

Charity Registration in England No. 1118493  
Charity Registration in Scotland No. SC041697  
Company Registration No. 06003527 (England and Wales)

**WILDERNESS FOUNDATION UK**  
**ANNUAL REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

# WILDERNESS FOUNDATION UK

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	G VB Thompson	
	T Aykroyd	
	AL J Gibbs	
	P Grewal	
	Dr P Hobson	
	V Martin	
	P Martin	
	T Platts	(Appointed 24 August 2021)
	EJ Posey	
	JK Roberts	
	JA Rogers (Fosh)	(Appointed 2 July 2021)
	A Sheepshanks	
	MD Soutar	
	MA Williams	
<b>Secretary</b>	JK Roberts	
Charity number (England and Wales)	1118493	
Charity number (Scotland)	SC041697	
Company number	06003527	
<b>Registered office</b>	Trinity House	
	2 Whitbreads Business Centre	
	Whitbreads Farm Lane, Chatham Green	
	Chelmsford	
	Essex	
<b>Auditor</b>	CM3 3FE	
	Rickard Luckin Limited	
	1st Floor	
	County House	
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	Chelmsford	
	Essex	
	CM2 0RG	

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# WILDERNESS FOUNDATION UK

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# **WILDERNESS FOUNDATION UK**

## **TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT)**

**FOR THE YEAR ENDED 31 DECEMBER 2021**

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### **Introduction**

The Directors, who are also the trustees of the charity for the purposes of Charity Law, present their annual report, which is also the directors' report as required by Companies Act, and the audited financial statements of the charity for the year ended 31 December 2021.

The financial statements have been prepared in accordance with the accounting policies as set out in note 1 to the financial statements and comply with the Charities Act 2011 and the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities applicable to entities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS102)' as amended for accounting periods commencing from 1 January 2019.

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 2021 and describes what the Wilderness Foundation UK achieved, explains our constitution and governance arrangements and outlines our future plans.

### **Chairman's Report**

In this my first report as Chair of The Wilderness Foundation UK (WF-UK), I am delighted to report another year of strong progress in terms of our activities, governance and finances notwithstanding the continuing difficulties resulting from the pandemic.

During the year we delivered close to 30,000 (29,223) hours of support in both therapy and environmental education. This excluded our events, outreach in the community, talks and lectures, preparation, research and project planning.

I am delighted that we have been able to get our Scotland Treun programme back up and running after the lockdown and can already see the difference this programme makes in the lives of young people based in Scotland who are struggling with their mental health, completing schooling and employability readiness.

This progress bears witness to the dedication and hard work of our outstanding Chief Executive, Jo Roberts, and the excellent team that work with her, to all of whom my congratulations and sincere thanks.

Over the past two years, the value added by WF-UK has become increasingly apparent through a wider appreciation of the vulnerability of our planet and the sharply increased incidence of mental health issues amongst both adults and younger people. The distinguishing feature of WF-UK is its recognition of the importance of wilderness and its understanding of the interrelationship of the environment with people's wellbeing, physical and mental. This reflects our heritage and is enshrined in our Objects (see page 3). The resultant increase in demand for our services manifest in the increase in 2021 of our restricted activities gives us the challenge of how best to develop our operations which we are currently addressing by reinforcing our infrastructure in expectation of further significant increase in our activities and building a Development Reserve.

In 2021, we were fortunate to add two new trustees who bring to our Board widely recognised expertise in education and the commissioning of services through local authorities. Julie Fosh, a previous High Sheriff, brings the benefit of her wide experience in education, notably in Essex where latterly she was deputy head of one of our leading schools interacting with many key organisations across Essex. Julie is also a Trustee of the Essex Youth Trust, the Essex Boys & Girls Club, and is a committee member for the Essex Women's Advisory Group and the Essex Agricultural Society. Tomi Platts as Head of Portfolio is a senior member of the Essex County Council executive team bringing valuable contacts and experience in commissioning work which is of increasing importance to WF-UK.

The Governance Committee established in 2020 continued its work in 2021 notably by finalising the update to our Memorandum and Articles of Association, refining our risk register and reviewing the legal constraints in which we operate. The Finance Committee, established at the same time, has completed its work enhancing our management accounting systems and recruited new auditors in Rickard Luckin, a highly respected Essex based firm with acknowledged expertise in charities.

We have added three new committees to cover Social Benefit, Environment and Scotland. Each of our five committees meets four times a year and reports to the quarterly Board. This devolved structure enables the increased involvement of the Trustees based on their individual skills and will facilitate the further development of WF-UK envisaged.



## WILDERNESS FOUNDATION UK

### TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

#### FOR THE YEAR ENDED 31 DECEMBER 2021

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Meantime, we have responded to increased demand resulting from the pandemic by broadening our range of activities to cover domestic abuse through the Blossom programme and help for young people on their return to school through Bounce Back. During the year we achieved growth in activities in our core areas of Environment, Education and Social Benefit and have continued to use to great effect the online skills developed in the first year of the pandemic.

Finally, to cater for the increase in activities and in anticipation of further development, we have increased our staff, both salaried and freelance, and continue to recruit.

We are as ever extremely grateful to our many supporters for grants, commissioning and donations. Their generosity bears witness to their confidence in our offering and has enabled the developments currently in hand.

It is thanks to this support that following a second year of significant challenges I am able to report a strong year for our finances with a record on fund raising of £479,799 and record reserves at the year-end totalling £409,385 including £201,893 of Unrestricted reserves being 1.33 times our core expenditure.

In the current year, we will be adding a Development Reserve to cater for costs incurred in the development of our activities.

I am also delighted to report that WF-UK has been selected in 2021 by Project Giving Back and one of the young gardeners it is supporting, Charlie Hawkes, for one of 12 gardens at Chelsea Flower Show in May 2022. The garden will capture the core values of WF-UK and provide us with a platform to bring our work to the attention of a wider audience in anticipation of our further development.

In my experience, WF-UK is one of the most innovative and highly regarded of charities, combining as it does its concern for the environment and all that inhabit it with a rare understanding of the interrelationship between the two. As such, it has been ahead of its time for years and having established a strong and respected base, the pressing need for its offering has been highlighted by the pandemic, increased concern for our planet and the current alarming examples of the fragility of our society, both global and local.

I was greatly honoured when approached to take over as Chair from my highly regarded predecessor, Peter Martin, and delighted to do so. My thanks to Peter who in his eight years as a Trustee and five years as Chair has made such an important contribution to the development of WF-UK into the leading charity that it now is through his wide experience, his leadership, his concern for the mission of WF-UK and his care for its excellent team. I am also grateful to Peter for his continuing role as Chair of the Finance Committee and for the work he initiated and oversees to provide us with a financial system that we can be rightly proud of.

I see my responsibility in my years as Chair of WF-UK as being to work with the Trustees and staff to conserve the strong base established, ensure its survival and to take its invaluable message to a wider forum. I look forward to reporting on progress next year. I am therefore most grateful to the Trustees for the warm welcome they have extended to me and for their considerable efforts to ensure a successful transition to an increased level of activity for WF-UK.

Vincent Thompson  
Chairman



09/06/2022

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

**FOR THE YEAR ENDED 31 DECEMBER 2021**

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### Our Aims and Objectives

Our charity's objects as set out 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, 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).**

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 and leadership development, and therapeutic programmes for young people.
- deliver social projects that demonstrate how wilderness experience offers a vital key to mental health, and 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 objects and aims and on planning our future activities. In particular, the trustees consider how planned activities will contribute to the objects and aims they have set.

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.

In 2021 our Governance Committee updated our Memorandum and Articles of Association and worked through the Charity Commission to have these amended and filed.

We were audited and gained our outdoor learning accreditation through Learning Outside the Classroom, which gives confidence to others using our service that we have governance and good practice in place. This is an important external measure in terms of compliance.

Additionally, we conducted further training and development in First Aid, mentor training, outdoor therapists CPD and training, health and safety and safeguarding.

We continued to be registered as an Approved Provider for Essex County Council, Southend Borough Council, South Lanarkshire Council, Perth and Kinross Council, Fife, Aberdeenshire Council, North Lanarkshire Council, Dumfries and Galloway Council.

### 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 – the environment, education and leadership, social benefits and outdoor therapy.

Connecting the public to our work has been through articles, podcasts, lectures, sharing research outcomes and social media reaches. This helps us to reach beyond our immediate community of participants and friends on the need for our work, and the urgency of creating a country and world that focuses on the balance between people and nature, and advocates for the wellbeing of both through conservation efforts, social outdoor care and leadership.

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



# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

*FOR THE YEAR ENDED 31 DECEMBER 2021*

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### The Environment

#### 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 and encourage our participants to take action to build a sustainable planet.**

In 2021 we have established our Environment Committee who meet quarterly in support of the main board of trustees. They have drafted guidance on our wilderness ethics and philosophy so that this can flow through the organisation's practice and activities.

With this in mind, we have used opportunities to educate and advocate on how biodiversity and rewilding can support the mitigation of climate change, but also offer thoughts and ideas around actions we all need to be taking to reduce our carbon impact on the planet.

Our committee also has focused on the impact of climate change, loss of biodiversity, increasing population, rewilding, pressure from housing development and infrastructure on fragile and disappearing green spaces, and the positive impact of wilderness and protected green space in climate mitigation and biodiversity decline.

In January 2021 we were invited to take part in a Sky Nature series on Conservation Ambassadors as part of a campaign run by Unilever/Persil washing powder. Working with the celebrity Ashley Banjo four of our young environmental ambassadors joined the filming. Several of our young people had come through our mental wellbeing services but had developed a passion for protecting nature and outdoors. Several wish to pursue a career in conservation or linked to nature. Various staff members were also filmed sharing our environmental work and as a result we received excellent coverage on television.

We continue to seek ways to remain relevant to current trends for society and the environment and were fortunate for our CEO to continue her service as a commissioner on the Essex Climate Change Commission, as well as a Commissioner on the Essex Renewal Commission set up post Covid for the County in 2021. She chairs the Community and Wellbeing Special interest group in this Commission and serves on the Land Use and Green Infrastructure Special Interest Group in the Climate Action Commission. We also signed up with the Scottish National Rural Mental Health Forum which meets on a regular basis.

During this year we developed our own Climate Change outreach programme for schools – making sure we are at the forefront of education and public engagement in this critical area. In addition, funding from the Ernest Cook Trust provided our engagement in the Green Influencers Programme, working to develop young people's skills and advocacy for Climate change and other environmental imperatives.

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 care for. This is further supported by our longitudinal research and analysis by the University of Essex (since 2007), and internal assessments of projects such as the Out There Academy.

In 2021 our Education team developed a Climate Change Programme which is now being taken into schools. We moved almost all education online to make the most of lockdown when this was a medium with a high percentage of followers.

In addition, two programmes engaging children in environment action were funded – The Eco Defenders Programme and Green Influencers. Both work with children aged ten to fourteen and build up a long-term community of young people wishing to make a difference.

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 and ran a range of outdoor activities for corporates and others – some at a new location in Elstree, Hertfordshire.

Our social posting has been focused on our outdoor education, alongside sharing information 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.

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# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

**FOR THE YEAR ENDED 31 DECEMBER 2021**

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### Education and Leadership

Through the year we educated young people about biodiversity and nature and their relationship to the wild and how they can care for it. We develop leaders for the future who will develop understanding of the crucial need for a balance between humans and nature in order to ensure a sustainable future for all. We are developing our offering to include primary, secondary, graduate and postgraduate education and businesses.

We know that learning from an early age embeds practice and forms mindsets. For this purpose, we take our role as environmental educators very seriously. Through the year we have delivered a range of curriculum-based education opportunities to children and teenagers about biodiversity, natural history, and geography linked to landscape and the sciences.

During the outdoor classes we teach Leave no Trace ethics, principles of sustainable living, and aim to build a long and lasting love and connection to the wild.

We work on the Geddes model of integrating education with the 'head, hand and heart' making sure that any participant who comes through our gates, will feel nature, have information about nature and develop tools and ideas of how they wish to protect it.

Our leadership programmes include secondary students who undertake wilderness expeditions which are challenging but have a strong wilderness ethics and philosophy element. Covid in 2021 stopped all travel to South Africa where traditionally we have worked in partnership with sister organisation The Wilderness Leadership School. We diverted a group of 12 young school leavers to paddle Loch Shiel in Scotland and this was inspirational for them, perhaps heightened by the pressures of lockdown.

Participants 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. We aim to develop leadership skills and knowledge, equipping them with a curiosity and hunger to take action for the planet and human wellbeing.

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.

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 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 and we continue to build relationships with groups who volunteer or support our work.

All our programmes have included:

- building respect for the earth's rich but diminishing biodiversity,
- the value of simple and low impact experience of the outdoors
- the benefits of leaving no trace and an undisturbed environment.

Through activities such as Open Farm Sunday 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. We had over 300 people on the day who enjoyed nature and farm walks and held their own family picnics.

During the year we started a new initiative that will be supporting Writtle University College in their development of postgraduate courses in conservation and rewilding science in 2022. This will reflect the close relationship we have always sought to engender with leading academic thinking and institutions.



# **WILDERNESS FOUNDATION UK**

## **TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2021**

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### **Social Benefit and Outdoor Therapy**

Through the year we worked on key social issues in our communities that can benefit from therapeutic wilderness programmes – providing a range of experiential, outdoor based programmes that improve physical and mental wellbeing for the individual, many of whom are disadvantaged and vulnerable in both Scotland, and across England and Wales ( primarily in Essex ). .

#### **The need for this work**

In 2020 and 2021 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 an increased desire to connect with 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 (Chelmsford is now ranked as the most impacted area in the country) 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 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.

We delivered bespoke and tailored therapy interventions that harness the healing power of nature, equipping vulnerable youth to see improvements in their behaviour and mental health and an improved connection to nature.

At the core of these interventions are carefully developed physical and psychological wellness programmes which aim to provide specific support for our participants which include: tools to regulate their own mental health employability, resilience building, coping mechanisms, aspiration, self-esteem and confidence building, and 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 through the year continued to integrate various levels of long and short Wilderness Trail activities into our holistic intervention projects.

Through research across the board, our measuring and monitoring of social and personal change, and improvements in mental health, enabled us to share outcomes that demonstrate the benefit and value that wilderness and wild places offer everyone in our communities, with a focus on those in particular need.

The measured benefits of time in the wild, 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.

During 2021 we increased our adult provision to work with survivors of domestic abuse in a partnership with the University of Essex, The Police Fire and Crime Commissioner's office and the domestic abuse charity, Next Chapter.

In addition, we introduced therapy groups and individual therapy for vulnerable adults and families, and a refugee programme was held to support young Afghan, Ethiopian and Syrian teens.



# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### Chief Executive's Report

##### Overview of 2021

With all the challenges thrown at us with Covid, 2021 was a particularly successful year for us with a dramatic increase in our turnover, alongside high delivery rates across the range and scope of programmes. After the impacts of lockdown on schools and trails we were delighted to get back to trails in Scotland with Treun and re-engaging with the schools that we have traditionally worked with since 2014. Trails have been mainly focused on the Glenlivet Estate with new trails planned for Atholl Estates and Douglas and Angus Estate in 2022.

We also had the benefit of developing new partnership opportunities and locations across Essex, and elsewhere, in order to expand access to our programmes. This included, for example, Hatfield Forest and the National Trust, Broughton Estate in Skipton, Yorkshire; Sussex and the licensed use of Mann Wood in Essex, a hundred acre woodland close to our centre.

Support for our work came from a range of sources but during the year we also benefited from being selected for the Thrive Programme which mentored the CEO and supported our development planning which will carry forward into 2022.

Further core fundraising and developmental support has come pro bono from funders such as Active Essex for example.

We benefitted from a range of people wishing to engage with us – either to do fundraising through activities, to volunteer their services, or who could help us with networking.

##### Achievements and Performance during 2021

Being an outdoor based charity once again we were well positioned to work with groups and individuals during Covid as outdoors was a safer place to be, with society really understanding its benefits. The challenges increased the need for WFUK as a charity to serve the most vulnerable in society whilst working to enhance a love of the wild and engender its protection.

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

##### Mental Health, Behavioural and Employability for young people up to 25

- TurnAround
- Out There Wilderness Academy
- Brave Futures for children, adolescents and adults
- Refugee Programme\*
- Blossom – Domestic Abuse Survivors programme for adolescents and adults\*
- Bounce Back for Covid Recovery\*
- Treun Scotland
- Online and Face to Face Therapy for individuals, couples and families
- Wilderness Therapy Training
- Adolescent Therapy Camps

##### Environmental Education and Leadership Development

- Chatham Green Project (including Down To Earth Allotments, Green Influencers\* and Eco Defenders\* programmes)
- Eco - Holiday Camps for children
- Special Education Needs Programmes – children to young adults
- Wilderness Leadership Expedition in Scotland \*

*(\*these are new programmes introduced in 2021 and reflects the increase in demand both for existing areas of activity and new areas of focus, notably domestic abuse and refugees)*

##### Some programme highlights in 2021 include:

- Upgrading our allotment programme to take on new volunteers, schools and clients with additional needs.
- Fourfold increase in staffing and increases in volunteers, and freelance outdoor instructors and outdoor therapists



# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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- Working with online and other therapeutic support to a much wider group of beneficiaries and able to support those with no transport in hidden corners of Essex and Scotland
- Growing our Association of Outdoor Counsellors & Wilderness Therapists
- Wilderness Therapy training and counsellor professional development
- Delivery of Wilderness Therapy immersions in Essex and Scotland
- Filming with our Environmental Ambassadors for Sky Nature campaign
- Speaking slots, and podcasts sharing the impact and methodology of our work
- Increased online communication through social media and improvements to our website
- We support overseas 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 aimed at the protection of species under threat.
- Getting through the selection process of Project Giving Back gives us the opportunity to have a garden at RHS Chelsea in May 2022 with young and upcoming garden designer Charlie Hawkes. The garden will highlight the benefits of a connection to nature for wellbeing, and the awe and wonder that one feels when surrounded by the natural world.

### Review of Individual Flagship Programmes

#### Environmental Programmes

##### Climate Change, Biodiversity and Environment Commissions

During the year, we have placed much focus on climate change. Jo Roberts, CEO, has been working as an appointed Commissioner with the Essex Climate Action Commission and served a second year in 2021.

Jo serves 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.

##### Chatham Green Project

**Chatham Green Project offers a range of programmes including school curriculum based visits for environmental education, Special Educational Needs groups, holiday camps with connection to nature as the focus, and climate change workshops. Our allotment programmes form part of our environmental outreach.**

2021 saw Chatham Green project bounce back from a very challenging year in 2020 when schools were disrupted through Covid.

In March 2021 our first face to face work of the year began again outdoors with young people who had been isolated from other children and families for many months, and/or who also had disrupted education.

To be ready for a busy year we made some significant staff additions with 3 new members joining the environmental education team, and we offered a paid position to a long-standing volunteer and intern.

These appointments included a new Forest School Leader and SEND facilitator, with a Geography Degree, an Assistant Education Officer with a BA in Zoology, and a new apprentice who joined us as part of the Kickstart Scheme after recently graduating from studying Conservation Biology in Plymouth.

All have experience in working with young people and have a passion for the outdoors thus enriching the existing team.

##### Eco- Holiday Camps

Wilderness Rangers Camps continued to be a huge success in 2021, so much so that the team decided to take bookings through Eventbrite as this dramatically reduced the Education Officers time spent on camps admin. The team ran Camps through Easter, May Half term, summer holidays and October. This equated to 42 camps days in total with an average of 16 young people per day reaching a total of 672 young people across the year.

For the first time since camps began, we also asked parents for feedback on their children's experiences. Here are a few favourite quotes below:

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## **WILDERNESS FOUNDATION UK**

### **TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

#### **FOR THE YEAR ENDED 31 DECEMBER 2021**

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*"I've seen a growth in confidence since joining the camps. My youngest doesn't like to leave me for any camp/club at all. She doesn't even look back or say goodbye at your camps. Both my girls are always asking to attend more camps than I book."*

*"This camp has deepened my daughter's love for nature".*

*"They love sharpening sticks and their best day was when they dug up animal bones and brought them home as a souvenir – we still have them 2 years later"!*

The ethos of camps is to allow 5–10 year olds and now 10–13 year olds, the chance to create their own connections with the natural world. It teaches them how to play in nature, with the freedom and ability to learn skills and improve knowledge of the outdoor world.

As a charity we know the positive impacts on nature, but we had not yet looked to our camp's attendees to ask if an impact had been made to their mental health or mood.

The feedback we asked for enabled us to analyse the results of this.

We found that nearly 80% of parents that responded to our feedback have seen a change in wellbeing and mood of their children since joining camps.

Parent feedback on their children's wellbeing since joining camps:

*"They're always in a great mood after Wilderness Camp, they love it".*

*"Happiness increased and a feeling of freedom was expressed".*

#### **Special Education Needs and Disability Groups (SEND)**

SEND groups restarted after the Easter Holidays with three groups a week arriving from Edith Borthwick School run by two team members. We have also supported one learner for work experience during the summer term led by our intern. The groups we currently host are of mixed ability and needs. Across this year we have welcomed the groups a total of 71 times on site, with a total of 618 young people with a total of 1,346 hours.

We continue to work closely with Edith Borthwick school to provide the best service for their learners in the safest environment. With each group that visits different challenges are presented and the team works hard to support teaching staff and learners in the best ways possible.

Edith Borthwick have also joined our Green Influencer scheme (see below) with two of their groups.

It is important to us all that these young people get an opportunity to share their ideas and get involved in making their own impact on the environment.

#### **Green Influencers**

We became part of the Ernest Cook Trust's Green influencers scheme in early 2021. The scheme was created to enable young people aged 10–14 to engage in environmental youth social action. Starting the groups has been challenging this year due to the restrictions and extra strain on teaching staff. The schools have been receptive to the idea but unable to go forward. After the challenges faced with schools closing due to Covid, or having restricted timetables, we started a group on a Saturday morning. The group meets once a month and have called themselves 'Team Sapling'. They have a passion for reducing plastic and its impacts on the natural world and have taken on a range of practical activities to help the environment. They have also supported and joined forces with our Eco Defender programme which meets fortnightly at our allotment site in Chelmsford and is funded by the #IWill Foundation. This group is campaigning and developing a range of projects in their schools and on the Wilderness Site.

In 2022 we aim to expand our groups and engage with new schools in order to encourage youth social action.



# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### Climate Change Outreach Programme

Work continued on our Climate Change Outreach programme during the year. The workshops include attention to the enhancement of biodiversity and its role in climate change mitigation, alongside other elements such as carbon, energy use, and transport for example.

Due to covid restrictions in schools in 2021, we were not able to deliver our programme in the classroom but did work online with a few schools.

We have outreach planned for 2022 to deliver our climate workshops within a range of schools to enhance their skills in making a difference in their community through environmental action and awareness.

#### School Visits

We offer a wide range of curriculum-based programmes and workshops on our site.

In 2021 we welcomed 1,237 young people on site for their Environmental Education Visits. Due to Covid restrictions our first visit was in mid-June.

In a normal year school visits start in April. Despite the reduced time we reached out to the same number of schools as we did in 2019 but in a much shorter space of time. The school visits were a success with many children and teachers just as excited to be out of the classroom.

Here are some of our favourite quotes from our school visits in 2021.

***"Every single member of staff was excellent. Fun, friendly, knowledgeable, unflappable and perfect for our children. Thank you."***

***"It was the best day ever" / "Can we come again next week?" / "I just love this" (den building) / "I never knew what a blood worm is and now I do, I mean I actually saw one and so I know!"***

***"They talked about how the worms were moving, and having pretend marshmallows at den side, and also collecting bugs from the pond. Some of them even remembered the names of the bugs they have collected and described what they look like."***

#### Other Initiatives run by the Environmental Education Team

Once restrictions were lifted in 2021, the team navigated new rules and solutions, so we could continue to engage with as many young people as possible.

Although our first school outreach work was virtual it was still a success providing video tutorials on increasing habitats for wildlife for the Essex Schools Food and Farming Day with an estimated 1400\* virtual viewers.

In June we ran our largest Open Farm Sunday Event yet, with over 300 attendees. The programme introduces sustainable food, farming and nature with walks by the farmer of Hyde Hall Farm and our education team running nature walks. We use the day to reach out to the community and build positive connections to the countryside and nature whilst also understanding how food is produced and an opportunity to explore this with the farmer.

In November the team ran a bespoke programme for the Aching Arms charity which serves families who have lost a baby at birth or during pregnancy. This was a community event for bereaved families to come together, plant a memorial tree and spend time talking round a campfire and creating connections to nature and memories together.

The team decided that 2021 would be the year that we run something for families at Christmas. After sending a letter to Santa confirming dates, getting some presents made by our elves, and some magic which helped the elves turn our safari tent into a grotto, we were ready to go. **Santa's Wilderness Grotto** was a huge success with 159 booked on participants over a 2-day event running between 12-3pm.

In 2021 we continued to provide birthday parties for children and their families.

All these activities engage young children and their families in nature, offering a range of nature based activities that are fun and also meaningful as often include conservation tasks. We meet a wide range of new families through these programmes as many parents are hungry for activities for their children. Ours are ethical and fun and have positive outcomes for everyone whilst also bringing in much needed donations for the charity.

This year we ran 8 birthday parties with a total of 144 children.

\*1400 was worked out based on an average of 70 views per video and videos were viewed by school classes. 70 views x 20 (approx. children per class).



# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### **The Learning Outside The Classroom (LOtC) Quality Badge**

We were thrilled to receive our LOtC badge again in 2021. The LOtC Quality Badge, which is awarded by the Council, means that you have passed a robust assessment process and that you meet schools' learning and risk management needs, no matter what activities you offer.

#### **Down to Earth Allotments**

**Our Down to Earth Allotments work across six plots in central Chelmsford and have a distinct variety of growing space for fruit and vegetables across traditional beds, raised beds and polytunnels combined with areas left for wildlife.**

Over the years, we have established log & habitat piles, small areas of rubble, hedgerows, wildflower patches and a wetland area to benefit our local insects, invertebrates, amphibians, birds and small mammals. Organic allotment gardening goes hand in hand with a healthy environment for wildlife as those little creatures benefit our crops in so many ways.

The allotment year started well, but we still noticed the aftermath of Covid-19 with a considerable reduction in participants in our programmes. As such, we had to reduce our work to one day a week with only a few volunteers attending. Unfortunately, our schools programme ceased to run due to the circumstances and we are in discussion to get this back again in 2022. We have been running the allotment on a Tuesday as normal but with much more attention on Covid 19 safety and social distancing as many volunteers are vulnerable.

However, we are excited to launch 'Eco Defenders' during the year. It is a creative horticultural-environmental youth programme for 10 & 11-year olds. Our new allotment-based outdoor club started with a one-week summer camp at the beginning of last year's summer holidays. The programme now runs on Saturday mornings at the allotments. Once a month we successfully team up with Green Influencers at Chatham Green.

Despite the effect of Covid-19, our groups managed to keep on 'growing' and making a difference across our plots and to each other, collecting fresh produce, enjoying wildlife and being together in a positive environment.

The allotments are situated in one of the areas of Chelmsford, and indeed in Essex, which has an area with high levels of disadvantage and fits within the poverty index of deprivation. In addition, we chose this location as it is close to our main centre at Chatham Green.

We are motivated to make growing food more accessible to a wider audience, or for those with less time and financial resources to run their own allotments, or in fact, have limited access to a garden space. Our allotment programme boosts and helps to maintain a healthy and positive mental attitude and supports physical health as well. Connecting people with nature through growing healthy food, activity, socialising and awareness of our beautiful environment is one of the core benefits to mental and physical wellbeing.

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. We 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. We aim to revive some of our connections during the coming year.

After many years of running the allotments successfully, we said farewell to Jonathan Barker. We would like to thank him for his dedication, hard work and the valuable and friendly relationships he built over the years. Our new project leader, Carolin Rogers, took on the running of the site in November and has been welcomed, heartily accepted and supported by participants and volunteers alike.

The last two to three months have been challenging as the lack of helpers and maintenance time spent due the pandemic restrictions had left their mark, and a lot of overgrown areas, clearing and repair-needy structures had to be dealt with. A small team of regular volunteers has supported Carolin through the last three months with this for which she is extremely grateful.

On November 30th we were lucky to have an amazing workforce from Essex and Suffolk Water, who volunteered for the day to tackle much needed 'heavy lifting' jobs across our large site. Through their comprehensive skills and the tools that they brought with them, new raised beds were built, structures repaired, paths re-mulched and clearance works carried out. The positive effect on the garden and our group participants was immense and everyone's still talking about this brilliant day! We are hoping to be able to repeat this day of action during the coming year.



## **WILDERNESS FOUNDATION UK**

### **TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

#### **FOR THE YEAR ENDED 31 DECEMBER 2021**

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We are pleased to have received donations of timber sleepers and associated fixings, which were used during our volunteer day to build a brand-new raised bed. We also gratefully received a donation of a pallet of mushroom compost, which will be valuable for improving our soil and mulch around our fruit trees and bushes.

With new raised beds in place and more in the planning, we are very pleased to have been able to team up with the NHS Clinical Commissioning Group and NHS Living Well Programme to set up a new allotment horticultural and green therapy scheme. This enables us to work with NHS patients on the long waiting list for hip and knee replacements as well as cancer survivors. We will be able to offer a safe, sociable, productive and encouraging community space for those people with particular physical and mental needs.

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 homeless charity Sanctus in Broomfield 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 the past year, adults and children together spent around 770 people hours on the allotment as participant volunteer gardeners of a programme. In addition, support gardeners and volunteers gave many hours of their time to help with the groups and maintain our plots. Most clients attend four hours minimum each session; children's sessions are two hours long.

As 2021 drew to a close we concluded that much was achieved to make the allotment garden look great and ready 'to grow' for the coming year. We received truly encouraging feedback from children, parents, our adult participants as well as other plot holders, who all reflected on many enjoyable, inspirational, and encouraging hours 'down to earth'.

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

#### **Leave No Trace Training**

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.

#### **Wilderness Leadership Expeditions**

Unfortunately, Covid continued to impact our South African Wilderness Leadership Journeys for UK schools. This year however we moved one of our longstanding clients The Haberdashers' Schools, to Scotland.

A group of 12 paddled over a week through some of the wildest parts of Loch Shiel in the west of Scotland, wild camping on the way, and having an opportunity to develop their understanding of wilderness, the relationships between humans and wilderness, sustainability and our role in helping continue to build respect for nature, ourselves and others. This was followed by three days volunteering with the Nevis Partnership and the John Muir Trust. One of the highlights was summiting Ben Nevis.

Feedback was tremendous and the group all felt they gained from the experience. A very moving and inspiring presentation was made by members of the group to the Charity committee at Haberdashers' Company Hall in London, followed by a lunch with senior Livery members.

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 embrace the spirit of wilderness. Importance is placed on personal development, respect of diversity, togetherness, environmental ethics, simplicity of experience and learning about the richness of an undisturbed natural environment.

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.



## WILDERNESS FOUNDATION UK

### TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

#### FOR THE YEAR ENDED 31 DECEMBER 2021

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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.

#### **Social Programmes**

In 2021 our CEO Jo Roberts was invited to serve as a Commissioner on the Essex Renewal Commission which is seeking to build post Covid responses in the county.

Jo chairs the Community and Wellbeing SIG which has helped understand the needs of social and wellbeing issues across the County, and responses such as social prescribing for public wellbeing services as well as the benefits of nature on wellbeing.

#### **Turnaround**

**Our TurnAround intervention programme has been in operation since 2007.**

**It works with at risk and vulnerable young people with complex emotional and behavioural needs between the ages of 15-21 years. The programme is a minimum of six months engagement with ongoing support as required. This year we reached 16 young people through the programme, ran four wilderness therapy journeys, engaged mentors weekly and ran 12 workshops and 12 social events.**

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 choosing to make positive changes in their lives, and are selected by our professional team through interviews 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. On average research shows an 85% return to further education, school, training or work. Significant and positive changes take place in measures of self esteem, resilience, confidence and mood linked to an increase in connection to nature.

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

We work with two intakes per year of up to 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 late 2021 we graduated our 13th cohort just before Christmas. This group had been part of two wilderness trails to Mann Wood (Essex) and to Snowdonia, alongside a range of other intervention activities and workshops. We included white water rafting, rock climbing and general social activities as part of the programme.

The experiences delivered during the wilderness therapy journey, together with the natural splendour around them and the challenges of being away from home and out of their 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, the trails build coping skills, social skills and practical skills such as cooking, map reading, camping, and self-care. Our research and feedback evidences that the 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.



# WILDERNESS FOUNDATION UK

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### FOR THE YEAR ENDED 31 DECEMBER 2021

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This personal development work was reinforced during the second journey and final challenge where the group stepped forward to take the lead and used the skills they have learned during the programme. Several stepped forward in leadership roles and supported 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 TA12 in April 2021 and graduation for TA13 in November 2021. 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.

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

#### *Outcomes*

18 young people engaged in the programmes in 2021.

On the whole they joined the programme with presenting issues of sexuality, gender, suicide, self-harm, loss, low self-worth, drug addiction, alcohol addiction, depression, psychosis, long term effects of school bullying, trauma, domestic violence, sexual assault, autism, ADHD, anxiety, tic syndrome, emotional blockage, local area bullying, adoption, relationship breakdown, poor boundaries, poor communication skills, family breakdowns, global development delay, sensory processing disorder and attachment issues. This year saw an increase in those experiencing domestic violence, grief and loss, and loneliness.

#### **Research from the last wilderness trail of the TA13 cohort showed the following outcomes:**

*4 categories showed an increase in all or over 80% of participants:*

- Working / Studying
- Substance Misuse
- Offending/Contact with Police
- How angry I feel

*In addition, 50% or more of the group reported improvements in:*

- Trust & Love
- Happiness
- Family and other relationships
- How angry I feel
- Do I like myself?
- Independent living skills
- Connected to Nature

Significant barriers to success such as drugs and alcohol use and offending showed greater improvement this year.

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 our Social Benefits Committee who report directly to the main board.

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# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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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.

#### Out There Wilderness Academy

**The Academy aims to serve 60 young people this year aged between 13 and 15. Clients generally experience educational, mental health and behavioural problems and are referred by schools, parents, police, mental health and social services.**

In 2021 we were able to deliver 54 workshops of support over nine cohorts and delivered **2160** hours in person-time for the Out There Wilderness Academy.

The Out There Wilderness 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.

In this second year of living through pandemic, 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 we offer follow up support as needed as well as therapy being offered where required and wanted.

This year we have completed a single school group who had commissioned work for a whole cohort of Out There which was halted in the previous year due to Covid 19.

Having successfully raised funds through the Big Give Match Funding campaign of December 2020, in 2021 we were able to deliver 9 subsidised cohorts to a wide range of young people from all across Essex. We were very grateful to all the contributors and match funders of Big Give.

#### Outcomes

The programme provides overall outcomes of improvements in school attendance (in 2021, 67% of our graduates reported improvements in this), improvements in independent living skills (in 2021, 64% of our graduates reported improvements in this), improvements in feeling more confident (in 2021, 64% of our graduates reported improvements in this) and improvements in behaviour at home (in 2021, 61% of our graduates reported improvements in this)

Other outcomes were in social skills, resilience, respect for nature, mood, respect for self and self-acceptance amongst others.

#### Case Study

*Craig was referred to us as having been influenced into using drugs, he had been lashing out when overwhelmed at home and school and it was felt this was potentially caused by past trauma of witnessing domestic violence. Craig suffered emotional distress from flashbacks of domestic violence on his mother. He has a difficult relationship with his father who is not allowed contact but Craig would go to see him and feel worse emotionally afterwards.*



## **WILDERNESS FOUNDATION UK**

### **TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

#### **FOR THE YEAR ENDED 31 DECEMBER 2021**

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*From joining The Out There Wilderness Academy Craig hoped that he would build his confidence, self-esteem and belief that it is possible for him to achieve joining the army. Craig wanted to believe that it actually would be possible for him to join the army.*

*Craig on the first day was clearly carrying a lot of stress and when sharing in the group activity he reported that he has stress inside school and outside school but wouldn't expand on this. Craig had his hood up consistently for the first day and whenever there was a moment where he had time to think, he could be seen with clenched fists, an angry expression and very closed body language, however when engaging with peers or leaders he was friendly, respectful, and quite mature, almost mature before his time. Staff reflected that this could have been due to the levels of stress he is carrying.*

*When we did exercises to identify their inner strengths, Craig struggled to identify the inner strengths we had seen him calling upon when in the group. I spent a little time walking with Craig in the forest to try and find objects that represent his strengths and was able to use positive affirmation with Craig when going through this activity. Craig responded well to this and was visibly affected by this in the lifting of his gaze and his body language.*

*From the second week onwards, we met the part of Craig which I feel had been locked away for a while, he chose not to wear his hood, he engaged in play with his peers having a massive smile on his face which had not been seen on the first day and each week became more playful and built friendships with everyone in the group. He emerged as a natural leader within the group, and it was pointed out to him and celebrated with the point being made to him that he has won everyone's heart through kindness, respect and through being true to himself as opposed to a leader who maintains leadership through shouting and being overbearing. This left a visible mark on his confidence and fed well into all of our discussions around supporting and encouraging his belief that he can achieve the goal of joining the army.*

*In the third week Craig reported having completed all but the criminal record section of his application for the army, he was nervous to start this section as he felt this was his greatest area of vulnerability in terms of his application being declined. We went over the subject with him throughout the day encouraging him to be brave and own his actions from the past in the knowledge that his past does not dictate his future and that he is certainly not the first person who has been in trouble to apply for the army.*

*Week 4 Craig reports to the group that he submitted his application to the army and was feeling very proud. Everyone in the group was incredibly happy for Craig but also inspired by what he achieved. With this massive hurdle crossed it was clear Craig felt lighter and his playful character further grew, and it was very sweet to see him enjoying playing with other students in nature in the carefree way every young person should be able to but is unfortunately not able to due to their environment and/or circumstances.*

*In the final week we were all very happy to hear the news that Craig's application had passed the first stage and that he was now going to be having an interview as the next stage of his application. Unfortunately, the interview was not going to be while the programme was running so we were unable to ascertain the outcome although from what we saw he will be an invaluable member of any team let alone an outstanding soldier with integrity, loyalty and a good moral compass.*

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

*The programme is supported by our Social Benefits Committee who meet every quarter. Support for reviewing the programme and continual performance and outcome analysis is part of the responsibilities of the Committee*

*We and the young people we worked with thank our donors, funders and referrers for this programme*



# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### Wilderness Therapy

Our therapy work has expanded exponentially during Covid. As part of our existing strategy in 2019 we developed a core team of accredited counsellors and therapists who wanted to develop their outdoor therapy skills, or who were already experienced in outdoor therapy delivery. They form part of our Associate Outdoor counselling team.

In 2021, training, CPD, and shadowing formed part of our development programme for the team.

All therapists each year are recruited through Safer Recruitment Practice, safeguarding trained and DBS vetted to work with younger clients and vulnerable adults. This service is offered across England, Scotland and Wales.

Together in this year we offered 5420 number of hours in total for clients either in groups or individually, families or couples. They are supported by trained and experienced mentors and members of our Associate Outdoor Guides and practitioners.

#### Our wilderness therapy programmes include:

- One to one outdoor therapy
- Group therapy
- Online therapy
- Therapy camps

#### Online Therapy

The Foundation has been funded by the Family Innovation Fund-Xtra, (Essex County Council) for the second year to offer a total 780 hours of 1-2-1 online/telephone counselling to children, young people and parents across Essex between April 2021 to March 2022.

The online/telephone counselling offers an alternative option for families who have difficulties in accessing face-to-face counselling due to different circumstances such as transport etc. The 780 hours used up by October 2021 showed the desperate need for online/telephone counselling. Together with the 132 hours of 1-2-1 online/telephone counselling funded by the Essex Community Foundation, a total 91 individuals have been supported via online/telephone in 2021.

This service was supported by a range of our therapists and was also an opportunity to engage those who live outside of the area and would not naturally be in a position to work on the land around us with clients or join our group work.

#### Face to Face Therapy

During 2021, the Foundation has offered total 526 hours of 1-2-1 face-to-face counselling to 96 individuals. This work takes place outside at our base or counsellors risk assess and deliver work in natural spaces such as woodland and parks closer to the client.

Out of the questionnaires completed and returned by individuals, 100% reported improvement in challenging behaviours, relationship, emotional distress and social isolation after receiving our face-to-face counselling support.

*"Thank you for helping me and teaching me. I feel 'taller' mentally. My friends even noticed that I am happier and 'lighter'. I enjoyed talking to you.  
I think you have provided me with enough 'shield and armour'.  
I am in a much better place mentally now." IP, 52*

*"We have been receiving such positive feedback from our families about the service they have received from the Wilderness Foundation. In addition, we have found you incredibly easy to work with and efficient, which is why we have continued to access therapy for our students through you."  
SENCO, Primary School in Harlow*



## WILDERNESS FOUNDATION UK

### TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

**FOR THE YEAR ENDED 31 DECEMBER 2021**

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#### Treun Scotland

*"I can do more than I thought, I am braver than I thought,  
I am stronger than I thought."  
Participant, 2021*

Treun supports young people in areas of high youth unemployment and disadvantage in Scotland. Young people, who display an interest in the outdoors and are experiencing difficulties with their mental health are targeted to take part. The project provides nature-based experiences and volunteering opportunities and puts a focus on personal development, wilderness therapy and offers skills-based learning opportunities within wild, rural areas.

Over the years we have worked with 40 schools and across a wide range of estates to provide weeklong expeditions. Evidence shows the impact of nature immersion, conservation volunteering and social skill development are key elements in improving not only mental health but also improved employability skills and confidence.

Treun also provides a taste of Scotland's magnificent ecological heritage for young people from both disadvantaged urban and rural isolated areas across the country, who may not have access to the countryside.

We reduce social isolation through the introduction and opportunity to work alongside selected estate staff, volunteer mentors, our outdoor therapists and experienced outdoor guides. Meeting other young people from other parts of Scotland expands their horizons and helps make new friendship groups.

We are committed to providing bespoke high-quality programmes that provide young people with the hand up to a new future.

We are a proud partner of Scottish Land & Estates.

At the heart of the programme, there is a three-day wilderness journey - wild camping and walking with packs, being fully self-sufficient and carrying all we need for that time. The programme and trails are led by wilderness guides and therapists. 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. 1-2-1 time as well as group therapy naturally formed part of our time out in the wild. The group are encouraged to help with chores and take responsibility within the group and for themselves. It offers a powerful opportunity to build self-confidence, social skills and to work through issues that may be troubling them.

Throughout the rest of the week the participants carried out a volunteering programme and they earn the John Muir Award and Leave No Trace accreditation.

Six weeks support counselling was available for graduates to support them once home after trail.

During 2021 we were once again held back by Covid but had appointed a project manager in Scotland to help with networking, maintaining contact with schools and estates and organising trails wherever possible but we were limited in what we could achieve. Teachers in particular were very stretched and stressed and because residential expeditions were not available for much of the year it was hard to engage with our network. However, once lifted they were keen to grasp the opportunity for students with significant challenges to their wellbeing. Two trails ran in 2021 with a carry forward of 2 further trails in 2022.

Over the two trails held in October and November, 16 students shared presenting issues such as depression and anxiety, suicidal ideation, gender challenges, social anxiety, grief and loss, relationship breakdown, social isolation, and self-harm.

Both trails ran at the Glenlivet Estate in the Cairngorms.

The weather was challenging for both, but this did not affect the outcomes, nor daunt the spirit of the young participants.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### Outcomes for Treun 2021

"I will talk more about difficult topics after the programme."

"It is OK to be yourself."

"I could do better in stressful situations if I actually tell someone at the time."

"Even if I think I can't do something I probably could."

A sample of scores from research showed:

43% improvement in behaviour at School

57% independent living skills/ happy with who I am

85% improvement in mood

86% in feeling confident

57% improvement in respect for others

85% improvement in respect for self

(Lower scores were given to Physical improvement and respect for nature. These are being looked into but may relate to the challenging weather experienced, and also the physical effort of carrying a pack which many of us are not used to.)

Without doubt participants gain new skills and access to both life and work experience alongside improved mental wellbeing. Our team also 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.

#### The programme aims to develop the following key outcomes through a range of activities:

- Improved mental health and employability;
- Increased nature connection and tools for helping the environment;
- Increased employability and leadership pathways.

#### Volunteers

We have an established group of volunteers in Scotland, who support both on and off our programs. We include safeguarding and mentor training and choose volunteers with a particular passion for nature and interest supporting vulnerable young people.

Pre Covid our volunteers were adding value of over 350 hours, helping to ensure the quality of Treun and adding a range of personal value and support to the delivery team and young people.

#### Partnerships

- Although we were not able to move around much or see many schools during Covid, we continued to build and maintain partnerships with a range of people in Scotland including:
- Scottish Land and Estates
- The Glenlivet Estate
- Atholl Estates
- Douglas and Angus Estates
- Denny High School
- Biggar High School
- Pitlochry High School
- Crieff High School
- Edinburgh University (Outdoor Learning Department)

We are immensely grateful to our funders for Treun who have been patient with the challenges Covid threw at us. With their help however, we have been enabled to make significant improvements in the lives of young people entrusted to our care in the hills during this year. We also thank our partner schools and teachers, estates, and volunteers.



## **WILDERNESS FOUNDATION UK**

### **TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

#### **FOR THE YEAR ENDED 31 DECEMBER 2021**

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#### **Bounce Back – Lockdown Recovery Programme**

**Bounce Back is a one-year, short-term programme funded by the Youth Steering Group of Chelmsford, Braintree and Maldon. The funding came through a UK Government initiative intended to aid vulnerable youth in being able to “bounce back” from the effects of Covid and re-engage with life inside and outside of school following the various levels of lockdown restrictions.**

To date, we have served 57 vulnerable young people and aim to have served close to 80 vulnerable young people by the end of March 2022 when the programme will come to an end, having delivered eight cohorts in total. Clients generally experience educational, mental health, relationship and social isolation problems and are referred by schools and social services.

During 2021 we delivered 36 weeks of support for our Bounce Back groups. The programme provided overall outcomes of improvements in self-worth and confidence (in 2021, 59% of our clients reported improvements in these areas), improvements in mood (in 2021, 57% of our clients, reported improvements in these areas) and improvements in life skills and knowledge (in 2021, 57% of our clients, reported improvements in these areas).

**We delivered a total of 1395 hours in person-time for the Bounce Back Programme.**

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

The Bounce Back programme created a positive and safe environment for exploring emotional vulnerability, reducing stress and anxiety, school avoidance, and successful in helping socially isolated young people turn things around to develop positive relationships with self, each other, family and referrers, whilst also returning or progressing at school or in engagement with other services such as counselling.

Many come from challenging backgrounds and engagement with school, relationships, family and others had already been difficult and was now heightened by the social isolation, lack of structure and grief being experienced by many. Bounce Back worked to overcome 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 nurturing approach which focuses on group cohesion, values, self-awareness, emotional vulnerability, cooperation and kindness.

Participants are with us one day a week for six weeks and we offer follow up support as needed. The sessions are delivered by a Wilderness Counsellor and an Outdoor Facilitator, who work closely to continually assess the progress and approach applied to each young person and the group to ensure maximum impact from our support. The Counsellor, Facilitator and young people are then further supported by the work of our Mentor Team who have built excellent relationships in a very short time and helped to reinforce the work of the leaders and have lots of fun with the young people. They are assets to our communities and an inspiration to young people.

#### **Case study**

*AC like the rest of the young people in the group was initially quite reserved in his communication but did find it easier to share honestly about how he was feeling once we had settled the group and had the benefit of a little time in nature. One of the activities we do on the first day is “Who am I?” which involves the young people collecting six natural objects, three to represent challenges they face in their lives and three objects to represent the strengths they use in themselves to cope with or overcome these challenges.*

*When AC discussed his objects initially there was a separation from the objects to AC, his description of the objects was very detailed and was clearly identifiable as strengths and challenges faced by AC but did not describe them as his own, just details about objects. For some young people it is hard to even consider and get started on this subject so AC did do very well in the practical side of the activity and although he did not own the challenges and strengths directly it gave the opportunity for us as leaders to positively affirm the strengths described by AC, were his own and encourage him to reword the strengths with ownership which he embraced and moved forward from positively using this ownership when discussing strengths later in the programme.*



## WILDERNESS FOUNDATION UK

### TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

#### FOR THE YEAR ENDED 31 DECEMBER 2021

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AC sat in the middle of the group in terms of amount shared with some very happy to share and some very reluctant, even by the end of the programme. I do feel that working in a group was perfect for AC as it gave an opportunity to see he was facing similar challenges to other young people and I believe this gave the chance to grow by not feeling isolated by what was initially seen as challenges he faced alone. I found AC to be a very kind and compassionate young man who is incredibly intelligent, creative and driven. He has a real love for science, music and the outdoors which are great sources of inspiration and motivation in life.

AC's mother came back to us with feedback following the programme:

***"I also wanted to tell you that he was a different child after finishing the Bounce Back course. Much more confident; he started coming out of his room to talk to us after that. So, thank you, I appreciate it more than I can say."***

AC is now joining our latest cohort of the TurnAround Project, where we will continue to empower and support AC to grow.

### Therapy Camps

During 2021 we ran one camp in Dartmoor for a range of young people with significant emotional and behavioural problems. They were struggling to maintain relationships at home and school and were at significant risk of increasing mental health problems, being excluded or total family breakdown.

Young people came from different parts of the UK, some were commissioned, some self-funded and others were subsidised.

The programme included a range of outdoors skills, including walks on Dartmoor, wild swimming, some wonderful climbing and scrambling (although in very tough conditions) and had a day with an ex-Marine who worked with the group on survival skills for a day.

These physical activities formed part of an overall therapy programme that included one to one support and group processes.

Therapy was available to all the participants on return and several stay in touch with the Foundation when needing more support.

### Group Therapy Programmes

#### Blossom Domestic Abuse Programme (Adults & Adolescents)

In 2021 we were able to provide two funded nature-based group therapy programme cohorts for the Blossom Project, one for adults (female only) and one for adolescents (aged 13-15 male and female).

Both two cohorts ran for ten weeks, one day a week and were funded by the Police, Fire and Crime Commissioner for Essex in partnership with our research partner the University of Essex, who helped us to conduct a co-creative group of survivors of domestic violence to develop and design the delivery content and process.

This project which was set up to empower not only adult survivors of domestic abuse to learn strategies for self-care that will cascade through their own families, but also teens to learn to cope with their past experiences in a healthy way that will prevent them repeating the cycles of abuse that they may have experienced.

***"It's also given me people that know what situation I've been in; it's given me good friendships as well...I think being around people that understand really does help it makes you realise you're not on your own it's very rewarding."***

Participants were in a position of wanting to move their lives forward positively, but required further resilience building, learning to build healthy relationships, development of boundaries, trauma support as required, and skills to be able to manage themselves positively and be independent of abusive relationships in the future. The project was facilitated by outdoor therapists who provided support for participants who had experienced trauma through domestic violence and also those with complex needs that continued to hold them back in life. The project's outdoor facilitator offered training and skills in bush craft techniques, outdoor cooking skills, camp craft, outdoor volunteering such as tree planting or conservation. We included visiting specialist support in areas such as money management, employability training and development, resilience training and other accreditations such as basic Neuro-linguistic training (NLP) and First Aid.



## WILDERNESS FOUNDATION UK

### TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

#### FOR THE YEAR ENDED 31 DECEMBER 2021

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A graduation ceremony followed at the end of the ten weeks and the offer of ongoing mentoring for up to three months post programme. The Foundation were also the proud recipients of The High Sheriff's Award for 'providing a safe haven, and for always going above and beyond in listening to people and encouraging them to strive for a better future.' This was presented to the foundation by the High Sheriff, Simon Brice DL who visited the site and met some of the participants.

Due to a surplus in the budget, we were able to offer an additional cohort in early 2022 working in partnership with Next Chapter, the referral agency for this additional cohort and also for the 2021 women's cohort.

There was a 30% increase in average resilience scores from before the programme started to after the programme ended. Self-esteem and wellbeing were also shown to increase from prior to the intervention to after the intervention had ended with self-esteem scores increasing by 15% and wellbeing scores increasing by 52%.

***"I think what makes it so powerful is the fact that every single woman there doesn't have to talk about the actual things that happened to them but openly be talking about how trauma's left them or how it's made us feel you know being able to discuss trauma with people are not sitting there just going oh yeah I know I fell off my bike when I was four and break my elbow so I know what trauma is you know they sort of it's a bit insulting but because they don't understand"***

#### Brave Futures

The programme, funded by Essex County Council, offered eight weeks of mental health support to six separate groups who experienced negative impact on their emotional wellbeing due to COVID. The target groups include:

- Women over 40
- Lone parents
- Care leavers
- Individuals in supported accommodation
- Unaccompanied asylum seekers
- Early intention for victims of domestic abuse
- Parents of an children and young people with special educational needs and disabilities

The six groups we have completed in 2021 included one group for unaccompanied asylum seekers, two groups for adults, and three groups for children between age 7-12. Out of all, 80% of adults (including asylum seekers) reported their physical and exercise has improved and 71% of children reported feeling confident after completing the eight weeks programme.

***"I have learned that I can be part of a group and be accepted and have a purpose. I will remember to try positive affirmation star and spend more time doing things that make me happy." DT, 32***

#### Brave Futures - Asylum Seekers' Cohort

This Brave Futures cohort was specifically set up for asylum seekers funded by Essex County Council, offering eight weeks of mental health support to asylum seekers referred to us by ECC and Leaving Care Essex and Essex Social Services.

The eight participants did not attend every week but enjoyed the experience of being in nature when they attended. All had left families behind with some experiencing PTSD, poor mental health and trauma and were often unwilling to talk about their families and experiences.

They all enjoyed the activities and felt free and safe in the group.

One week they made a shield which embraced the ideas of Pride, Honour and Respect and called it 'United in the Woods'. They all signed it and it included the flags of their home countries and it was a great sign of cohesion and positive improvement of the mood in the group.



# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### Wilderness Therapy and Mentor Training

We have delivered a three- day, two- night Wilderness Therapy introductory theory training at our site in Chatham Green, as well as a five day immersion at Skipton, Yorkshire. This therapy training included a range of outdoor practitioners and counsellors including teachers, counsellors, coaches, youth workers, outdoor instructors, amongst others in 2021.

Both trainings were run with strict COVID-19 measures in place and in response to demand, we will look into accrediting our training in 2022.

*"The programme not only equipped me with a whole new set of tools and resources to use in my work to engage young people with the natural world but also provided the opportunity for purposeful reflection and connection." DD, University Lecturer and Researcher*

*"The trainers hold the space for a transformative experience. The material was thoughtful and adapted to meet the needs of the group and was delivered at a well-balanced pace. I would recommend the Wilderness Foundation training to anyone seeking an introduction to how to integrate wilderness therapy into their work, especially for children and young people. The knowledge of the facilitators was superb and they created a wonderful space for us to thrive, learn and self-express. The wild swimming was also excellent!" TC, Occupational Therapist*

#### Mentor Training

During the year we continued to make use of training online that we were able to personalise to the work of the Foundation and this meant people could study in their own time and at their own pace.

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.

Mentors will serve young people on our Treun Programme in Scotland, TurnAround, Bounce Back, Allotments, 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.

#### Outdoor Therapy Immersion for referral agency staff

Each year, including 2021, we offer team building and training for our referral teams, such as domestic abuse support workers who will be referring new clients.

These immersions 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 improves the referral process.

#### Media

Sky Nature, in association with Persil's Dirt is Good Project, visited the Foundation's unique site in Chatham Green and met some of the amazing wildlife changemakers who have attended the Foundation's programmes including TurnAround, Out There and Chatham Green Project school workshops. These incredible kids helped explain to Ashley Banjo (dance and TV celebrity) why they were happy to get their hands dirty for a cause they believe in. They shared how young people who take action together in the fight against climate change can make amazing things happen. The advert was broadcast throughout the Sky channels for Persil's Dirt is Good promotion with the full video viewed online via the Persil website.

In addition we had several occasions where different project leads at the Foundation were interviewed on Radio Essex, BBC Essex, Rotary Club Round Up, and Chelmsford Community Radio.

Our CEO appeared on Andy Ramage's Let's Do It podcast series exploring the topic 'Finding your true self in the Wilderness'.



## **WILDERNESS FOUNDATION UK**

### **TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

#### ***FOR THE YEAR ENDED 31 DECEMBER 2021***

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#### **Events and Fundraising**

During 2021 the Foundation partnered with Home Farm Glamping (HFG) on the Aldenham Estate to provide Family Bushcraft Workshops run by some of our Bushcraft facilitators. HFG also put on an event called 'Dinner Under the Oaks' with all ticket sales and donations on the night in support of the foundation with an after dinner speech from our CEO Jo Roberts.

We were part of their Brambly Hedge Picnic providing a Wilderness Bug Hunt led by our Education officer Terri and provided bushcraft activities for a corporate wellbeing away day for Wahaca, a Mexican Restaurant Chain.

Open Farm Sunday was still able to take place on the Chatham Green site in 2021 due to it being completely outdoors with staggered arrival times organised through our online booking system allowing social distancing. Families gathered for picnics and craft activities in the woods along with a guided walk with the local farmer and photo opportunities on his tractor. The event was free with money raised through tea and cake sales.

Most outdoor music events were cancelled throughout the year with only a few allowed to go ahead. We were invited to have a stand in the Wild Wellbeing area of the Standon Calling music festival in Hertfordshire with Jo providing several talks in their Wellbeing Tent throughout the weekend along with craft activities encouraging people to visit our stand and talk with our volunteers about the Foundation's work.

Our Wilderness Golf Day at Benton Hall Golf Club took place in September after a very delayed start due to covid restrictions on group events. 16 teams of four players along with hole sponsorship, raffle ticket sales and donations helped us make it a huge success even beating the amount raised previously in 2019. Due to the success another golf day is already planned for 2022.

Community fundraisers in 2021 included amazing sporting challenges such as paddle boarding from Lands' End to John o'Groats, Cycling the Three Peaks Challenge and walking over 500 miles from Salisbury to Scotland. All of these incredible fundraising events helped support our work and inspire more people to get involved in 2022.

Online fundraising platforms including Crowdfunder, JustGiving, Virgin Money giving (now defunct) and also the Big Give helped us raise funds even during a pandemic. We had two successful Big Give Campaigns in 2021 raising over £25,000; Green Match Fund for environmental social action and also our Christmas Challenge for face to face nature therapy. We will be continuing to use these online platforms, even when restrictions are lifted, as it allows us to reach an even wider audience of potential new donors through our ever-growing digital audience on social media.

The last event of the year was our very successful Santa's Grotto which we hope to use as a template for future outdoor events throughout the coming years. An online booking system using staggered arrival times allowing us to provide a Covid safe event and keep a steady flow of people throughout the afternoon. The education team who facilitated the fun activities in the outdoors helped attract more than 150 people to the site where visitors got a first-hand experience of what we do and the beautiful location we are lucky to work within. The numbers of visitors continue to grow for each event as more people learn about us through word of mouth and marketing on social channels.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### Future Plans

We will continue to deliver our purpose as a charity 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.

To meet the growing interest in our work, during 2021 we worked on a range of growth assumptions for the Foundation through to 2024. These are to:

1. Double the number of people supported by our social benefit/therapy, educational and environmental programmes from approximately 6000 to 12000 per annum.
2. Extend the areas where our programmes are provided within Essex and Scotland focusing on areas of deprivation and environmental restoration programmes.
3. Develop our operations outside Essex and Scotland through carefully selected partnerships.
4. Increase our advocacy for nature, climate change mitigation and the crucial role of nature in improving mental health and wellbeing.
5. Build up our revenue from £550,000 to £1 million over the next three years whilst increasing our operational and financial strengths.

We will do this by activities that

- Educate and inspire people to experience and connect with wild places
- Provide an integrated service for improving the lives of the most vulnerable in our society, through the positive benefits of wilderness
- Grow natural leaders of the future through directly experiencing the positive benefits of wild nature
- Protect and enhance biodiversity and green spaces
- Continue to promote and support mental health and wellbeing across clients in Scotland and the rest of the UK
- Promote and practice 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.

#### Governance

##### Status and Objectives

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 and certain revisions in 2021. 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).



# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

**FOR THE YEAR ENDED 31 DECEMBER 2021**

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### Governing Body and Structure

The trustees, who are also the directors for the purpose of company law, who served during the year and up to the date of signature of the financial statements were:

GVB Thompson	
T Aykroyd	
AL J Gibbs	
P Grewal	
Dr P Hobson	Chair – Environment Committee
V Martin	
P Martin	Chair – Finance Committee
T Platts	(Appointed 24 August 2021)
EJ Posey	
JK Roberts	
JA Rogers (Fosh)	(Appointed 2 July 2021) Chair – Social Benefit Committee
A Sheepshanks	
MD Soutar	Chair – Scotland Committee
MA Williams	Chair – Governance Committee

During 2021 we continued with a comprehensive review of our governance, including policies, risk management, trustee recruitment, staff handbook and articles of association.

Our governing body is a Board of Directors of the charity and has an active Governance Committee made up of trustees including the Chair. As at 31 December 2021 there were 11 trustees, whose names appear above. Peter Martin resigned as Chair in 2020 and Vincent Thompson was recruited as our new Chair and came into post in January 2021. Peter Martin continued as a Trustee and heads up the Finance Committee

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, programme oversight, strategy and finance – and report back quarterly to the main Board.

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.

# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

*FOR THE YEAR ENDED 31 DECEMBER 2021*

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### **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 safer 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 Foundation's aims and objectives.

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 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.

### **Risk Management**

The Foundation is exposed to financial as well as operational 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.

A risk register is scrutinised quarterly by the Governance Committee and the main Board. This committee oversees a range of tasks and ensures that we are compliant. For example this includes our GDPR practice, our risk assessments, policies, health and safety, legal requirements, whistle-blowing, complaints etc.

We have a robust child protection policy, safer recruitment practice, and safeguarding procedures to ensure the safety and wellbeing of all the young people, staff and volunteers we work with.

We maintain a register to ensure that all essential training is up to date and in 2021 two Senior Safeguarding Officers were given refresher training and appointed to support our CEO, who is the Senior Safeguarding Officer. She also did refresher training during the year, alongside outdoor first aid with some of her colleagues due for updated training.

### **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.

In this document we outline our achievements in the delivery of the Treun Programme and our engagement with schools and estates across the country. This work provides public benefit for the people of Scotland, particularly young people. The programme includes our project management team headed by our CEO and an administrator, guides, volunteers, and facilitators. Due to covid our Wilderness Foundation Scotland Manager unfortunately had to relinquish his post during the year due to personal factors.

We work in partnership with Scottish Land & Estates and have benefitted from the kindness of a number of landowners who have given access to their land, including Atholl Estates, Angus and Douglas Estates and the Glenlivet Estate. Our participants have been involved in conservation volunteering at each of these locations as well as taking part in wilderness therapy and employability readiness.

Trails were re-started late in 2021 with 16 young people joining the Treun programme from schools in Perthshire and Falkirk.

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.



# WILDERNESS FOUNDATION UK

## TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### Financial Review

We started the year with reserves of £227,630 up from £126,446 the previous year, 2020.

Notwithstanding the difficulties resulting from the pandemic, 2021 proved to be a successful year both in terms of income generation and the scale of our activities.

Income improved significantly from 2020 with total income up from £359,334 to £621,938. Income from donations and legacies was strong, rising from £305,891 to £479,799 and included a one-off donation of £109k.

Expenses increased in line with income and totalled £439,733 for the year (2020: £258,150). Expenses from Unrestricted activities increased marginally from £139,369 to £151,826 but are expected to rise more significantly in the current year. Expenses on restricted activities rose from £104,803 to £287,907 reflecting increased demand for our various programmes.

Reserves increased from £277,630 to £409,835 of which £201,893 were Unrestricted and £207,942 Restricted. Part of the increase in Unrestricted from £90,481 to £201,893 will be deployed in the expansion of our activities highlighted in the Chief Executive's Report and will be reflected in the creation of a new Development Reserve, see below.

The charity received a bounce back loan of £50,000 during the year for support during COVID-19 (this is shown as income in the cash flow statement). This loan was repaid in full after the year end.

In line with the requirements of the SORP, £200,000 of the charity bank balances were shown as current asset investments in the Balance Sheet.

#### Cost of Generating Voluntary Income

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

#### Reserves

##### Unrestricted 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 £201,893 which accounted for 16 months of unrestricted costs – see below Development Reserve

##### Restricted Reserves

Restricted reserves account for sums contributed by third parties for the provision of particular programmes which have yet to be spent. At the year end, this stood at £207,942 as compared to £137,149 the previous year reflecting the increased demand for our various programmes. However, it is to be expected that the level of this reserve will change significantly from one year to another.

##### Development Reserves

In light of the decision to expand the scale of the WF-UK activities and the high level of Unrestricted Reserves referred to above, the Trustees have decided to create a further reserve to hold resources to be deployed on development until such time as they are expended. It is envisaged that this reserve will be built and deployed over the three years to end 2025.

## WILDERNESS FOUNDATION UK

### TRUSTEE'S REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

**FOR THE YEAR ENDED 31 DECEMBER 2021**

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#### **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).

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



G VB Thompson  
Chairman



Date: 09/06/2022



# **WILDERNESS FOUNDATION UK**

## **INDEPENDENT AUDITOR'S REPORT**

### **TO THE TRUSTEES OF WILDERNESS FOUNDATION UK**

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#### **Opinion**

We have audited the financial statements of Wilderness Foundation UK (the 'charity') for the year ended 31 December 2021 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2021 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

#### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustee's use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

# **WILDERNESS FOUNDATION UK**

## **INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

### **TO THE TRUSTEES OF WILDERNESS FOUNDATION UK**

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#### **Other information**

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report, which includes the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

#### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustee's report; or
- sufficient and proper accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

#### **Responsibilities of trustees**

As explained more fully in the statement of trustee's responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

#### **Auditor's responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 144 of the Charities Act 2011 and section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and report in accordance with the Acts and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.



## **WILDERNESS FOUNDATION UK**

### **INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

#### **TO THE TRUSTEES OF WILDERNESS FOUNDATION UK**

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The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We identified areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements from our: general commercial and sector experience; through verbal and written communications with those charged with governance and other management; and via inspection of the charitable company's regulatory and legal correspondence.

We discussed with those charged with governance and other management the policies and procedures regarding compliance with laws and regulations.

We communicated identified laws and regulations to our team and remained alert to any indicators of non-compliance throughout the audit, we also specifically considered where and how fraud may occur within the charitable company. The potential effect of these laws and regulations on the financial statements varies considerably.

Firstly, the charitable company is subject to laws and regulations that directly affect the financial statements, including: the charitable company's constitution; relevant financial reporting standards; company law; the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102 (effective from 1 January 2019); and we assess the extent of compliance with these laws and regulations as part of our procedures on the related financial statement items.

Secondly the charitable company is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on the amounts or disclosures in the financial statements, for instance through the imposition of fines and penalties, or through losses arising from litigations. We identified the following areas as those most likely to have such an affect: legislation directly applicable to charities sector such as the Charities Act 2011, employment legislation; health and safety legislation; the regulatory requirements of the Charity Commission and OSCR; tax legislation particularly in relation to gift aid and making overseas donations, GDPR; anti-bribery and corruption legislation.

International Auditing Standards (UK) limit the required procedures to identify non-compliance with these laws and regulations to the procedures, and no procedures over and above those already noted are required. These limited procedures did not identify any actual or suspected non-compliance with laws and regulations that could have a material impact on the financial statements.

In relation to fraud, we performed the following specific procedures in addition to those already noted:

- Challenging assumptions made by management in its significant accounting estimates in particular: grant recognition;
- Identifying and testing journal entries, in particular any entries posted with unusual nominal ledger account combinations;
- Performing analytical procedures to identify unexpected movements in account balances which may be indicative of fraud;
- Ensuring that testing undertaken on both the Statement of Financial Activity (SoFA) and the Balance Sheet includes a number of items selected on a random basis;

These procedures did not identify any actual or suspected fraudulent irregularity that could have a material impact on the financial statements.

## WILDERNESS FOUNDATION UK

### INDEPENDENT AUDITOR'S REPORT (CONTINUED)

#### TO THE TRUSTEES OF WILDERNESS FOUNDATION UK

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Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with International Auditing Standards UK). For example, the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely the procedures that we are required to undertake would identify it. In addition, as with any audit, there remains a high risk of non-detection of irregularities, as these might involve collusion, forgery, intentional omissions, misrepresentation, or the override of internal controls. We are not responsible for preventing non-compliance with laws and regulations or fraud, and cannot be expected to detect non-compliance with all laws and regulations or every incidence of fraud.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

#### Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008 and regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



**Caroline Peters (Senior Statutory Auditor)**  
for and on behalf of Rickard Luckin Limited

9 June 2022

**Chartered Accountants**  
**Statutory Auditor**

1st Floor  
County House  
100 New London Road  
Chelmsford  
Essex  
CM2 0RG



# WILDERNESS FOUNDATION UK

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
<b><u>Income and endowments from:</u></b>							
Donations and legacies	4	236,178	243,621	479,799	178,233	127,658	305,891
Charitable activities	3	-	80,848	80,848	2,613	50,760	53,373
Other income	5	27,060	34,231	61,291	70	-	70
<b>Total income</b>		<b>263,238</b>	<b>358,700</b>	<b>621,938</b>	<b>180,916</b>	<b>178,418</b>	<b>359,334</b>
<b><u>Expenditure on:</u></b>							
Raising funds	6	-	-	-	10,378	3,600	13,978
Charitable activities	7	151,826	287,907	439,733	139,369	104,803	244,172
<b>Total expenditure</b>		<b>151,826</b>	<b>287,907</b>	<b>439,733</b>	<b>149,747</b>	<b>108,403</b>	<b>258,150</b>
<b>Net income for the year/ Net movement in funds</b>		<b>111,412</b>	<b>70,793</b>	<b>182,205</b>	<b>31,169</b>	<b>70,015</b>	<b>101,184</b>
Fund balances at 1 January 2021		90,481	137,149	227,630	59,312	67,134	126,446
<b>Fund balances at 31 December 2021</b>		<b>201,893</b>	<b>207,942</b>	<b>409,835</b>	<b>90,481</b>	<b>137,149</b>	<b>227,630</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

# WILDERNESS FOUNDATION UK

## BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
<b>Fixed assets</b>					
Tangible assets	12		-		-
			-		-
<b>Current assets</b>					
Stocks	14	1,640		1,640	
Debtors	15	17,344		29,052	
Investments	16	200,000		-	
Cash at bank and in hand		266,786		297,234	
		485,770		327,926	
<b>Creditors: amounts falling due within one year</b>	18	(34,268)		(100,296)	
Net current assets			451,502		227,630
<b>Creditors: amounts falling due after more than one year</b>	19		(41,667)		-
<b>Net assets</b>			409,835		227,630
<b>Income funds</b>					
Restricted funds	22		207,942		137,149
Unrestricted funds			201,893		90,481
			409,835		227,630



## **WILDERNESS FOUNDATION UK**

### **BALANCE SHEET (CONTINUED)**

**AS AT 31 DECEMBER 2021**

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The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2021, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 09/06/2022



G VB Thompson  
Trustee



P Martin  
Trustee

Company Registration No. 06003527

# WILDERNESS FOUNDATION UK

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
<b>Cash flows from operating activities</b>					
Cash (absorbed by)/generated from operations	27		(80,448)		170,789
<b>Net cash used in investing activities</b>			-		-
<b>Financing activities</b>					
Receipt of bank loans		50,000		-	
<b>Net cash generated from/(used in) financing activities</b>			50,000		-
<b>Net (decrease)/increase in cash and cash equivalents</b>			(30,448)		170,789
Cash and cash equivalents at beginning of year			297,234		126,445
<b>Cash and cash equivalents at end of year</b>			266,786		297,234



# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

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### 1 Accounting policies

#### Charity information

Wilderness Foundation UK is a private company limited by guarantee incorporated in England and Wales. The registered office is Trinity House, 2 Whitbread's Business Centre, Whitbread's Farm Lane, Chatham Green, Chelmsford, Essex, CM3 3FE.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's memorandum and articles dated November 2006 (amended May 2021), the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of 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 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Income tax recoverable in relation to donations received under gift aid are recognised at the time of the donation.

Income from government and other grants is recognised when the charity has entitlement to funds, any performance conditions attached to the grant have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

#### 1.5 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 to the direct staff costs allocated to activities. Governance costs include the costs of servicing Trustees' meetings, audit and strategic planning.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2021

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#### 1 Accounting policies

##### 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% per annum straight line basis
Fixtures and fittings	20% per annum straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

##### 1.7 Stocks

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

##### 1.8 Cash and cash equivalents

Cash, cash equivalents and current asset investments include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

##### 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### *Basic financial assets*

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### *Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.



# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 1 Accounting policies

#### *Derecognition of financial liabilities*

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

### 3 Charitable activities

	Other 2021 £	Other 2020 £
Other income	80,848	53,373
Analysis by fund		
Unrestricted funds	-	2,613
Restricted funds	80,848	50,760

### 4 Donations and legacies

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Donations and grants	236,178	243,621	479,799	178,233	127,658	305,891

Included within unrestricted grants is interest on the Bound tax loan of £1,042.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 5 Other income

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2021 £	2021 £	2021 £	2020 £
Other income	27,060	34,231	61,291	70

### 6 Raising funds

	Total	Unrestricted funds	Restricted funds	Total
	2021 £	2020 £	2020 £	2020 £
<u>Fundraising and publicity</u>				
Seeking donations, grants and legacies	-	10,378	3,600	13,978
	-	10,378	3,600	13,978

### 7 Charitable activities

	2021 £	2020 £
Staff costs	323,099	163,045
Direct costs	47,501	29,154
	370,600	192,199
Grant funding of activities (see note 9)	4,200	1,500
Share of support costs (see note 8)	59,357	49,673
Share of governance costs (see note 8)	5,576	800
	439,733	244,172
<b>Analysis by fund</b>		
Unrestricted funds	151,826	139,369
Restricted funds	287,907	104,803
	439,733	244,172



# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

8 Support costs	Support costs	Governance costs	2021 Support costs	Governance costs	2020	Basis of allocation
	£	£	£	£	£	
Rates	24,966	-	24,966	-	23,841	
Office expenses	9,151	-	9,151	-	7,077	
Professional fees	14,225	-	14,225	-	6,621	
Insurance	2,244	-	2,244	-	1,664	
Marketing	2,332	-	2,332	-	4,244	
Travel	3,539	-	3,539	-	3,625	
Sundry expenses	2,900	-	2,900	-	2,601	
Events	-	3,941	3,941	-	800	Governance
Consultancy costs	-	200	200	-	-	Governance
Bank charges	-	1,435	1,435	-	-	Governance
	59,357	5,576	64,933	800	50,473	
Analysed between						
Charitable activities	59,357	5,576	64,933	800	50,473	

Governance costs includes payments to the auditors of £9,500 including VAT (2020: £800 independent examination) for audit fees.

Included within rent and rates is rent payable under operating leases of £23,812.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 9 Grants payable

	2021 £	Staff costs 2020 £
Grants to individuals	4,200	1,500
	<u>4,200</u>	<u>1,500</u>

### 10 Trustees

None of the trustees (or any persons connected with them) received benefits from the charity during the year. No trustees were reimbursed expenses during the year.

JK Roberts, the Chief Executive Officer, who is also a trustee, received remuneration for her role as an employee as agreed with the Charity Commission, this amounted to £46,600.

This amount also constitutes all compensation paid to key management personnel.

### 11 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
	9	7

#### Employment costs

	2021 £	2020 £
Wages and salaries	323,099	163,045

There were no employees whose annual remuneration was more than £60,000.



# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 12 Tangible fixed assets

	Plant and equipment £	Fixtures and fittings £	Total £
<b>Cost</b>			
At 1 January 2021	25,503	10,218	35,721
At 31 December 2021	25,503	10,218	35,721
<b>Depreciation and impairment</b>			
At 1 January 2021	25,503	10,218	35,721
At 31 December 2021	25,503	10,218	35,721
<b>Carrying amount</b>			
At 31 December 2021	-	-	-
At 31 December 2020	-	-	-

### 13 Financial instruments

	2021 £	2020 £
<b>Carrying amount of financial assets</b>		
Instruments measured at fair value through profit or loss	200,000	-

### 14 Stocks

	2021 £	2020 £
Raw materials and consumables	1,640	1,640

### 15 Debtors

	2021 £	2020 £
<b>Amounts falling due within one year:</b>		
Trade debtors	7,538	5,920
Other debtors	9,706	21,536
Prepayments and accrued income	100	1,596
	17,344	29,052

### 16 Current asset investments

	2021 £	2020 £
Unlisted investments	200,000	-

This includes monies held within accessible bank accounts but not used for everyday operating costs.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 17 Loans and overdrafts

	2021 £	2020 £
Bank loans	50,000	-
Payable within one year	8,333	-
Payable after one year	41,667	-
Amounts included above which fall due after five years:		
Payable by instalments	1,667	-

Subsequent to the year end this loan was repaid in full.

### 18 Creditors: amounts falling due within one year

	Notes	2021 £	2020 £
Bank loans	17	8,333	-
Deferred income	20	2,933	81,429
Trade creditors		3,146	13,849
Other creditors		11,871	4,218
Accruals and deferred income		7,985	800
		34,268	100,296

### 19 Creditors: amounts falling due after more than one year

	Notes	2021 £	2020 £
Bank loans	17	41,667	-

### 20 Deferred income

	2021 £	2020 £
Other deferred income	2,933	81,429

Deferred income is included in the financial statements as follows:



## WILDERNESS FOUNDATION UK

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

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#### 20 Deferred income

	2021 £	2020 £
Deferred income is included within:		
Current liabilities	<u>2,933</u>	<u>81,429</u>
Movements in the year:		
Deferred income at 1 January 2021	81,429	41,418
Released from previous periods	<u>(78,496)</u>	<u>40,011</u>
Deferred income at 31 December 2021	<u>2,933</u>	<u>81,429</u>

#### 21 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 22 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			
	Balance at 1 January 2021	Incoming resources	Resources expended	Balance at 31 December 2021
	£	£	£	£
CGP	14,412	87,078	(70,237)	31,253
TRUEN	11,005	51,770	(31,637)	31,138
TurnAround Essex	55,932	36,350	(43,682)	48,600
Out There Academy	19,842	54,592	(40,544)	33,890
Wilderness and Nature Therapy	35,958	128,910	(101,807)	63,061
	<u>137,149</u>	<u>358,700</u>	<u>(287,907)</u>	<u>207,942</u>

Restricted funds have been disclosed within the requirements of the SORP. Included within each fund are individual grants for specific purposes that fit the nature and spirit of each fund disclosed.

Chatham Green Project (CGP)- an education initiative being delivered in partnership with Strutt and Parker (Farms) at Chatham Green in Essex

TREUN- this fund is for the delivery of a youth training programme in Scotland

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 6-9 month cycles.

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 13-15 years.

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.

### 23 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 31 December 2021 are represented by:						
Current assets/(liabilities)	243,560	207,942	451,502	90,481	137,149	227,630
Long term liabilities	(41,667)	-	(41,667)	-	-	-
	<u>201,893</u>	<u>207,942</u>	<u>409,835</u>	<u>90,481</u>	<u>137,149</u>	<u>227,630</u>



# WILDERNESS FOUNDATION UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

### 24 Affiliate funds

At the year end, the client held affiliate funds of £121,796 (2020: £60,577) relating to Bush Heritage Australia and WF Africa. These amounts have been removed from the accounts as they do not belong to Wildlife Foundation UK. Incoming resources on these funds totalled £246,795 and outgoing expenditure totalled £185,576.

### 25 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).

### 26 Analysis of changes in net funds

	At 1 January 2021 £	Cash flows £	At 31 December 2021 £
Cash at bank and in hand	297,234	(30,448)	266,786
Loans falling due within one year	-	(8,333)	(8,333)
Loans falling due after more than one year	-	(41,667)	(41,667)
	<u>297,234</u>	<u>(80,448)</u>	<u>216,786</u>

### 27 Cash generated from operations

	2021 £	2020 £
Surplus for the year	182,205	101,184
Adjustments for:		
Cash on deposit, included within investments	(200,000)	-
Movements in working capital:		
(Increase) in stocks	-	(1,640)
Decrease/(increase) in debtors	11,708	(29,051)
Increase in creditors	4,135	18,867
(Decrease)/increase in deferred income	(78,496)	81,429
Cash (absorbed by)/generated from operations	<u>(80,448)</u>	<u>170,789</u>