

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 2020



www.wildernessfoundation.org.uk

WILDERNESS FOUNDATION UK

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WILDERNESS FOUNDATION UK

INTRODUCTION FOR THE YEAR ENDED 31 DECEMBER 2020

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 2020. 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 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 31 December 2020 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 2020

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)* see page 1 for information
Vance Martin
Matt Adams Williams
Olivia Shaw (resigned 22 September 2020)
Peter Hobson
Peter Martin (Chair)
Myles Farnbank (resigned 21 September 2020)
Andrew Gibbs
Murray Souter
Perdeep Grewel
Gerald Vincent Thompson (appointed 16 November 2020)

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

CHAIRMAN'S REPORT



The year to the 31 December 2020 must have been one of the most challenging years ever faced by the Wilderness Foundation UK (WFUK) as it was for every charity in the country. The huge effect of Covid 19 could not have been foreseen and cannot be overestimated.

We started the year in a really strong operating and financial position thanks to progress in recent years and a particularly successful year in 2019. We had a good first two months of the year for fundraising and then the pandemic hit us all in March. The charity had to react with great speed to the new restrictions imposed by government. All services were moved to an online method of working with two new campaigns - Wild Time and VitaminN - introduced to help people connect with nature and stay mentally well.

The office was closed until June, but we continued to deliver our services online and by telephone and in emergencies face to face working. We were able to support our community, particularly young people with therapy, coping strategies and practical help.

We were very fortunate to obtain funding from a number of sources, for example: the Essex County Council, Reaching Communities and the Essex Community Foundation, particularly to support our therapy and emergency response programmes addressing the issues around mental health. We ran a successful campaign in Scotland to grow a new programme called Treun which replaces our Imbewu programme. I am pleased to say that we ended the year in a strong financial position.

We also made use of the pandemic hiatus to strengthen our governance and financial systems. More detail in this is given in the Trustees Report on page 6.

Whilst we focused on wellbeing and human social care, we repurposed our education offer (which is usually available to school visits on site), to environmental advocacy and climate change. We worked creatively on a new online climate change education package that is widely available, especially for schools and children that were locked down. In addition, we benefited from working closely with the Essex Climate Action Commission, with a focus on promoting Green Infrastructure and Land Use to take us closer to a carbon net zero county here in Essex by 2050. We have renewed our efforts to reach everyone to understand the role that regenerative agriculture, biodiversity enhancement and community and individual action can make to this. As a charity we are deeply concerned about the crisis facing nature, species and ecosystems in the UK and globally.

I am sure that I speak for all Trustees when I say that I have been extremely impressed by the remarkable way that our excellent CEO Jo Roberts and her team reacted with such speed to the impact of the pandemic. Our programmes had to be redesigned and new therapy programmes developed. New funding had to be secured and our wonderful staff and volunteers had to work in entirely different ways – even accepting that they would need to work online and not be fixed on our usual outdoor face to face experiences. I extend a huge thank you to all of them.

This is my last report as Chairman of the Wilderness Foundation UK although I am pleased to say that I will remain as a Trustee. I am delighted that Vincent Thompson, the Vice Lord Lieutenant of Essex, has agreed to become our new Chair in 2021 and I know that he will lead the organisation on to greater achievements in the years to come. The Covid 19 pandemic has compounded the incidence of mental health problems and the demand for our services whilst the urgency of the climate emergency is increasingly recognised. The unique offering of the Wilderness Foundation UK, outlined in our Objectives on page 5, enables it to address both these priorities in parallel and so provides the basis for our plans for the development of our operations.



Peter Martin
Chairman

Trustees Annual Report

For the year ended 31 December 2020

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 Commission's 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.

In spite of Covid 19, we continued to review our aims, objectives and activities internally and also externally in conjunction with the universities and internal research, in terms of monitoring and evaluating our work.

We once again had the benefit of The University of Cambridge Judge Business School's executive MBA students supporting the Foundation as part of their MBA training.

In 2020 we worked with four students from a range of professional backgrounds and their brief was to further develop previous work in 2019. They completed and wrote up a comprehensive analysis of unique selling points of the charity, strengthening the board, marketing and branding and areas that we could improve the efficiency and impact of the charity in line with our development aspirations.

During the year we have focused heavily on governance and advanced our processes in terms of risk analysis, financial procedures, board diversity and management and reviewed our Articles of Association. This is still work in progress and we have a very committed and thorough Governance Committee. We have also implemented a Finance Committee who meet regularly and, like the Governance Committee, report directly to the Board. Even though our work has been restricted through this year, we have

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maintained our Learning Outside the Classroom accreditation which is an important external measure in terms of compliance and focused on further training and development in First Aid, mentor training, health and safety and safeguarding.

We made use of the services of a film maker to produce a short documentary on the impact of lockdown on our TurnAround Graduates which was shared widely. Our social media and marketing online took a new life.

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 our own monitoring processes.

We continue to seek ways to remain relevant to current trends for society and the environment and were fortunate for our CEO to be a commissioner on the Essex Climate Change Commission and for us to develop our own education tools for helping young people respond, advocate and understand the challenges of climate change globally and in the UK.

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.

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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 in corporates and organisations looking to evidence their environmental and social responsibility dovetails into this work.

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

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.

In 2020 research showed a dramatic increase in mental health issues with lockdown affecting a wide range of people. Covid 19 also increased people experiencing isolation and loneliness, grief and financial insecurity alongside fear of being infected, as well as increased a desire to connect to nature.

Overall, this added to an already high mental health decline in our teenage population which in 2019 was already reporting almost one in four adolescents in the UK experiencing anxiety or depression. There is continued growth of County Lines and gang involvement across the country, with a 40% increase in domestic violence which has a big impact on children and young people in the household. Whilst many are

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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 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 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 therapy 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 for 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. Based on a 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.

Through our varied programmes, the measuring and monitoring of 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.

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Through 2020 we have focused more heavily on how biodiversity and rewilding can support the mitigation of climate change, but also what actions we all need to be taking to reduce our carbon impact on the planet. We developed our own Climate Change Education Programme and moved almost all education online to make the most of lockdown when this was a medium with a high percentage of followers.

Our communication has been focused on the impact of climate change, loss of biodiversity, 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 delivered two far reaching (up to 11,000 views) of social media and website-based nature and wellness education programmes – Wild Time and Vitamin N. General interest in the natural world increased during the 2020 lockdown with reports of over 2000% rise in searches for online nature-based activities. (Wildlife Trusts report 2021.)

We are one of the partners of the World Wilderness Congress which 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.

This year in 2020 the Congress was to be held in Jaipur, India, and was forced to cancel the month before due to Covid 19. Online conferencing became the best tool to use for this purpose and we made the most of the medium where we could.

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Overview of 2020

We started 2020 with a Business Development Plan which was adopted by the Trustees. Our ambition was to enable and strengthen our finances, marketing and existing programmes - that successfully deliver service to the environment and people - in order to grow and develop our impact, and finally to expand the work of the Foundation to other parts of the UK where there was a natural fit and a selected partner or individual who could support this.

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)
- ☐ Brave Futures
- ☐ Treun (replacing Imbewu in Scotland)
- ☐ Online and Face to Face Therapy
- ☐ Wilderness Therapy Training
- ☐ Partnership Support - Australia and South Africa

The year included new areas of growth including:

- ☐ Increased work with young people who have Special Educational Needs as part of the Chatham Green Project outreach, and also with groups that involved bespoke services designed with the referrer and delivered on site as part of the Out There Academy
- ☐ Working with online and other therapeutic support to a much wider group of beneficiaries
- ☐ Growing our Association of Outdoor Counsellors & Wilderness Therapists
- ☐ Wilderness Therapy training and counsellor professional development

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- ☐ Delivery of Wilderness Therapy immersions in Essex and Scotland
- ☐ Judge Business School engagement in reviewing our strategy and purpose
- ☐ Documentary of young peoples' experiences of Covid 19 and lockdown
- ☐ Speaking slots and video reflecting the impact and methodology of our work
- ☐ Increased online communication through social media and improvements to our website
- ☐ 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 and 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



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 next three years are:

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

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- ☐ 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
- ☐ To continue to promote and support mental health and wellbeing across clients in Scotland and the rest of the UK
- ☐ To promote and practise solutions to meet the Climate Change Crisis
- ☐ To grow and strengthen our impact for environment and people

We will:

- ☐ Introduce people and children to nature
- ☐ Educate people how to love the natural world
- ☐ Change people's lives through nature
- ☐ Practise what we preach in caring for the earth and people

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

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Review of Individual Programmes

TURNAROUND



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 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.

In early 2020 we graduated a cohort just before lockdown in February. They had been part of two major expeditions to Wales and also a final paddling expedition on Loch Lomond, alongside a range of other intervention activities and workshops. We included meals out, inspiring speakers and general social activities as part of the programme.

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

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comfort zones kickstarts 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 the 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.

Celebration of participants' achievements take place continually throughout the programme, and we held the graduation for our TA11 in February just before lockdown. This was as always a moving and emotional ending to a close and bonded programme – with the challenges and benefits all rolled into one major sense of pride and accomplishment.

Once Covid 19 struck, we activated our mentors and staff into supporting a wide range of graduates from across a range of programmes but included applicants to the TA12 programme that was on hold through Covid 19.

As soon as we were able to meet in person of smaller groups outside we engaged our TA12 programme which started at the end of August. During lockdown we had also employed an experienced outdoor facilitator to support the programme alongside the programme lead.

Not being able to go on trail meant that we had to be extremely creative and flexible, finding other things to do that would give a stretching opportunity for the individuals and create group solidarity.

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This included long walks, canoeing, archery, bushcraft, outdoor cooking, tree climbing. Mentors were exceptional glue to the programme and supported through all weathers, moods and moments.

The TA12 intake graduated in April 2021. 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

- 19 young people engaged in the programmes in 2020.
- 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. This year saw an increase in those experiencing domestic violence, grief and loss, and loneliness.
- Research from the last wilderness trail of the TA12 cohort showed the following outcomes:
 - 5 categories showed an increase in all or over 80% of participants
 - Working / Studying**
 - Trust and love**
 - Respect for nature**
 - Happiness and mood (100%)**
 - Do I like myself**
 - In addition, 50% or more of the group reported improvements in
 - Family and other relationships**
 - How confident I feel**
 - How angry I feel**
 - Independent living skills**
- Significant barriers to success such as drugs and alcohol use and offending showed lesser but still significant improvements.

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- 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.
- 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 and we thank our volunteer mentors, guides and referrers, and the young people who place their trust in us.

When I came to TurnAround I was too nervous and had to have a special one to one to build my confidence. I was nervous, anxious, not sociable and didn't have many friends. I was also grieving for a cousin who had passed away. When I look back I can see how far I have come. I now see myself as a person with courage. I now don't waste my life and want to make the most of it. I see it as short and I am grateful for so many things – such as being able to see and hear, and to appreciate nature. I am now studying and doing well. I don't think I need regular support any more, but think that I can work through my problems and not collapse. I know the Foundation is there if I need something. VM18

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.

We continued to work weekly with a group of young adults and adolescents who have Special Educational Needs from the Community College Initiative in Chelmsford. This programme has been highly successful and once safe to attend the Foundation the group were back in force. They are currently working on building a Saxon shelter, making underground furnaces, learning a wide range of bushcraft and social skills, and confidence whilst on site.

During 2020 we were able to deliver 36 weeks of support for our groups. The programme provides overall outcomes of improvements in school attendance (in 2019, 71% of our graduates reported improvements in this).

Other outcomes were in social skills, confidence, respect for self, mood and independent living skills amongst others.



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The Out There Academy is assessed as a positive environment for managing conflict resolution, reducing stress and anxiety, school avoidance or exclusions, and 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, Covid 19 increased the stress of these young people and we have 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 young age. The team have had to adapt around this and we had to increase our ratio of staff to young people during the programme, within guidelines, to ensure we could offer enough personalised attention and also maintain boundaries and safety.

Participants are with us one day a week for six weeks and offer follow up support as needed. This year we have a school group who have commissioned work for a whole cohort of Out There which was halted due to Covid 19 and is now due to start again in 2021, as well as funding from individual referrers. We have also successfully raised funds through the Big Give Match Funding campaign and other sources so that we can offer Out There to a wide range of young people put forward and continue to offer a subsidised service even when groups were smaller than usual.

We could not have done this work without our mentor team who offer role modeling, team support, one to one support and are just good fun to be with too. Essential in our work! 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 and referrers for this programme.

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Illustrative Outcome

HR joined the programme at 13 and was on the edge of being excluded from school for his risky behaviours, outbursts of anger, and self-harm. He was bright and engaging and hid major issues behind a charming exterior. His mother had abandoned the family – 3 boys – when H was only 2. He was raised by his Dad as a single parent who himself was wracked with grief and overwhelm and his only survival strategy was a military run operative with little warmth. H struggled with trust and deep-set pain around emotional abandonment and longed for maternal care and support. He would attach to female staff members, unsafe relationships with girls and had a poor and frightened relationship with his father. Whilst on the Out There programme, he slowly started to share the issues he was facing with the team and others. He was able to show his athletic abilities and fitness and lead our long walks, tree climbing and outdoor games. He was also always ready to help others and nurture weaker members in the group, eventually sharing openly in group discussions.

With the results of positive relationships, feedback, therapy, mentoring and long-term support after the project ended he completed his GCSEs, applied for college, won an award for young entrepreneurship ideas and plans, supported others in his school who were struggling as a young leader on a school holiday programme.

The team who supported him worked closely with his father and finally helped him to develop the confidence to let H reconnect with his absent mother and to let that relationship take its natural course. Prior to that his father was fearful that H would leave him too. We still stay in touch with H, giving him support when he needs, giving him well deserved references for jobs and remain as a backstop for whenever he needs a boost or gentle push in the right direction.

Endorsement

Through our partnership with the Wilderness Foundation, we have developed a programme designed to help students reconnect to society and themselves through outdoor facilitation, adventures and mentoring. The programme highlights the positive impact of nature on personal and social wellbeing. The programme creates opportunities to learn more about their relationship with the natural world and what they can do to protect it. The content of the Wilderness programme aims to equip and enable people to acquire skills from within themselves to navigate their futures safely and successfully. We are working with the Wilderness Foundation to keep people healthy and our planet wild!

KW21 – Teacher at Community College Initiative

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Chatham Green Project 2020

Environmental Education

2020 as we all know was a very different year. 2020 did give many the opportunity to rediscover the outside and reconnect with nature. With schools closed for most of 2020, this meant that we only saw school visits from our Special Educational Needs groups through 4 out of 12 months of 2020. We also were not able to go into schools for any outreach projects. This however did not mean work came to a stand-still, in true Wilderness Foundation style we continued on!

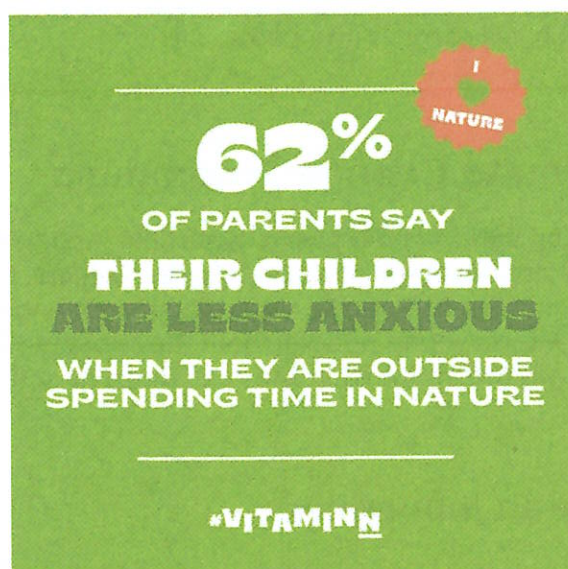


Wildtime, VitaminN and Badger Cam

The role of our Education Officer took quite an exciting turn. As we all hid inside and only escaped for our hour's exercise, she started work on our social media channels and of course, our website.

Just before we were all put in our makeshift home offices, as a team we created Wildtime, which essentially carried us throughout the lockdowns. An online space with information about nature activities and mental health tips and advice.

Using social media and mailing out to those we knew, we shared our knowledge of mental health and the outdoors for the first time completely through our screens.



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Through Spring, when outside was blooming, our social media channels were increasing with people connecting with us and sharing our passion for nature and the outdoors. We were then whisked up by Green House PR, to join organisations including RSPB, WWF, Mental Health Coalition, National Trust, Nature friendly farming network, and Jordans on a fantastic social media campaign: VitaminN.



From the Easter weekend through to the Summer, we shared content across our social channels. Our social channels increased in volume as we were connected to organisations with much larger social followings than us. It was brilliant for our profile. Now my week as Education Officer consisted of scheduling 4/5 posts a day, from VitaminN, Wildtime, our programmes and without forgetting 'Badger Cam'.

Luckily, something we could continue, was filming our on-site Badgers. Creating weekly videos to share with our followers but also share with schools and teachers who would show our family of badgers on their virtual screens.

Although we missed a lot in 2020, we gained so much through our online presence which will carry us into 2021.

Climate Change Programme

During 2020 we did spend more time indoors not only working on social media content but also working on a brand-new Climate Change programme. This new outreach programme is currently made up of three engaging presentations. The aim is to engage and inform young people about the impacts of climate change and then to increase their knowledge about what they can do to save the planet and be more sustainable.

Green Influencers

Towards the end of 2020 we were delighted to hear that we had gained funding from The Ernest Cook Trust and were going to be part of the Green Influencers scheme. The Green Influencers scheme enables a Green Mentor to support groups of young people in their environmental and social action. The scheme enables young people to make a real difference to their environment. It is incredibly exciting for the Education Officer to be taking the role of Green Mentor and to be going into schools and organising groups of young people that want to get involved with positive projects for the environment.

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For the year ended 31 December 2020

Wilderness Rangers Camps

2020 got off to a great start with February camps taking in 105 young people in just one week. We then all plummeted into lockdown part one which meant we missed out on both Easter and May camps, however that didn't stop us in the Summer. With reduced numbers and increased precautions, we took a total of 224 children over the Summer holidays and, including October holidays, we took a total of 399 children for 2020. The demand for our camps has increased and we now have a large mailing list and following of parents putting us in a strong position for 2021.

Feedback from parents:

'I just wanted to thank you and your team for giving the boys such a great experience again this summer! They have loved their time with you and never fail to come home thrilled by the day's activities.'

'Thank you so much Terri!! Max had the best time and will definitely be there again in October.'

Birthday Parties and External Groups Onsite

Due to Covid 19 restrictions, numbers of external group visits have been extremely low but when it was allowed we were able to run two birthday parties in 2020. During the restricted months we were also able to run two zoom sessions for a Beaver group all about Badgers and our night vision cameras. The birthday parties have also increased knowledge of the work we do and have resulted in an increase of bookings for our camps.

Feedback from a parent:

'I just wanted to say from us all, thank you so much to you and your team for giving the kids (and to be honest me!) the best time. We have had so much positive feedback from kids and parents and couldn't have wished for a better party experience. Thank you so much again and looking forward to seeing you again really soon.'

Biodiversity

Surveys for Biodiversity were unfortunately on hold for 2020 but throughout 2021 we will be working on having more comprehensive surveys on the Chatham Green Site and also at Mann Wood. We aim to work closely with Essex Field Club and their expertise to achieve this for 2021 and beyond. These have an ecological rationale to evaluate change across the site over time.

Trustees Annual Report

For the year ended 31 December 2020

Challenges for Education

The challenges of last year go without saying, but with our heads turned towards the virtual world; what we gained from 2020 we can take forward into the future. Our challenges in 2020 were centered around staffing and volunteers but our 2020 volunteer team was strong and we increased our staffing levels which enabled us to continue our work at a high standard and, in time, this will increase our growth.

Down To Earth Allotments



Our Down to Earth Allotments work across six 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.

This year we had a good start to the programme with activity from our volunteers in the first quarter and then Covid struck. We adapted to having small family units do the upkeep on a voluntary basis, during the week and on weekends. This offered families in lockdown a chance to make a difference, collect fresh produce and be together in a positive environment. Once the groups of up to 15 were able to return, we have been running the allotment as normal but with much more attention on Covid 19 safety and social distancing as many volunteers are vulnerable.

The allotments are 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.

We are 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.



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For the year ended 31 December 2020

The Down to Earth Allotment programme 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 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 and New Hall School (DofE) 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.

During lockdown, unfortunately, many of the schools' programmes did not run which was disappointing but understandable. 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 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, carry out constructive and tangible work, break cycles of loneliness or social isolation and are an important part of the local community.

During last year we ran 50 days of engagement for participant volunteer gardeners and support gardeners, including family hub days. Most clients attend 4 hours minimum each session.

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

Treun – (Imbewu Scotland)

During 2020 we made a change to the project. After a review we decided that our outcomes for our graduates were more along the lines of wellbeing, as well as employability skills, but we were not doing enough for rural skills and rural jobs as the project had originally been designed for. We then launched a fundraising campaign with the new mission over the period of 2020 which served us very well as we were not in a position to offer trails due to lockdown restrictions.

During the year we have raised almost all the funds we needed from a range of generous funders, were able to appoint a new Scotland Manager and to rebuild the programme. The new programme, which means 'Brave' in Gaelic, will follow a similar programme to Imbewu as 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 are experiencing difficulties with their mental health 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.

Trustees Annual Report

For the year ended 31 December 2020



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 carry out a volunteering programme. In the course of the programme, participants earn the John Muir Award and Leave No Trace accreditation.

Towards the end of the programme, the groups deliver a presentation 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 presenting can be terrifying, however through the design of the programme 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.

Outcomes for Treun

Participants gain new skills and access to both life and work experience. Our team offers support and addresses the need for educational attainment and self-sufficiency, working with participants to think about and take actions for their future and career. Outcomes from the project include:

Improved mental health and employability:

- Develop and improve personal and social skills for life including confidence, overall wellbeing, self-esteem, self-care and self-reflection
- Improve resilience and mental wellbeing
- Improve physical and emotional health
- Develop emotional coping strategies that can be used for life

Increased nature connection and tools for helping the environment:

- Increase their connection to nature, Scottish Access Code/Leave No Trace Principles
- Increase their knowledge of Scotland's wildlife and natural heritage
- Increase their understanding of Scotland's rural heritage
- Encourage and learn about volunteering
- Learn camp craft and how to access nature and the outdoors

Increased employability and leadership pathways:

- Improve aspiration and confidence to seek work or further studies
- Learn and apply new communication skills

Trustees Annual Report

For the year ended 31 December 2020

- Improve and learn new employability skills
- For those who show interest and aptitude there will be a leadership development pathway
- Development of an alumni group for ongoing mutual support and personal growth

Alumni

In 2020 we have maintained contact with our alumni mainly through social media. We had planned to have a celebration event this year to launch the new focus of Treun, invite alumni to attend as well as referrers and funders but this had to be postponed. We aim to engage them more and to have their input as we grow and develop the Treun programme with its new emphasis.



Partnerships

We continued in 2020 to build and maintain 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
- Greenfaulds High School
- Edinburgh University (Outdoor Learning Department)

Volunteers – Scotland

Alongside our other programmes, 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 programmes could run. Additionally, they spent several days renovating our base in Lanarkshire – transforming our cottage to a welcome haven for when we next return. This was not possible in 2020 but we hope to renew this work in 2021/22 with continual volunteer engagement through social media and the website in the meanwhile.

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For the year ended 31 December 2020

Wilderness Therapy



During 2020, the Foundation realised that we needed to take on a different stance to our support and therapy – it was not possible to serve enough people face-to-face during the pandemic, or indeed at times to do this safely – even though we are outdoors. We therefore moved to offer online or telephone counselling across Essex to families, parents and children and young people. We were commissioned to offer around 630 hours of counselling which by August we had almost reached our capacity due to demand. This was funded by The Family Innovation Fund at Essex County Council.

In addition, we applied for face-to-face therapy funding (for those who could not meet online – and received further donations including Sport England to offer this service. During the year other small grants to support this were reached. We have been running consistent outdoor therapy throughout the year depending on the safety, current regulations, weather and client uptake. This has been very rewarding in 2020 where we all know we are making a real difference in people's lives and that we can respond relatively quickly to their needs.

Ages were between 5 and 60 and we reached in total during the year 144 clients.

62 clients FIF-Xtra

18 clients for Local Services Fund

40 clients for Sports England

12 clients for Bespoke

12 clients for Employability

We were able to make use of our team of associate therapists, grow this group through training and outreach and offer as much of an outside/inside theme by offering tips and ideas to find connection with nature either during or in between sessions. Some therapists conducted their sessions with clients physically outside but on their phones.

All therapists receive informal supervision on a regular basis and we have meetings to support the team with new ideas and thinking and group supervision.

B thinks very highly of his counsellor. I, too, cannot thank your counsellor enough for the lift he has given to my son and for the work and compassion he has shown. It has really helped and made a difference.

Mum of year 8 boy

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For the year ended 31 December 2020

We have been receiving such positive feedback from our families about the service they have received from the Wilderness Foundation. We have found it incredibly efficient and easy to work with the Foundation, which is why we have continued to access therapy for our students through you.

SENCO of Primary School in Harlow

Therapy Camps

All our scheduled programmes were cancelled in 2020 due to Covid 19 and the restrictions on overnight programmes.



Therapy Expeditions

During August when there was a break in restrictions we were able to run one therapy expedition to Scotland, and to conduct one to one support for a client. This included a sea kayaking journey on the West Coast of Scotland for seven days, weekend camping in Essex and online and face to face therapy and individual support. The programme was self-funded.

Brave Futures

This programme was funded by Reaching Communities as part of their emergency funding, to offer eight weeks of mental health support to two separate groups of adults and a group of adolescents during lockdown. We were able to support smaller groups of up to 15 in the outdoors.

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For the year ended 31 December 2020

Each group had a therapist and outdoor facilitator and weeks focused on a range of presenting issues within the group and individuals and the therapists were able to offer regular, long sessions to support their coping skills, unburdening themselves of past trauma and issues, whilst building their resilience.

Both programmes reported excellent outcomes relating to mood, calm, self efficacy and awareness and coping strategies were reported, as well as a connection to nature.



Association of Outdoor Counsellors and Therapists

We continue to consolidate and support our team of 30 Associate Outdoor Therapists who have a focus on outdoor work but also deliver our work online and by telephone.

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. We collectively support over 200 clients either in groups or inividually, families or couples.



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Wilderness Therapy and Mentor Training

In 2020 we were able to offer one therapy training programme which had nine attendees and it was run in our beautiful 100 acre wood in Essex. The camp ran for three days and two nights and attracted a wide diversity of specialists interested in extending their knowledge in terms of outdoor working.

Unfortunately, due to Covid 19, we were not able to offer more than this. We delivered online training for Palacky University in the Czech Republic who ran a summer programme online where Wilderness Therapy was one of the offers.

Our previous work with delivering our Wilderness Therapy training in conjunction with European universities has been affected by Brexit, as the Erasmus scheme which funded much of our joint work has been suspended. We will continue to seek ways to maintain these programmes and the exchange of students who spend up to six months a year with us to train. They cannot afford this work experience without the Erasmus grants that were available – but we believe we can try to fundraise for this exchange of learning when the time is right and Covid 19 is settled enough to travel comfortably and safely again.

Referral Professionals

During the break in lockdown, we offered team building and training for a group of referrers from Family Solutions who are key to putting young people through our wellbeing programmes. This was a brilliant day and enabled staff to have a beneficial day outside for themselves, but also to understand more directly how we work and what we offer to their clients. This, in turn, will improve the referral process.

Mentor Training

During lockdown, we made use of re-designing some of our training and moving it online and we have now found a mentor training which has been tailor made for the Foundation.

This has meant that we can train mentors as soon as they are vetted and they don't have to wait for a group with a minimum size to make the training viable. We are very reliant on the high calibre of our mentors and have a support network, CPD engagement and group support online and when possible, in person.

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For the year ended 31 December 2020

Mentors will serve young people on our Treun Programme in Scotland, TurnAround, Out There, Brave Futures and some climate change work as well, so are key to our organisation.

Other volunteers support our administrative side of the Foundation.

WILDERNESS LEADERSHIP JOURNEYS



In 2020 we had a range of Wilderness Leadership Trails in place but due to Covid 19 and restrictions on travel these were all cancelled. We have been in regular contact with our schools and partners to see how best we can serve their students and have been developing Scotland based programmes to launch in 2021 in response.

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 wildlife 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.

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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. 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 it comes as no surprise that trailists are reluctant to leave. 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, interpersonal behaviours, 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 ACTIVITY IN 2020

Climate Change, Biodiversity and Environment



During the year, we have placed much focus on climate change. Jo Roberts, CEO, has been appointed a Commissioner with the Essex Climate Action Commission. Jo served on the Communications and Land Use and Green Infrastructure Special Interest Groups amidst highly respected academics, practitioners, farmers, County Council officers and other organisations. The Foundation has valued this engagement as it has helped ensure we stay on track with climate issues being at the forefront of our environmental advocacy, particularly around where wilderness, green space and biodiversity can make a significant contribution to mitigations and reach a carbon net zero world by 2050.

The Education Team, in parallel to the higher-level work, have developed and grown a climate change outreach education programme to deliver to local schools in practice or online. This also opens up the scope to offer the programme online to anywhere else in the British Isles, Europe or globally. This is anticipated to launch in 2021.

The Education Team have also launched a successful WildTime campaign and contributed to a wider national campaign called VitaminN – which helped people during lockdown engage with nature, support biodiversity and boost their own wellbeing by getting outside. Part of the campaign has been the regular Badger Cam posts on YouTube of our badger community on site. This has proved very popular with our children and other visitors. It also serves to support our goal to connect people to nature, even if only through the media during the lockdowns we experienced.

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Domestic Violence Recovery for Adults and Adolescents

Two programmes, ten weeks duration for each one, were funded in 2020 but were scheduled for delivery in 2021 once lockdown was eased. This was funded by the Essex Fire and Police Crime Commissioner.



During 2020 however, in partnership with our research partner the University of Essex, we conducted a co-creative group of survivors of domestic violence who helped us develop and design the delivery content and process. This included alumni from our TurnAround programme. There were regular meetings throughout the second half of 2020. A proposal document including this feedback was created and forms the basis for the later delivery. The intention is to develop a handbook for providers who wish to take this key work for survivors outdoors, as most work is still traditionally indoor work.

We also put in a large joint working bid with Open Road to the Green Recovery Fund to continue our work from 2018 and 2019 with drug and alcohol recovery/probation clients, but were unsuccessful.

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 over the years, we have 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 wherever we travel outdoors.

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For the year ended 31 December 2020

Media

During lockdown we were offered a free documentary to be made by a filmmaker to understand the implications of lockdown in young people. A brilliant film was made with the help of five of our TurnAround graduates and this was shown widely on our social media and other networks. It continues to be available on our website for viewing and is a sober yet inspiring watch.

We also took part in the summer school education training with Palacky University in the Czech Republic and presented at the European Wilderness Society online conference during the year. Radio and other interviews were also conducted through the year to grow awareness of our work.

Events and Fundraising

Due to Covid 19, all our fundraising events were cancelled. However, we have made good use of online appeals where possible, boosted social media, our Friends' subscription appeal and donor appeals.

During the year we followed the advice of Judge Business School and doubled our fundraising capacity to two days a week with three days of marketing support. We appointed a full-time staff member to take on this work in October and her work has been to boost all aspects of fundraising and marketing outreach.

We have made full use of the emergency support for Covid 19 this year in terms of maintaining the Foundation's outreach and fundraising remains a very high priority as each year we have to maintain services, whilst also increasing our income and growing the organisation and its impact.



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For the year ended 31 December 2020

GOVERNANCE

Status and Objects



The charity is a company limited by guarantee. Our governing document is a Memorandum and Articles of Association dated 20 November 2006 with an update to objects in 2010. 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 and has an active Governance Committee made up of the CEO and four trustees including the Chairman. As at 31 December 2020 there were ten trustees, whose names appear on page 2. Peter Martin served as Chairman in 2020 with Andrew Sheepshanks and Toby Aykroyd as deputy Chairs. Three trustees resigned in 2020. Jo Roberts CEO resigned her post on the advice of the Governance Committee to maintain separation of CEO operational and board functions. Resignations were for personal or professional reasons.

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 finance report back to the main Board.

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For the year ended 31 December 2020

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 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 and a recruitment process set up by the Governance committee and endorsed by the Board. 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.

An Ambassador programme invites people who can bring a benefit to the Foundation through their networks and are equally passionate about its objectives. They have no official role but abide by a set of principles and a formal agreement.

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For the year ended 31 December 2020

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 a new risk register has been created in 2020, which is reviewed at each Board meeting. We continue to work with the requirements and adjustments to be GDPR compliant.

We have a robust child protection policy and safeguarding procedure to ensure the safety and wellbeing of all the young people, staff and volunteers we work with, as well as registration of others such as site health and safety for example. We maintain a register to ensure that all essential training is up to date and two Senior Safeguarding Officers were trained and appointed to support our CEO, who is the Senior Safeguarding Officer.



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 24 of this document which outlines our achievements in the delivery of the Treun Programme. This work provides public benefit for the people of Scotland and both the direct and indirect beneficiaries reside in Scotland. The programme includes employment for our Wilderness Foundation Scotland Manager, who resides in Scotland, as well as freelance guides and other members of the team, including volunteers. 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,

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Angus and Douglas Estates and the Glenlivet Estate. Our participants have been involved in conservation volunteering at each of these locations.

The property on Douglas and Angus Estate that we have previously used for trails, is now in too great a state of disrepair but we are keen to continue to work on the Estate and our Manager is in touch with the team – albeit meetings have been held back by Covid 19.

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

Financial Review

Charitable Expenditure

Following a strong year in 2019, we started the year with reserves of £126,446 up from £63,781 the previous year. This was followed by a successful first two months. Thereafter, inevitably, the financial performance in 2020 was heavily impacted by the Covid pandemic with total income down from £435,339 to £359,335 due to a drop in income from charitable activities from £152,680 to £53,373. However, income from donations and legacies was strong rising from £270,544 to £305,891 partly thanks to significant support from Essex Country Council, Reaching Communities and the Essex Community Foundation referred to in the Chairman's Report.

Expenses were carefully managed reducing from a total of £372,674 to £258,150 largely due to a reduction in Charitable activities from £350,529 to £244,172. We did not furlough staff during the main part of the year and only took some relief in December. As a result, we were able to increase our reserves from £126,446 to £277,630 of which £90,481 were Unrestricted and £137,149 Restricted.

We have made a promising start to the current year and hence are confident that, notwithstanding the continuing difficulties arising from the pandemic, our progress will continue through the year.

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,

Trustees Annual Report

For the year ended 31 December 2020

telecommunications, travel costs, repairs and maintenance plus general administration expenses.

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 £13,978.

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 £90,481.

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.

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).

Trustees Annual Report

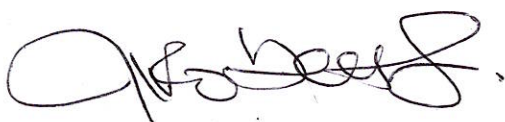
For the year ended 31 December 2020

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 on behalf of the Directors:



Mrs Joanne Roberts

Chief Executive Officer



Mr Peter Martin

Chairman

Date: 29 June 2021.

WILDERNESS FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted funds 2020 £	Restricted funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
INCOMING RESOURCES					
Incoming resources					
from generated funds:					
Donations & Legacies	2	178,233	127,658	305,891	270,544
Other income from trading activities	3	-	-	-	11,808
Investment income		70	-	70	306
Incoming resources					
from charitable activities:					
Resources from charitable activities	4	2,613	50,760	53,373	152,680
TOTAL INCOMING RESOURCES		180,916	178,418	359,334	435,338
RESOURCES EXPENDED					
Cost of raising funds	6	10,378	3,600	13,978	22,145
Charitable activities	6	139,369	104,803	244,172	350,529
TOTAL RESOURCES EXPENDED		149,747	108,403	258,150	372,674
Exceptional Expenditure		-	-	-	-
Net (outgoing)/incoming resources before transfers		31,169	70,015	101,184	62,664
Transfers between funds		-	-	-	-
Net (outgoing)/incoming resources before other gains and losses		31,169	70,015	101,184	62,664
Balances brought forward					
As at 1 January 2020		59,312	67,134	126,446	63,781
Balances carried forward					
As at 31 December 2020		90,481	137,149	227,630	126,445

The notes on pages 43 - 49 form part of these financial statements

WILDERNESS FOUNDATION UK

BALANCE SHEET AS AT 31 DECEMBER 2020

	Note	£	2020 Total Funds £	£	2019 Total Funds £
FIXED ASSETS					
Tangible assets	10	-	-	-	-
CURRENT ASSETS					
Stocks and trademarks	11	1,640	1,640	1,640	1,640
Debtors	12	29,052	11,541	11,541	11,541
Cash at bank and in hand		297,234	200,749	200,749	200,749
		327,926	213,930	213,930	213,930
LIABILITIES					
Creditors: amounts falling due within one year	13	100,296	87,484	87,484	87,484
NET CURRENT ASSETS					
		227,630	126,446	126,446	126,446
TOTAL NET ASSETS					
		227,630	126,446	126,446	126,446
FUNDS					
Unrestricted funds	14	90,481	59,312	59,312	59,312
Restricted Funds	14	137,149	67,134	67,134	67,134
		227,630	126,446	126,446	126,446
		227,630	126,446	126,446	126,446

For the year ended 31 December 2020 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.

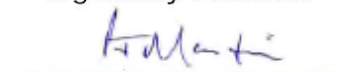
The Directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

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

29 June 2021
Date


Signed by P Martin

29th July 2021
Date

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

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 contricutions towards the Charity's core services are treated as unrestricted.

1.3 Incoming resources

All incoming resourcecs 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 invetment 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 2020

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

WILDERNESS FOUNDATION UK

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

2 VOLUNTARY INCOME

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Donations	64,375	9,863	74,238	97,571
Grants	111,087	117,795	228,882	172,973
Legacy	-	-	-	-
Retention Scheme Grants	2,771	-	2,771	-
Other voluntary income	-	-	-	-
	<u>178,233</u>	<u>127,658</u>	<u>305,891</u>	<u>270,544</u>

3 ACTIVITIES FOR GENERATING FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Events	-	-	-	11,808
Other	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>11,808</u>

4 INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Trails Income	-	-	-	71,803
Therapeutic Services	0	18,984	18,984	9,039
Other	2,612	31,776	34,388	71,839
	<u>2,613</u>	<u>50,760</u>	<u>53,373</u>	<u>152,680</u>

5 GOVERNANCE COSTS

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Trustee expenses	-	-	-	-
Accountant's fees	800	-	800	800
	<u>800</u>	<u>-</u>	<u>800</u>	<u>800</u>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

6 RESOURCES EXPENDED

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Charitable expenditure	93,501	100,198	193,699	287,780
Costs of generating funds	10,378	3,600	13,978	22,145
Support costs (see note 7)	45,868	4,605	50,473	62,748
	149,747	108,403	258,150	372,674

7 SUPPORT COSTS

	Total 2020	Total 2019
	£	£
Travel & Subsistence	3,625	7,632
Marketing	4,244	8,901
Depreciation	-	724
Office expenses	6,360	5,038
Finance & Professional fees	5,821	6,155
Premises	25,082	27,111
Communications and other	717	2,566
Insurance	1,664	2,316
Bank charges	483	718
Sundry Expenses	1,677	788
Governance (see note 5)	800	800
	50,473	62,748

8 STAFF NUMBERS AND COSTS

	Total 2020	Total 2019
	£	£
Wages and salaries	122,180	91,591
Social security costs	-	10,515
Sessional instructors and consultants	40,865	60,205
Training costs	-	734
Recruitment	-	-
	163,045	163,045

Key Management Personnel

There were a total of two key management personnel during the whole financial period and two for part of the year. Their salaries totalled £75,426.25 (2019 - £64,041.67) for the whole period.

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

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

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 £
Cost				
At 1 January 2020	3,998	25,503	6,220	35,721
Additions	-	-	-	-
At 31 December 2020	3,998	25,503	6,220	35,721
Depreciation				
At 1 January 2020	3,998	25,503	6,220	35,721
Charge for the year	-	-	-	-
At 31 December 2020	3,998	25,503	6,220	35,721
Net book values				
At 31 December 2020	-	-	-	-
At 31 December 2019	-	-	-	-

11 STOCKS AND TRADEMARKS

	Total 2020 £	Total 2019 £
Marketing Stock	1,640	1,640
	1,640	1,640

12 DEBTORS: DUE WITHIN ONE YEAR

	Total 2020 £	Total 2019 £
Trade debtors	5,920	3,266
Prepayments	1,596	1,132
Other debtors	21,537	7,142
	29,053	11,541

WILDERNESS FOUNDATION UK

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

13 CREDITORS: DUE WITHIN ONE YEAR

	Total 2020 £	Total 2019 £
Creditors	13,849	21,926
Grants received in advance	81,429	41,418
Other creditors	4,218	397
Accruals	800	4
	<u>100,296</u>	<u>63,745</u>

14 STATEMENT OF FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers £	Carried Forward £
UNRESTRICTED FUNDS	<u>59,312</u>	<u>180,916</u>	<u>(149,747)</u>	<u>-</u>	<u>90,480</u>

RESTRICTED FUNDS

CGP Local Food (D2E)	23,393	23,353	(32,334)	-	14,412
TREUN	1,566	14,400	(4,961)	-	11,005
TurnAround Essex	35,002	44,850	(23,920)	-	55,932
Out There Academy	7,173	22,451	(9,782)	-	19,842
Therapy	-	73,363	(37,405)	-	35,958
Subtotal	<u>67,134</u>	<u>178,417</u>	<u>(108,402)</u>	<u>-</u>	<u>137,149</u>

SUMMARY OF FUNDS	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers £	Carried Forward £
Restricted Funds	67,134	178,417	(108,402)	-	137,149
General Funds	<u>59,312</u>	<u>180,916</u>	<u>(149,747)</u>	<u>-</u>	<u>90,480</u>
	<u><u>126,446</u></u>	<u><u>359,333</u></u>	<u><u>(258,149)</u></u>	<u><u>-</u></u>	<u><u>227,629</u></u>

Purposes of Restricted Funds

- TREUN - 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 people facing difficulties in school and home lives. Runs during term time offering a personal development curriculum for children aged 13 to 15 years.

WILDERNESS FOUNDATION UK

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

- 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 in 6 to 9 month cycles.
- Wilderness and Nature Therapy - This is a range of different programmes offering online, or face to face therapy services. We work with individuals, families, couples and groups. The programme addresses the needs of children, adolescents and adults.

15 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Unrestricted Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	-	-	-
Net current assets	90,481	137,149	227,630
	<u>90,481</u>	<u>137,149</u>	<u>227,630</u>

16 AFFILIATE FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Carried Forward £
Bush Heritage Australia	27,634	68,548	(73,593)	22,589
IAPF	5,000	-	(1,176)	3,824
WF Africa	105,207	120,807	(177,877)	48,137
WF Global	515	-	-	515
	<u>138,356</u>	<u>189,355</u>	<u>(252,646)</u>	<u>75,065</u>

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 2020

I report on the accounts of Wilderness Foundation UK for the year ended 31 December 2020 which are set out on pages 41 - 49.

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 7th July 2021

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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Wildernessfoundation.org.uk



WildernessUK



[wildernessfoundationuk](https://www.instagram.com/wildernessfoundationuk)