil and Czech Republic during the summer. Our research continues to grow in the link between nature immersion and wellbeing. . As a result of this we have also built an Association of Outdoor Therapists across the UK to be able to deliver quality therapy in the outdoors.

We believe our work to be both relevant and urgent, and our energy continues to be focused on important tasks for the survival of all of us – both natural and human.

This can be summed up by Jules Pretty who states " Our modern disconnections reduce our knowledge of nature and reduce contact that would have a positive effect on our health. In short, estrangement from natural places and living things is making us unhappy". (Centre for the Environment & Society, University of Essex).

As Chairman of the Foundation I am certain that our work is doing everything possible to change this sad reality and to build a positive future of all life on earth, both human and other.



Peter Martin

Chairman

## Report of the trustees

For the year ended 31 December 2019

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### OUR AIMS AND OBJECTIVES

Our charity's objectives as set out in the objects contained in the company's memorandum of association are:

**To advance the education of the public by increasing knowledge and understanding of wilderness and the conservation thereof, the interrelationship between wilderness and the environment generally by the provision of instruction, and of opportunities, for direct experience of wilderness. To initiate and manage social benefit programmes which use wilderness experience to enable vulnerable and disadvantaged people to play a fuller role in society (especially the young).**

The aims of our charity are to:

raise the profile and value of wilderness areas through offering direct experience of wild places through our educational programmes for young people.

deliver social projects that demonstrate how wilderness experience offers a vital key to the wellbeing of society and individuals, particularly the most vulnerable.

initiate and support programmes for the continued protection of the last remaining wild land and wilderness areas in Britain and, through our partners, in Europe and Africa.

We refer to the Charity Commissions' general guidance on public benefit when reviewing our aims and objectives and on planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

We review our aims, objectives and activities each year internally and also externally in conjunction with this and the universities who monitor and evaluate our work. This year we worked with five MBA executive students from Judge Business School at Cambridge University as part of their Executive MBA programme. They completed and wrote up a comprehensive analysis of our purpose, projects, strengths and challenges overall, and helped develop a framework that we apply to assess current work, and any new programmes. The aim is to ensure that they fit with our mission and vision, as well as make sense financially for the projects. This study also led to a significant piece of work being undertaken as a Development Plan which was started in December 2019 and carried forward into 2020.

During the year we have included assessment and updated to our governance and are refreshing certain practices and implementing new ones with the support of new Trustees. We passed a Safeguarding Audit and maintained our Learning Outside the Classroom accreditation which are important external measures in terms of compliance.



## Report of the trustees

For the year ended 31 December 2019

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In order to be relevant and look at our impact, we consult all our participants through a structured and informal feedback process. This assesses our response to the external need for our programmes, our achievements and the outcomes of work completed in the previous 12 months. The review looks at key activities and the benefits they have brought to the groups of people we are set up to help. This is further supported by our longitudinal research and analysis by the University of Essex, alongside assessment of projects such as the Out There Academy which fall under the research and monitoring processes of Essex County Council for example.

## PUBLIC BENEFIT STATEMENT

This statement complies with the duty set out in section 4 of the Charities Act 2006 to have due regard to public benefit as published by the Commission.

The charity was founded in 1976 by Dr. Ian Player DMS and Sir Laurens van der Post with the aim of raising the profile and value of wilderness areas, through offering direct experience of wild places to a wide range of the general public – with a focus on young people in particular.

We continue this work today, with our activities focused on three key areas – education and leadership development, social intervention and advocacy and awareness.

The charity was reconstituted in 2006 and changed its name from The Wilderness Trust to The Wilderness Foundation UK.

Our aims fully reflect the purposes that the charity was set up to further.

## Leadership and Education

***We develop leaders for the future who truly understand the crucial need for a balance between humans and nature in order to ensure a sustainable future for all.***

Whilst protecting the environment, we also know that effective leadership and advocacy is enhanced through direct experience of the natural world facilitated by experts in their field, including team building and developing corporate social responsibility. We now live in a world where the disconnection with nature grows daily and there is urgency to address this as resources and biodiversity diminish. The increase for corporates and organisations to evidence their environmental and social responsibility dovetails into this work.

Participants are enabled to experience, learn and discover the spirit of wilderness, alongside grow understanding of the essential relationships between humanity and nature, nature and personal development, and the practice of ecological principles.

## Report of the trustees

For the year ended 31 December 2019

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All programmes include building respect for the earth's rich but diminishing biodiversity, the value of simple and low impact experience of the outdoors, and benefits of leaving no trace and an undisturbed environment. We incorporate leadership training across a range of programmes and offer tools and skills to lead and influence around issues related to a healthy planet and healthy people, as well as enhanced sustainability in their own organisations.

We also educate the public on matters of sustainable land use, balancing the needs of farming, nature and communities and the impacts of farming on nature.

### Social Intervention

***We work on key social issues in our communities that benefit from therapeutic wilderness programmes – providing experiential programmes that improve physical and mental wellbeing for the individual and society, often the most disadvantaged and vulnerable.***

Mental health decline in our teenage population has grown to almost one in four adolescents in the UK experiencing anxiety or depression. There is a growth around County Lines and gang involvement across the country, with an increase in domestic violence which has a big impact on children and young people in the household. Whilst many are focused on their futures and doing well, there are counterparts who are struggling with a wide range of challenges and setbacks.

All these increase the likelihood of young people struggling to finish school or find sustainable training or employment thus significantly affecting their life chances. This insight drives the Foundation's social programmes with an aim is to nurture the physical and psychological wellness of young people, whilst also developing a sense of belonging in, and care for wild places with an embedded conservation ethic. Over the past 12 years, we have taken vulnerable youth to wilderness areas and wild spaces and have developed ways not only to support mental health, but also include environmental education and address issues of youth unemployment.

Wilderness Foundation UK has developed a number of holistic skills and education interventions that harness the healing power of nature, to equip vulnerable youth to be economically active and environmentally responsible citizens.

At the core of these interventions are carefully developed physical and psychological wellness programmes which aim to provide specific support our participants as they complete their programmes which include employability, skills development or vocational training aspects. Furthermore, the Foundation has seen just how powerfully young people respond to spending time in wilderness areas and based on their long history of using the healing power of nature for personal and social transformation, the Foundation has integrated various levels of Wilderness Trail activities into our holistic intervention projects.

## Report of the trustees

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Through our varied programmes, the measuring and monitoring social and personal change, and improvements in mental health, we are able to share the positive findings that demonstrate the benefit and value that wilderness and wild places offer everyone in our communities, with a focus on those in particular need.

This supports the urgent need to protect our remaining wild and green spaces, not just for their biodiversity and landscape value but also to improve the wellbeing and mental health of society. We share our outcomes widely through a range of papers, conferences, documentaries and the media.

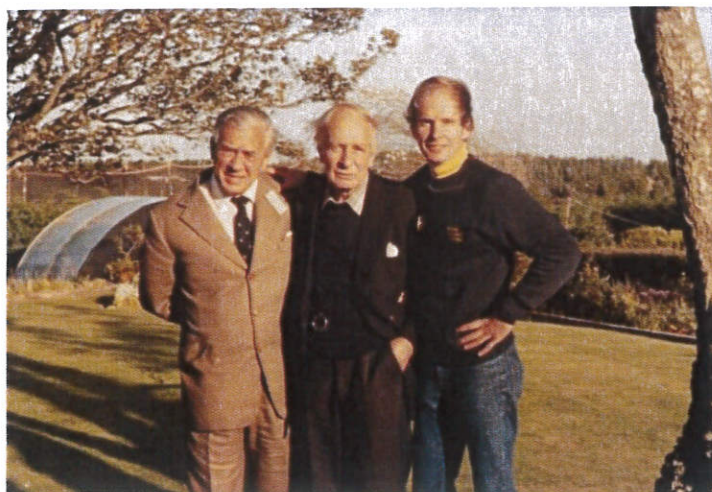
### Advocacy and Awareness

***We aim to protect wilderness and wild places by influencing policy makers and the public by highlighting measurable economic, social and biodiversity benefits of wild nature.***

We believe that government and business leaders have an inherent responsibility to act as responsible custodians of the environment and for healthy society through best practice. Sustained economic growth is seen as a necessary priority, but it will continue to put pressure on the Earth's natural resources unless it is carefully managed and monitored.

Our communication continues to share widely on the impact of increasing population, pressure on housing development and infrastructure on fragile and disappearing green spaces, the positive impact of wilderness and protected green space in climate mitigation and biodiversity decline.

We partner the World Wilderness Congress that is a global gathering once every four years, bringing together a global collection of speakers on a range of subjects including practical conservation, community engagement with nature, wellbeing, training and some of the world's greatest voices for conservation, climate change, the spiritual dimension brought about by wilderness immersion, and community.



*1983 Scotland World Wilderness Congress with Dr Ian Player, (founder of the World Wilderness Congresses and our charity), Laurens van der Post and Vance Martin (now President of Wild Foundation in USA)*

## Report of the trustees

For the year ended 31 December 2019

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### ACHIEVEMENTS AND PERFORMANCE

Our main charitable activity during the year was the delivery of our flagship programmes:

TurnAround

Out There Wilderness Academy

Chatham Green Project (including Down To Earth Allotments)

Open Road Women in Probation Programme

Imbewu Scotland

Wilderness Leadership Journeys for schools and colleges

The year included new areas of growth including:

Wilderness Therapy camps, programmes and training

The Wilderness Leadership Academy for corporate and business engagement

Increased work with young people who have Special Educational needs as part of the Chatham Green Project outreach, and also with groups that were bespoke services designed with the referrer and delivered on site as part of the Out There Academy.

Working with NEET young adults through nature immersion programmes

Growing our Association of Outdoor Counsellors & Wilderness Therapists

Judge Business School engagement in reviewing our strategy and purpose

Larger fundraising events

Speaking slots and video reflecting the impact and methodology of our work

We support partners that share our values and commit resources to protecting the last of the world's wild places together with their native species of flora and fauna. This includes Bush Heritage Australia in their land and indigenous people programmes, and The Wilderness Foundation Africa supporting Forever Wild and Medivet programmes aimed at the protection of species under threat such as the White and Black Rhinoceros.



## Report of the trustees

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### Overview of 2019

#### TURNAROUND



*„Throughout my 9 months, my confidence grew stronger, I became much better at processing emotions safely and dealing with life in a positive, productive way. I created life long bonds, successfully overcame obstacles I never thought I could handle and memories that I'll forever keep with me.“ Charlotte TA11 graduation speech.*

Our **TurnAround** intervention programme is aimed at vulnerable young people with complex emotional and behavioural needs between the ages of 15-21 years. Young people are referred by a range of sources including police, social services, colleges and schools and parents. They are selected on the basis of a willingness to make positive changes in their lives, and are assessed by our professional team through interview and practical day workshops. Each step of the programme from introduction to graduation has a systemic, integrated set of experiences and learning tools embedded in them. For example the entrance interview develops confidence in job seeking and understanding of the process of a structured interview.

TurnAround has continually achieved excellent results for the most vulnerable young people on the fringes of society, faced with a raft of social issues, family, emotional and behavioural problems. We continue to see an escalation of young people with significant mental health problems and vulnerability to gangs and county lines, and who are dependent on a wide range of services, with negative impacts within families, poor education achievement and lack of personal resilience. We successfully address these issues through a longitudinal programme of regular outdoor, personal development

## **Report of the trustees**

For the year ended 31 December 2019

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workshops, social development evenings, weekly mentoring sessions with trained volunteer mentors and two wilderness therapy journeys .

We work with two intakes per year of ten young people in each. This enables us to offer close, personalised attention and direct engagement with our professional team including therapy, employability training, advocacy, personal growth and independence building support.

Our 2019 cohorts experienced wilderness journeys in Scotland, Dartmoor and Wales through the year.

This year we did a new programme in October which was to paddle Loch Lomond with wild camping on remote islands. The weather was cold but sunny and the group were up for all the programme including a night time paddle to get into camp on our first night, and a pre-dawn paddle into the sunrise later during the week to mark new beginnings and fresh goals.

The first wilderness journey takes participants away from the negative, everyday influences in their lives and presents them with a context where they must step out of their comfort zones and find their strengths and resilience to cope. The experiences delivered during the wilderness journey, together with the natural splendour around them, alongside challenges of being away from home and out of their comfort zones kick starts the transformation process. We measure significant improvements in self-esteem, connectedness to nature, resilience, mindfulness and wellbeing in a very short space of time. In addition, it builds coping skills, social skills and practical skills such as cooking, map reading, camping, and self care. Our research and feedback evidences that these journeys have the longest lasting impact over several years. We believe this is due to the relationships built on the journey with other participants and the professional staff and volunteers, alongside the sense of achievement.

This personal development work is reinforced by the second journey and a final challenge where the group step forward to take the lead and use the skills they have learned during the programme. Several step forward in leadership roles and support others in new intakes.

We train and support a dedicated and regular team of volunteer mentors who work one to one with participants on a weekly basis. This is the backbone of the programme, and the strong, supportive relationships that are in place for our participants with mentors is critical to their programme. Having a person dedicated to you with values such as reliability, patience, a sense of humour, having one's back, and talking straight, can be life changing for participants.

Safeguarding remains a top priority for the Foundation and all staff, mentors and volunteers are safeguard trained and we follow safer recruitment practices.



## Report of the trustees

For the year ended 31 December 2019

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Celebration of participants achievements take place continually through the programme, culminating in a final graduation ceremony with dignitaries and other civic leaders invited to add gravitas and support for their achievements.

This year we were part of a documentary by ITV looking at the outdoors as a source of mental wellbeing with the Sky Sports presenter Simon Thomas who had also experienced grief and depression. The documentary was filmed in Scotland on the Atholl Estates with TurnAround participants.

We continue to monitor and evaluate the progress of the TurnAround beneficiaries. The evaluation provides strong evidence for funders to demonstrate the true value of investing in our young people.

## Outcomes

- 18 young people engaged in the programmes in 2019.
- On the whole they joined the programme with presenting issues of drug and alcohol dependency, suspected drug dealing and gang engagement, social isolation, anxiety and depression, self harm, abuse, anti- social behaviours and struggles with peer and family relationships.
- Our research evidenced that 100% of participants showed improvements in trust and love, substance and alcohol misuse, offending behaviours (those who reported this as an issue at the base line assessment), anger management, happiness and mood, confidence, liking themselves, respect for nature, and independent living skills.
- The most significant change was in happiness/mood and trust/love.
- Significant barriers to success such as drugs and alcohol use and offending showed lesser but still significant improvements.
- We continue to evidence our long term outcomes that the more connected the participants feel to nature, the higher their improvements in self esteem and confidence.
- Two peer mentors were trained and supported the programmes through the year
- The programme is supported by a Steering Group made up of specialists in the field of youth intervention and they meet every quarter.
- As ever we are grateful to our funders The Bernard Lewis Family Charitable Trust, Brentwood A Beckett rotary club, Fowler Smith and Jones Trust, Michael Foulkes, Sobell Foundation and the Walter Farthing (Trust) Ltd, amongst others. We also thank our volunteer mentors, guides and referrers, and the young people who place their trust in us.

*Everyone I have come into contact with at the Wilderness Foundation clearly has a passion to help young people turn their lives around, I cannot praise the work they do highly enough and quite honestly, do not know where my girls would be without the care, love, support and effort put in by all involved. Both of my daughters continue to work with and be involved in various projects with the Foundation and both describe it as their "happy place", which I feel says it all and is a wonderful endorsement of the work the Foundation does. I will be forever grateful to the Wilderness Foundation for the amazing work they have done with my girls and continue to do with so many others. Mother of beneficiaries 2018/2019*

## Report of the trustees

For the year ended 31 December 2019

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### OUT THERE ACADEMY

The Academy serves 60 young people per year who are aged between 13 and 15. Clients generally experience educational, mental health and behavioural problems and are referred by schools and social services.

This year we also included a group of young adults and adolescents who have Special Education needs from the Community College Initiative in Chelmsford. This programme has been highly successful with the College booking a whole year of intervention for 2020 on the basis of their experience and outcomes.

The Out There Academy is assessed as a positive environment for managing conflict resolution, reducing stress and anxiety, school avoidance or exclusions, and we are successful in helping young people turn things around to develop positive relationships with each other, family and referrers, whilst also returning or progressing at school.

Many come from challenging backgrounds and engagement with school, relationships, family and others is difficult. Out There overcomes these barriers to progress. This is because the programme, being totally nature based, offers an alternative way of engaging with young people, with the outdoors creating a less threatening environment and our staff adopting a tough love approach which focuses on group cohesion, values, self-awareness, choice and consequence, cooperation and kindness. Many young people ask to remain in the programme on completion and we seek ways to pathway them through ongoing mentoring or joining TurnAround when they reach 15.

This year we noticed a marked increase in young people who are in contact with domestic violence impact, gangs and or county lines with more noticeable drug issues for such a younger age. The team have had to adapt around this and we had to increase our ratio of staff to young people during the programme to ensure we could offer enough personalised attention and also maintain boundaries and safety.

Participants are with us for one day a week for 6 weeks and are mentored for a further six weeks on graduation. Funding is kindly offered to us mainly through the Youth Strategy Group at Essex County Council. This was the last year of funding from the YSG





## Report of the trustees

For the year ended 31 December 2019

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and we have worked hard to find alternative means for funding this work – either through a new referral and commissioned basis, or through self- funding.

We are grateful to the North Essex Barclays team who volunteered as support mentors on the programme – all having gone through training and support, alongside safeguarding checks and training. Young people and staff all reported the enjoyment of working with staff who are usually in industry and had a different narrative to share around their jobs and what they look for in employing new staff.

We welcomed some new mentors to the programme this year who undertook training and safeguarding.

The programme is supported by a Steering Group made up of specialists in the field of youth intervention and they meet every quarter. Support for reviewing the programme and continual performance and outcome analysis is part of the responsibilities of the group.

We thank our funders Essex County Council Youth Strategy Group for this programme.

### Endorsement:

*The Wilderness Foundation has offered life chances and experiences to those young people that they may not have had, if it were not for the service on offer. The change in attitude of the young people that I have supported has been amazing. One in particular has thrived on the course so much, that he recently won an award at school for most improved student.*

*I will continue to refer young people to this programme and hope that it continues to be run, but most importantly the funding remains in place.*

*Colleagues in my service have also had similar outcomes and the shared view of The Wilderness Foundation and the Out There project has been one of importance to remain.*

Neal Francis (referrer)  
Family Solutions  
Mid Team Braintree & Witham

## Report of the trustees

For the year ended 31 December 2019

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### Chatham Green Project 2019

#### Overview



Chatham Green Project has engaged a total of 5829 young people and adults across 2019. That number includes **1780** school children including primary, secondary and SEN, that have learnt about nature, the environment, farming, explored the outdoors, watched wildlife, found invertebrates, built dens or even toasted marshmallows.

We also engaged **505** school children through our environmental outreach workshops. **514** children were engaged through the school

holidays and **444** young people from groups such as scouts and guides. **778** young people through forest school and forest sessions. All these young people got to explore the outdoors, learn about the environment, get muddy, cook food on the fire and explore their own imaginations in a safe outdoor space.

Through public engagement we have engaged 1808 adults and children this includes going to events such as Essex Food and Farming, Essex Field Club and Community Wildlife days, these events are always wonderful to go to as we get to speak to so many different people and increase awareness of Wilderness Foundation and its projects. We have had a fantastic year, and we intend to have an even better year in 2020.

#### School visits on Site

Over the academic year 2018-2019 we welcomed 1898 school pupils on site from primary, secondary and mixed age New Model Special schools. Over the calendar year Jan-Dec of 2019, this figure was 1780.

These school visits have been fantastic, and we have had so much joy from providing them. Giving pupils the best school trip but alongside this having an educational value.

The Edith Borthwick School currently have 3 groups a week coming onto site. They have a forest session group and a nature sensory group and on Thursdays they have a work experience group. This group is of 10 students which have a fabulous work ethic and have built with the help of volunteer handyman David Bird a bench, pole lathe. They have also worked on hard on preparing our horticultural zone for 2020.

We also have a group from Columbus College who come every Monday for their forest session on site.

#### Feedback from teachers:

*'Identifying and naming common British wildlife, as our children do not come to school with a good knowledge of this.'*

## **Report of the trustees**

For the year ended 31 December 2019

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*'The best part of the day was den building – it was great to observe the different dynamics in the group and how they come together to work effectively (or not so) as a team. The pond dipping was fab too, so hands on and the children loved it. It's hard to choose the best part of the day as the whole day was fab!'*

*'Pond dipping ID and bug hunting ID were the most beneficial aspects of our visit in terms of the students learning.'*

*'The children loved feeling like experts by knowing the names of certain strange looking mini beasts.'*

## **Children's Feedback**

*'I loved our day. The den building was the best part and we didn't get wet because our den was so good'*

*'I put my pot on the floor and the centipede went straight in, like a car park!'*

## **Outreach workshops in schools**

CGP engaged 800 pupils in outreach workshops across academic 2018/2019 in schools across Essex, and this was 505 in the calendar year 2019.

The outreach for this year has been reduced as it was originally to promote The Chatham Green Project school visits on site. This year however we have had a high amount of interest into our school visits, the focus for the new year shall be to keep remaining relationships with the schools we have and re visit those we have had in the past.

## **Public Engagement**

Public engagement events are always fantastic for raising awareness of Chatham Green Project and for the foundation. This year we had The Essex Food and Farming Show at Writtle University College again which is always a fantastic event. This year we engaged 1808 young people and adults through public engagement. We also attended the Essex Field Club shows, hosted Open Farm Sunday, Moulsham Wildlife Day and Planet Essex Festival. Next year we plan to engage with more natural history groups and the local community.

## **Wilderness Explorers**

514 children took part in wilderness explorers 2019 which are run during the school holidays this includes Feb half term, Easter, Summer and Halloween. Wilderness Explorers is a fantastic way for children to get outside and learn about nature alongside outdoor skills.

## **Guides, scouts and other groups on site**

This number is 444 for the calendar year 2019. This number includes guides, scouts, other groups like Essex bat group and birthday parties. Next year we will look at increasing the numbers of scouts and guides on site.



## Report of the trustees

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### Biodiversity

Surveys have continued with Essex Field club and we send regular reports of sightings to Essex Amphibian and reptile group. Next year we will be visited again by Essex Field club as they are holding an outdoor meeting here and we intend to do more with local natural history groups.

### Challenges

Securing volunteers and help for school groups, wilderness explorers and potentially forest school. This year worked very well as having 3 people on the education team means that you can easily operate a school of 90 children, which is the most regular group size. Any larger groups a few extra volunteers will be needed but this is achievable. Having staff members with experience in various areas i.e. conservation, environment or bush craft is an essential.

Competition for environmental education is still high in the area and we will assess this by doing outreach in schools and maintaining a good relationship with teachers.

### Awards

Quality Badge awarded by



We were shortlisted for the Bayer FACE awards held in Birmingham but unfortunately did not win. In addition, we applied and were awarded LOTC accreditation.

### Down To Earth Allotments



'Down to Earth Allotments' works across 6 plots and has a distinct variety of growing areas, and indeed natural spaces. Apart from the vegetables, fruit and various poly tunnels, there is also a log pile or beetle hotel, and a wetland area.

It is situated in one of the areas of Chelmsford and indeed in Essex which has disadvantage and fits within the poverty index regions of deprivation. In addition, we chose this location as it is close to our main centre at Chatham Green, and took over from a council run project in 2008.

The Foundation came to the allotments over 12 years ago and were motivated to make growing food more accessible to a wider audience, or for those with less time and financial resource to run their own allotments. It is also an additional means to create a connection to nature and through healthy food and activity, also a means to boost mental health and wellbeing



## Report of the trustees

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The Down to Earth Allotment program is open to a range of community groups and schools. Most of our young adult volunteers are living with mental or physical disability, and also use the allotment to engage recovery clients from Open Road (Drugs & Alcohol charity), MENCAP, New Hall School and Columbus School & College, catering for young people with complex and severe learning difficulties. There is also a regular, voluntary support team of allotment gardeners who simply support those who come from the above client groups and offer the project manager Jonathan Barker some of the 'heavy lifting' gardening often associated with a site this big. Currently the food grown at the allotment is shared amongst those growing it as the best way to learn where our food comes from and engage people with the subjects of nutrition and cooking.

We also have expanded to donate food to the Chelmsford Food Bank to support others in the community in need.

The allotments create a hub for people to feel safe, do constructive and tangible work, break cycles of loneliness or social isolation and be part of a community. During the summer months we celebrated our open day with a range of visitors who joined us, as well as an Apple Harvest day in the autumn which was well attended and visitors could meet with participants, family and staff and enjoy making apple juice using the cider press.

During last year we reached 900 client days of participant volunteer gardeners and support gardeners.

We continue to be grateful to our funders and support given to the project by all involved.

## IMBEWU SCOTLAND



Imbewu Scotland is an intergenerational 7-day programme for young people aged 13 -17 years, some of whom are living in urban areas and experiencing disadvantage or poverty of opportunity.

Young people in areas of high youth unemployment, who display an interest in the environment and/or working in rural employment or the environmental field, are targeted to take part.

The project provides nature-based experiences that focus on personal development and offer leadership and skills-based learning opportunities within wild, rural areas.

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For the year ended 31 December 2019

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At the heart of the programme there is a three-day wilderness journey and wild camping on rural estates, led by wilderness guides and personal development facilitators. During the journey, participants explore the area, camp in remote locations and use the time to learn about the landscape and its wildlife and flora, alongside embedding a love for spending time in nature. Throughout the rest of the week the participants spend time on the rural estates, meeting and working alongside staff, volunteering and learning about rural heritage, conservation practice, estate management and sustainable land management. In the course of the programme, participants earn the John Muir Award and Leave No Trace accreditation.

Alongside the formal accreditation the young people also develop numerous skills including leadership, communication, management of groups, presentation, working as part of a diverse team, resilience, growth in their confidence along with a more in depth understanding of the rural employment sector.

Over the course of 2019, we delivered two Imbewu programmes both taking place in partnership with the Glenlivet estate. The young people who took part were from a range of locations across Scotland including - Crieff, Pitlochry, Glasgow, The Central Belt, Perth and the Borders.

The young people over the course of the programs took part in a range of activities, which included a day's conservation volunteering working alongside one of the estates forest rangers. Over the next couple of days the young people took part in a wilderness journey which follows part of the smugglers way on the estate, during their time on the journey the group had the opportunity to experience wild camping, learn about some of the history of the estate and take on different roles such as navigator, environmentalist and campsite manager all contributing to developing the groups employability skills.

Towards the end of the programs the groups spent some time finding out more about the history of the area and meeting different people who work locally to give them a more in depth understanding about both rural living along with the many different rural jobs available. The highlight for many of the group was the visit to Balcorach Farm, which is a wild farm on the estate. Here the groups learnt about wild farming, met a whole host of animals and had the opportunity to hand feed reindeer! The program resulted in the young people delivering a presentation to the estate staff sharing all they have learnt. This is often the part of the week the group dread the most, the thought of standing up in front of people and present can be terrifying, however through the design of the program where the young people are supported each day to take on leadership roles by the time the presentation happens they surpass expectation and deliver a presentation that captures what they have learnt, how they have grown as individuals and their highlights from the experience. We have now delivered 7 programs on the estate and we are grateful to the support of the estate and all the staff who work there, without them the program would not be able to happen.



## Report of the trustees

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### What the young people said

"I learnt about conservation volunteering and the skills actually needed to go into a career in the rural sector"

"I built my confidence and skills in talking to different people, I am normally really shy but on Imbewu we were like a family and I felt really supported. I learnt about different jobs and I loved the visit to the wild farm especially getting to feed the reindeer"

"I loved every minute of it and found all the activities we did incredibly interesting. It was great having such positive and supportive people around you. I took so much away with me including lots of new skills, also beautiful memories that will stay with me forever"

Simon Ovenden, Countryside Manager for The Glenlivet Estate said: "It was a pleasure to welcome these inspiring young people to Glenlivet, and to be able to help them experience some of the wonderful locations we are fortunate enough to look after. Crown Estate Scotland is committed to ensuring that the areas we manage benefit the wider community. By working with organizations like Imbewu Scotland, we can ensure that young people from different areas and backgrounds have opportunities to experience these benefits for themselves."

## Outcomes

- 95% of participants reported an improvement in their self-esteem from the start to the end of the programme
- 85% of participants reported improvement in overall mood from start to the end of their project experience
- In terms of skills development, the most frequently cited skills gained were practical skills (95%), communication and teamwork skills, wildlife protection skills (both 92% of participants)
- The findings indicate Imbewu Scotland is likely to be a successful tool for improving the health and wellbeing of young people, and for enabling them to develop skills and opportunities for contact with nature; all of which help to reduce youth unemployment and costs to society due to mental ill health and anti-social behavior.
- All young people completed their Leave No Trace Award
- All young people gained their John Muir Award
- 4 Young people were able to complete part of their Gold Duke of Edinburgh Award by attending an Imbewu program

In addition to the delivery of these two Imbewu programs we delivered a 3-day residential experience for primary age pupils from Fife. Over 30 students took part in an immersive wilderness experience, camping in woodland, cooking over a fire, learning about the local flora and fauna as well as

## Report of the trustees

For the year ended 31 December 2019

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undertaking a conservation project. For some students this was their first experience of both camping and being away from home. Over the three days despite the group having to contend with a 'Scottish summer' (rain, rain and more rain) had an amazing experience. Some of the outcomes included:

- Completion of their John Muir Award
- Development of their leadership skills
- Working as a team
- Learning basic outdoor skills (camp craft, navigation, fire making)
- Presentation skills
- Understanding of local flora and fauna
- Replanting trees – to help rejuvenate indigenous woodland

### Alumni

In 2019 a group of our alumni from imbewu also won a competition, which enabled us to deliver another imbewu program. They took part in the Youth philanthropy initiative – which is an annual competition, where students from across Scotland choose a charity that they want to support. They then work in teams to design a presentation on why their chosen charity should be awarded funding. Our imbewu alumni spent two months, collating interviews with other alumni on their imbewu experience and its outcomes, they designed a presentation that they delivered to their whole school and a panel of judges, included a short video. We were overwhelmed by their support and really pleased that as a direct result of their hard work we could offer other young people the opportunity to take part in an imbewu project.

Additionally we have continued to actively maintain contact with our alumni through our established school relationships, social media and have planned for a celebration/consultation event with all young people due to take place this year (postponed currently from date planned due to COVID-19 restrictions).

We supported two alumni to undertake a peer mentor role on our programs, further developing their skills and interest in rural and outdoor jobs.

We have continued to support Fione - our winner of the David Eckersley Award from 2018. She has been working hard to rear her highland cows as well as entering them into their first competition. They have a [growing following on social media](#) and Fione is working hard to challenge some of the norms that exist within the farming world, as a champion of young female farmers.

### Partnerships

We continued in 2019 to build on our partnerships with a range of people in Scotland including:

- Scottish Land and Estates
- The Glenlivet Estate
- The Douglas and Angus Estate
- Denny High School
- Biggar High School
- Pitlochry High School
- Crieff High School
- Jedburgh Grammar



## Report of the trustees

For the year ended 31 December 2019

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- Greenfaulds High School
- Edinburgh University (Outdoor Learning Department)

We have had a number of students from the Outdoor Learning Masters course at Edinburgh University undertake placements with us on our programs. Their support has been invaluable and they always bring great insight with them, allowing us to develop and evolve our programs based on both theirs and the young peoples feedback.

## Volunteers

We have an established group of volunteers in Scotland, who support both on and off our programs. With experience in counselling, therapy, the outdoors and facilitation we wouldn't be able to operate without them. In 2019 our volunteers put in over 350 hours, helping to ensure our programs could run. Additionally, they spent several days renovating our base in Lanarkshire – transforming our cottage to a welcome haven for when we next return.

## Wilderness Therapy



During 2019 statistics continue to show that one in seven British teens suffer with anxiety and depression. The Foundation is contacted on a regular basis by families seeking help from around the country and we launched a range of **short term wilderness therapy camps** for ages 16-21 years and 13-15 years, as well as a specialist camp for NEET youth to meet this need, as well as one to one therapy programmes in the outdoors. Two general camps ran during 2019 and one employability camp was delivered in our new 100 acre wood location -Mann Wood.

We have benefitted from funding from both the Employability team at Essex County Council and the Local Services Fund which has funded 22 clients who had six – 8 week one to one sessions and some group sessions for those in need of emotional support and therapy.

We delivered 246 number of hours of one to one therapy and 70 hours of group therapy in 2019.

## Report of the trustees

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### Association of Outdoor Counsellors and Therapists

We have also built a team of Associate Outdoor Therapists – 15 at the end of December 2019 – who have a focus on outdoor work. They are all recruited through safer recruitment practice, safeguarding trained and DBS vetted to work with younger clients and vulnerable adults. The aim to make sure we have regular Continuing Professional Development opportunities, form part of a vibrant team of outdoor specialists and are able to share resources, support and learning with each other. This service is offered across England, Scotland and Wales.

### Wilderness Therapy and Mentor Training



In partnership with group of European therapy organisations, and universities in Poland and the Czech Republic, and Germany – we delivered an immersion training for therapists wishing to learn to work in wilderness and the outdoors. The programme was delivered in the Vosges Mountains in France and attended by 11 participants. The connections through the training in 2018 in Poland and in France in 2019 have continued to grow the reach of the Foundation in this area which is growing in popularity and interest.

The Foundation is able and willing to share its 12 years of training and experience with others and has developed a curriculum of learning. This is an area of growth and development.

We delivered two **mentor training** programmes during the year in Essex.



## Report of the trustees

For the year ended 31 December 2019

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### WILDERNESS LEADERSHIP JOURNEYS



The Wilderness Foundation UK has been organising wilderness expeditions in South Africa for young people since 1976. Groups of young people fundraise for their programme over a period of two years to eighteen months. The programme includes a primitive wilderness journey on foot in Big Five territory, carrying all food, personal clothing, and communal equipment. Sleeping wild without tents includes night watch which for many is a life changing experience in terms of being responsible for the group safety and meeting our own fears of wild animals and the dark. Walking during the day offers direct experience with a range of wild life and in particular both Black and White Rhino. This enables us to teach and develop understanding of the tragedy of rhino poaching and the threats to these iconic animals and developing our young people to become advocates for their protection, and to value wilderness for the wellbeing of all species.

We take tremendous care to ensure that each participant enjoys the maximum benefit and derives the maximum value from our wilderness journeys, experiences that often prove to be life changing.

Through our programmes, participants are able to embrace the spirit of wilderness. Importance is placed on personal development, respect of diversity, togetherness, simplicity of experience and learning about the richness of an undisturbed natural environment.

Participant safety is our top priority in all that we do. Our reputation as a leading provider of environmental and educational visits has been built on our attention to detail and ensuring that the needs of all our travellers are not only met – but exceeded.

In 2019 expedition groups from a range of existing partner schools such as **Eton College**, students from a range of the Haberdasher schools consortium, and **Brentwood School** travelled out to South Africa. We continue to be grateful for our partnership with **The Haberdashers' Company** who support expedition scholarships for their school leavers.

Testimonials from these schools are testament to the value of bringing young people back into a natural wild environment.

We continue to work with other school partners, such as St James School for Girls, to promote trails and opportunities to their students for 2020.

## Report of the trustees

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Trails are transformative and knowledge is the key to transformation. A trail is not an endurance performance or a lesson in the Latin name of the apex predator or its prey. It is a time to exist for that period in a wild place that itself opens up a vista of opportunity for knowledge and recognition of our primordial past and our DNA and that we actually belong in nature.

Time and time again, we see the change in people occurring over the period of time in the wilderness so that it comes as no surprise that trailists are reluctant to leave and it requires some adjustment to return to the 'normal' world but the lessons of the wild remain and are transferred to life in leadership decision making, inter-personal behaviour, responsible environmental advocacy, team building and respect for all living organisms.

That almost all trailists become ambassadors for a natural experience is embellished in the trail journals that each trailist is encouraged to keep and the communication that we receive regularly from people who went on trail decades ago and who today recognise this as a turning point in their lives.

*'In an age where technology dominates everything, being at one with nature, and being able to resort to just being human again was a priceless experience.'*

Nihal, Haberdashers' Schools 2019

*'I have a greater appreciation of conservation efforts.*

*I feel renewed and have a new appreciation for the things I have.*

*It has given me more of a focus on what I want to do in conservation and how I am going to go about doing it. It helped me to stop living in the past and future and start living in the present.'*

Eton College Students, 2019

*'Wilderness is an incredible space, and it can never be replaced with anything more amazing so making sure that it is protected is very important. Also, it can provide a safe space for so many creatures that it is almost unthinkable that we could take it away.'*

Brentwood School, 2019

## OTHER ACTIVITIES IN 2019





## **Report of the trustees**

For the year ended 31 December 2019

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### **Climate Change**

We took on a major application to deliver a climate change coalition project in Essex which took substantial time to apply for but engaged us with a wide range of schools, other organisations and the Council. This was sadly unsuccessful but has given us the research, partners and framework to continue to advocate for sustainability and a response to the crisis of climate change across the world.

We will be implementing a range of programmes in 2020 making use of this key piece of work.

### **Open Road- Vulnerable Women in Recovery and Probation**

Two programmes of ten weeks duration each were delivered in 2019.

We have partnered a programme with Open Road funded by Heritage Lottery to provide outdoor immersion for clients in recovery of drugs and alcohol, and or in probation. 2019 was the last year of this successful programme with excellent feedback from partners and the beneficiaries.

The programme made use of all weathers, and facilitation such as group discussion and learning to actively listen and share, build trust and build skills through bushcraft and camp craft cooking, craft, walks and exploration, and team games. Reducing stress and anxiety and having a safe space to share some of the harder aspects of life where clients know they are not judged was a focus.

Feedback on the programme was very positive with several women making some substantial changes in their health practice and lives.

The group were visited by the 2019 High Sherriff of Essex who spent a lunchtime with the group. In addition the women played a key role in helping the Foundation with the setting up of a programme for outdoor based intervention for survivors of domestic violence and several have offered to stay involved to help us in the future.

### **Leave No Trace**

We continue to promote Leave No Trace values throughout all our programmes and several staff are accredited as Leave No Trace Awareness instructors. Through our outreach we delivered LNT Awareness training for hundreds of children and adults. This teaches the values and ethics of respecting nature and the outdoors, managing your personal impact on the earth and learning not to leave litter or traces of ourselves where we travel in the outdoors.

## Report of the trustees

For the year ended 31 December 2019

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### Media, ITV & Life Interrupted Podcasts

- We were invited to be part of a documentary called Pursuits of Happiness with the sport presenter **Simon Thomas** on the value of the outdoors for mental health. TurnAround young graduates took part in Scotland in March 2019. This was aired across a range of times across the year.
- An excellent video documentary was also produced courtesy of **Loney Leap films** and Simon Waldron who captured the experience and speeches of TurnAround graduates at their graduation ceremony in 2019 and the voices of their mentors.
- We took part in a TEDX talking about wilderness therapy and nature on the brain, interviews on radio for a range of staff and graduates of programmes.

### Events and Fundraising

Of great significance to us was the nomination and consequent application to be considered for the **Queen's Award for Voluntary Services**. This was a big piece of work undertaken on our behalf by a range of counsellors, the Vice Lord Lieutenant of Essex, Vincent Thomson, Duncan Lumley the ex Mayor of Chelmsford amongst others.

We had a busy year with a range of events during the year. These included a large event at the **Royal Geographical Society** in September which raised £15,000 for the Foundation after costs. This was supported by Investec and the Wilderness Art Collective who held a wilderness art exhibition called **Landlines** in association with the event. We held another event at the **Guards and Cavalry Club** in August in aid of Rhino Protection and wilderness, in partnership the Wilderness Foundation Global.

We were invited to take part in various talks to local churches and WI groups, radio interviews, talks at the Spirit of Essex gathering for conservation, a stand at the volunteer festival in Essex (Volfest), and a range of visits from civic leaders in Essex including councillors, the Mayor, and the High Sherrieff amongst others.

We partnered with local business **EOL IT** who revamped all our computers in our office giving us a new lease in our productivity. Their MD Dan Smith also was a very popular speaker to our TurnAround youth on this life and journey to the top of a successful company.

We held a successful golf day as a chosen charity for **Barclays North Essex** and fundraising was an outcome of a walk across Britain called '52 in Britain' by **Richard Smith**, amongst other events.

The activity was a big step up for us in terms of fundraising and outreach and was helped by our growth in reputation where for the first time we are approached by people who want to engage and support us, rather than us chasing connections.

We benefited from much kindness in the community ranging from the building of our composting toilets pro bono by a local building company **Steele and Co** owned by David Geer, other toilets constructed by a partner charity **Youth Build**, use of Mann Wood, kit and equipment from Gift Your Gear and Outdoor & Cycle Concepts for example.

## Report of the trustees

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### GOVERNANCE

#### Status and Objects



The charity is a company limited by guarantee. Our governing document is a Memorandum and Articles of Association dated 20<sup>th</sup> November 2006. Our formal objects are set out below:

- To advance the education of the Public by increasing knowledge and understanding of wilderness and the conservation thereof and the interrelationship between wilderness and the environment generally by the provision of instruction and of opportunities for direct experience of wilderness;
- To initiate and manage social benefit programmes which use wilderness experience to enable vulnerable and disadvantaged people to play a fuller role in society (especially the young).

#### Governing Body and Structure

Our governing body is a Board of Directors of the charity. As at 31st December 2019 there were 12 trustees, whose names appear on page 2. Peter Davidson retired from the Board after serving many years, including several years as Chairman. Peter Martin resumed his place on the board as Chairman after the diligent management of the role by Interim Chairman Andrew Sheepshanks.

The Board of Directors is responsible for providing overall clarity for the vision, mission and strategic focus of the organisation. It also holds the Chief Executive to account against planned objectives. The Board meets four times over the course of the year and Directors are involved in other operational matters as needs dictate.

Several committees are now established to offer more support to the overall governance and report back to the main Board. Currently we have two : Finance and Governance.

The Wilderness Foundation UK forms part of the **“Wilderness Foundation Global”**, a consortium of forward-thinking, like-minded independent organisations with different skill sets, but all sharing a common past (each founded and/or inspired by Dr. Ian Player, South Africa game ranger and international conservationist and his Zulu mentor and “brother”, the late Magqubu Ntombela.)

The other members of the Wilderness Foundation Global are The WILD Foundation (USA) and the Wilderness Leadership School and Wilderness Foundation Africa. Senior staff meet annually to set shared objectives, agree ethics and working partnerships and projects. All members of the network are completely independent

## **Report of the trustees**

For the year ended 31 December 2019

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of each other but share a common past. They have no financial ties or obligations beyond goods or services provided (predominantly by the Wilderness Leadership School which facilitates wilderness trails in South Africa for UK beneficiaries and client groups) and these are charged at the time the liability is incurred.

### **Decision Making**

Responsibility for the day-to-day management of the organisation is delegated to the Chief Executive and the Senior Management Team. The Board of Directors focuses its attention on matters of policy and general strategy, the approval of plans, the monitoring of progress with projects and financial control.

New Directors are appointed by the Board based upon nominations received from the existing Directors. Candidates are assessed as to their suitability and the benefits that their appointment would bring to the Foundation, in terms of additional skills, experience and opportunities for promotion of the Foundations aims and objectives. Enquiries may be made to verify suitability and then appointment would be subject to agreement by a quorum of Directors. A full induction programme is carried out covering all aspects of the work of the charity, the governance, the memorandum and articles of association and a review of the latest accounts.

On occasion the Board may extend invitations to individuals to attend meetings in an advisory or observational capacity, where it is felt that the individual concerned can bring particular insight to an issue or matter under review.

### **Risk Management**

The Foundation is exposed to financial as well as participatory risks and through the valuable experience and knowledge of its Board it proactively manages these through robust corporate governance and encouraging expert field based awareness in all its endeavours.

Risk management continues to be reviewed every six months for operational matters, and in 2018 a risk analysis was carried out. This will be reviewed again early 2020. We continued to work with the requirements and adjustments to be GDPR compliant.

We have a robust child protection policy and safeguarding procedures to ensure the safety and wellbeing of all the young people, staff and volunteers we work with. We maintain a register to ensure that all essential training is up to date, and our CEO who is the Senior Safeguarding Officer went for refresher training during the year.

### **Scotland**

For reporting purposes to the Offices of the Scottish Charity Regulator (OSCR) we are required to make a separate statement of our work in Scotland.

We refer to page 20 of this document which outlines our achievements in the delivery of the Imbewu Scotland programme. This work provides public benefit for the people of Scotland and both the direct and indirect beneficiaries reside in Scotland. Funding is both raised and spent in Scotland and the launch of the programme

## Report of the trustees

For the year ended 31 December 2019

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created employment for our Imbewu Scotland Education Officer, who lives and works in the Edinburgh area. We work in partnership with Scottish Land & Estates and have benefitted from the kindness of a number of landowners who have given access to their land, including Atholl Estates, Angus and Douglas Estates and the Glenlivet Estate. Our participants have been involved in conservation volunteering at each of these locations.

We have the opportunity to use an additional property on the Angus and Douglas Estate – “Shawhead” which was the residential location for several Imbewu Scotland trails over the years. Volunteering was a bit part of developing the house in the early part of the year with groups of volunteers redecorating and repairing. Major challenges now are the electrics safety, lack of mains gas and electricity, so renewable energy sources are still being explored as an option provide heat and light when groups are in residence. This will supplement the existing generator which is available for limited use. We continue to hope we can develop the Shawhead property as a rural resource, from which we can deliver walking trails on the estate as well as deliver residential courses and training for facilitators, instructors and therapists, as well as members of the general public.

The Foundation continues to work with the John Muir Trust, Institute of Outdoor Learning, Learning Outside the Classroom, X-Adventures amongst other key partners, and delivers the John Muir Award within programmes in both Scotland and England.

## FUTURE PLANS

Our purpose is to demonstrate, advocate and apply the positive impact of wilderness and wild places on the wellbeing of the individual and society, within a spectrum from the most vulnerable to those with leadership potential.

The main areas of focus and development for the Foundation over the three years are:

- To educate and inspire people to experience and connect with wild places;

- To provide an integrated service for improving the lives of the most vulnerable in our society, through the positive benefits of wilderness;

- To grow natural leaders of the future through directly experiencing the positive benefits of wild nature;

- To protect and enhance biodiversity and green spaces;

We will:

- Introduce people and children to nature;

- Teach people how to love the natural world;

- Change people's lives through nature;

The charity will continue to advocate for its vision of a world where the needs of people and nature are balanced.



## **Report of the trustees**

For the year ended 31 December 2019

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### **FINANCIAL REVIEW**

## **Charitable Expenditure**

### **Income and Fundraising**

### **Cost of Generating Voluntary Income**

In analysing resources expended, the trustees recognise the Cost of Generating Voluntary Income. Expenditure attributed to this category includes the operating costs of the charity where the costs incurred are not directly in support of a specific charitable activity, but are beneficial or contributory to the mission of the charity as a whole. This will include salary costs of financial and general administrative staff, rental of office premises, utilities, telecommunications, travel costs, repairs and maintenance plus general administration expenses. Operating costs for the year totaled £197,553.

A portion of these costs will also relate to fundraising and publicity work undertaken by the charity, including communications with supporters through advertising, printed materials and our online presence.

Resources expended on fundraising and publicity for the year totaled £22,145.

### **Reserves**

The Wilderness Foundation UK needs cash reserves to:

- Meet liabilities should the organisation have to close. This includes redundancy pay, amounts due to creditors and commitments under rental lease.

- To meet unexpected costs such as the breakdown of essential office equipment, staff cover in case of illness, maternity or parental leave and legal costs.

- To provide working capital when funding is paid in arrears.

The Directors believe that in order to cover these eventualities, the charity should have unrestricted cash reserves equivalent to six months of core expenditure.

The organisation will strive to build and maintain this level of reserves by fundraising unrestricted income.

At year end free reserves stood at £59,312.

### **Guarantors**

Every member promises, if the Charity is dissolved while he or she is a member or within twelve months after he or she ceases to be a member, to contribute such sum (not exceeding £10) as may be demanded of him or her towards the payment of the debts and liabilities of the Charity incurred before he or she ceases to be a member, and of the costs and charges and expenses of winding up, and the adjustment of the rights of the contributories among themselves.

## Report of the trustees

For the year ended 31 December 2019

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### TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of Wilderness Foundation UK for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Directors:



Mrs Joanne Roberts

Date: 24<sup>th</sup> August 2020

# WILDERNESS FOUNDATION UK

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2019

	Notes	Unrestricted funds 2019 £	Restricted funds 2019 £	Total Funds 2019 £	Total Funds 2018 £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources</b>					
<b>from generated funds:</b>					
Donations & Legacies	<b>2</b>	121,401	149,143	270,544	213,043
Other income from trading activities	<b>3</b>	11,808	-	11,808	497
Investment income		304	2	306	38
<b>Incoming resources</b>					
<b>from charitable activities:</b>					
Resources from charitable activities	<b>4</b>	118,215	34,465	152,680	65,742
<b>TOTAL INCOMING RESOURCES</b>		<b>251,729</b>	<b>183,610</b>	<b>435,339</b>	<b>279,320</b>
<b>RESOURCES EXPENDED</b>					
Cost of raising funds	<b>6</b>	22,145	-	22,145	4,501
Charitable activities	<b>6</b>	197,554	152,975	350,529	287,268
<b>TOTAL RESOURCES EXPENDED</b>		<b>219,699</b>	<b>152,975</b>	<b>372,674</b>	<b>291,769</b>
Exceptional Expenditure		-	-	-	-
<b>Net (outgoing)/incoming resources before transfers</b>		<b>32,030</b>	<b>30,635</b>	<b>62,665</b>	<b>(12,448)</b>
Transfers between funds		-	-	-	-
<b>Net (outgoing)/incoming resources before other gains and losses</b>		<b>32,030</b>	<b>30,635</b>	<b>62,665</b>	<b>(12,448)</b>
<b>Balances brought forward</b>					
As at 1 January 2019		27,282	36,499	63,781	76,229
<b>Balances carried forward</b>					
As at 31 December 2019		<b>59,312</b>	<b>67,134</b>	<b>126,446</b>	<b>63,781</b>

The notes on pages 35 - 41 form part of these financial statements



# WILDERNESS FOUNDATION UK

## BALANCE SHEET AS AT 31 DECEMBER 2019

	Note	£	2019 Total Funds £	£	2018 Total Funds £
<b>FIXED ASSETS</b>					
Tangible assets	10	-		1,524	
		-		1,524	
<b>CURRENT ASSETS</b>					
Stocks and trademarks	11	1,640		1,640	
Debtors	12	11,541		29,743	
Cash at bank and in hand		200,749		94,618	
		213,930		126,002	
<b>LIABILITIES</b>					
Creditors: amounts falling due within one year	13	87,484		63,745	
<b>NET CURRENT ASSETS</b>		126,446		62,257	
<b>TOTAL NET ASSETS</b>			126,446		63,781
<b>FUNDS</b>					
Unrestricted funds	14	59,312		27,282	
Restricted Funds	14	67,134		36,499	
			126,446		63,781
			126,446		63,781

For the year ended 31 December 2019 the Company was entitled to exemption from Audit under section 477 of the Companies Act 2006.

The Members have not required the Company to obtain an Audit in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to Companies subject to small Companies regime.

The directors declare that they have approved the accounts above.

  
Signed by J Roberts

24 August 2020  
Date

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2019**

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**1. Accounting policies**

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the proceeding year.

**1.1 Basis of preparation**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities Statement on Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)- (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Wilderness Foundation UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

**Company Status**

Wilderness Foundation UK is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

**Cash Flow**

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard 1 "Cash flow statements".

**1.2 Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objects of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds that are to be used in accordance with specific restrictions imposed by donors which have been raised by the Charity for particular purposes. The cost of administering such funds are charges against each specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements. Statutory grants which are given as contributions towards the Charity's core services are treated as unrestricted.

**1.3 Incoming resources**

All incoming resources are included in the Statement of Financial Activities when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Income tax recoverable in relation to investment income or Gift Aid donations is recognised at the time the relevant income is receivable.

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2019**

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**1.4 Expenditure**

All expenditure is accounted for on an accruals basis and has been included under expenses categories that aggregate all costs for allocation to activities. Support costs, which cannot be directly attributed to particular activities, have been proportioned proportionately to the direct staff costs allocated to activities. Governance costs include the costs of servicing Trustees' meetings, audit and strategic planning.

**1.5 Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

**1.6 Creditors**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

**1.7 Financial instruments**

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Trade and other debtors are recognised at the settlement value before any trade discounts are due. Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts.

**1.8 Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**1.9 Depreciation**

Depreciation is provided on fixed assets at the following rates based on the estimated useful life of such assets

Office and Project Equipment, Fixtures and Fittings	20% per annum straight line basis
Motor Vehicles	20% per annum straight line basis

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2019

2 VOLUNTARY INCOME

	Unrestricted Funds	Restricted Funds	Total Funds 2019	Total Funds 2018
	£	£	£	£
Donations	69,317	28,254	97,571	84,690
Grants	52,084	120,889	172,973	128,352
Legacy	-	-	-	-
Other voluntary income	-	-	-	-
	<b>121,401</b>	<b>149,143</b>	<b>270,544</b>	<b>213,042</b>

3 ACTIVITIES FOR GENERATING FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds 2019	Total Funds 2018
	£	£	£	£
Events	11,808	-	11,808	497
Other	-	-	-	-
	<b>11,808</b>	<b>-</b>	<b>11,808</b>	<b>497</b>

4 INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds 2019	Total Funds 2018
	£	£	£	£
Trails Income	71,803	-	71,803	34,284
Therapeutic Services	9,039	-	9,039	6,576
Other	37,374	34,465	71,839	24,883
	<b>118,215</b>	<b>34,465</b>	<b>152,680</b>	<b>65,742</b>

5 GOVERNANCE COSTS

	Unrestricted Funds	Restricted Funds	Total Funds 2019	Total Funds 2018
	£	£	£	£
Trustee expenses	-	-	-	-
Accountant's fees	800	-	800	600
	<b>800</b>	<b>-</b>	<b>800</b>	<b>600</b>

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2019

6 RESOURCES EXPENDED

	Unrestricted Funds	Restricted Funds	Total Funds 2019	Total Funds 2018
	£	£	£	£
Charitable expenditure	139,891	147,889	287,780	222,829
Costs of generating funds	22,145	-	22,145	4,501
Support costs (see note 7)	57,662	5,086	62,748	64,439
	219,699	152,975	372,674	291,769

For the financial year 2019, a fundraising consultant was used and in 2018 the CEO salary was included in charitable activities for fundraising, therefore creating the variance in the 2019 accounts.

7 SUPPORT COSTS

	Total 2019 £	Total 2018 £
Travel & Subsistence	7,632	5,550
Marketing	8,901	6,220
Depreciation	724	6,257
Office expenses	5,038	6,669
Finance & Professional fees	6,155	7,741
Premises	27,111	24,800
Communications and other	2,566	2,789
Insurance	2,316	3,376
Bank charges	718	290
Sundry Expenses	788	747
Governance (see note 5)	800	-
	62,748	64,439

8 STAFF NUMBERS AND COSTS

	Total 2019 £	Total 2018 £
Wages and salaries	91,591	155,925
Social security costs	10,515	9,073
Sessional instructors and consultants	60,205	41,349
Training costs	734	737
Recruitment	-	-
	163,045	207,084

Sessional staff for 2019 has increased due to more self employed staff delivering projects.



# NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2019

## Key Management Personnel

There were a total of two key management personnel during the financial period. Their salaries totalled £64,041.67 (2018 - £56,000) for the whole period.

No staff received more than £60,000 per annum.

## 9 TRUSTEES

During the year 2019, Trustees received no remuneration.

Trustees expenses for attending board meetings were reimbursed £137 (£Nil).

## 10 TANGIBLE FIXED ASSETS

	Computer Equipment £	Project Equipment £	Office Equipment £	Total £
<b>Cost</b>				
At 1 January 2019	3,998	25,503	6,220	35,721
Additions	-	-	-	-
At 31 December 2019	3,998	25,503	6,220	35,721
<b>Depreciation</b>				
At 1 January 2019	3,446	25,331	6,220	34,997
Charge for the year	552	172	-	724
At 31 December 2019	3,998	25,503	6,220	35,721
<b>Net book values</b>				
At 31 December 2019	-	-	-	-
At 31 December 2018	552	172	-	724

## 11 STOCKS AND TRADEMARKS

	Total 2019 £	Total 2018 £
Marketing Stock	1,640	1,640
	1,640	1,640

## 12 DEBTORS: DUE WITHIN ONE YEAR

	Total 2019 £	Total 2018 £
Trade debtors	3,266	26,144
Prepayments	1,132	1,718
Other debtors	7,142	1,881
	11,541	29,743

# NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2019

## 13 CREDITORS: DUE WITHIN ONE YEAR

	Total 2019 £	Total 2018 £
Creditors	15,678	21,926
Grants received in advance	65,407	41,418
Other creditors	5,000	397
Accruals	1,400	4
	<u>87,484</u>	<u>63,745</u>

## 14 STATEMENT OF FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers £	Carried Forward £
UNRESTRICTED FUNDS	<u>27,282</u>	<u>251,729</u>	<u>(219,699)</u>	-	<u>59,312</u>
RESTRICTED FUNDS					
CGP Local Food (D2E)	3,123	77,720	(57,450)	-	23,393
Imbewu Scotland	8,065	16,100	(22,599)	-	1,566
Open Road	299	9,120	(9,419)	-	-
TurnAround Essex	16,516	61,270	(42,784)	-	35,002
Out There Academy	8,496	19,399	(20,722)	-	7,173
Subtotal	<u>36,499</u>	<u>183,609</u>	<u>(152,974)</u>	-	<u>67,134</u>

SUMMARY OF FUNDS	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers £	Carried Forward £
Restricted Funds	36,499	183,609	(152,974)	-	67,134
General Funds	<u>27,282</u>	<u>251,729</u>	<u>(219,699)</u>	-	<u>59,312</u>
	<u><b>63,781</b></u>	<u><b>435,338</b></u>	<u><b>(372,673)</b></u>	-	<u><b>126,446</b></u>

### Purposes of Restricted Funds

- Imbewu Scotland - This fund is for the delivery of a youth training programme in Scotland.
- Chatham Green Project - An education initiative being delivered in partnership with Strutt and Parker (Farms) at Chatham Green in Essex.
- Out There - A programme for young children facing difficulties in school and home lives. Runs during term time offering a personal development curriculum for children aged 13 to 15 years.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2019

- TurnAround - Launched by the Wilderness Foundation UK in October 2007. It is a multi-faceted, nature based programme enabling vulnerable young people to make positive changes to their lives. This is achieved by linking community mentors, wilderness therapy, skills workshops and support for employment and further education over a twelve month period.
- Wilderness Leadership School - This fund supports the work of our 'sister' charity in South Africa.

15 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Unrestricted Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	-	-	-
Net current assets	59,312	67,134	126,446
	<b>59,312</b>	<b>67,134</b>	<b>126,446</b>

16 AFFILIATE FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Carried Forward £
Bush Heritage Australia	19,538	60,848	(52,752)	27,634
IAPF	956	5,220	(1,176)	5,000
WF Africa	147,079	205,736	(247,608)	105,207
WF Global	515	-	-	515
	<b>168,088</b>	<b>271,804</b>	<b>(301,536)</b>	<b>138,356</b>

The funds above are held by Wilderness Foundation UK on behalf of the affiliates above in designated bank accounts. These funds are not Wilderness Foundation UK monies, therefore the income and expenditure is not included in the accounts. Wilderness Foundation UK charges a management fee for handing these funds, which is included in these accounts.

# WILDERNESS FOUNDATION UK

## INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2019

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I report on the accounts of Wilderness Foundation UK for the year ended 31 December 2019 which are set out on pages 33 - 41.

### **Respective responsibilities of trustees and examiner**

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed. The charities gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Accounting Technicians.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

### **Basis of independent examiner's Statement**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

### **Independent examiner's statement**

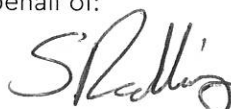
In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair' view which is not a matter considered as part of an independent examination.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Shelley-Marie Rudling FMAAT AATQB for and on behalf of:  
Community360

Winsley's House, High Street, Colchester, Essex



Date 6<sup>th</sup> September  
2020

You were not born a statue  
Nor rooted like a tree  
You were born a wild one  
A spirit pure and free

No cage should hold you captive  
No title should define  
You're flexible and fluid  
So can change at any time

With nothing set in stone  
And so much to explore  
Wander down a million paths  
And rattle every door

Never stop adventuring  
Embrace your inner child  
Stay fearless & stay curious  
Stay positive, Stay wild

**WILDERNESS FOUNDATION UK**

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