



Trustees' Annual Report for the period

	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
From	22	10	2018		31	10	2019

Section A Reference and administration details

Charity name **Vision of Adventure**

Other names charity is known by **VoA**

Registered charity number (if any) **1180451**

Charity's principal address **5 Highgrove, Bankfield, Kendal**

Postcode **LA9 5DR**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Stephen Bateman	Chair		
2	David Corso	Treasurer		
3	Patrick Finn			
4	Paul James			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Operations Manager (Part time) – Jill Corso

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution adopted 23/10/18 (amended 16/2/19)
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing Trustees

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>New trustees are expected to volunteer on some of the activities to ensure that they are fully conversant with the charities work, beneficiaries and outcomes.</p> <p>Management and Trustees seek the views of both visually impaired and guide participants in deciding the activities to be run.</p> <p>Courses we facilitate are fully risk assessed and are led by appropriately qualified staff with many years of experience. On our catered courses kitchen leaders must have food handling qualifications and we encourage our volunteers to also gain certification.</p> <p>Except for payment for services (£420 in 2019) to Patrick Finn in his capacity as a triathlon coach, all trustees give their time voluntarily and received no remuneration or other benefits.</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

THE RELIEF OF VISUALLY IMPAIRED ADULTS LIVING WITHIN THE UK BY PROVIDING AND FACILITATING RECREATIONAL AND SOCIAL ACTIVITIES, IN PARTICULAR THOSE CONNECTED TO ADVENTUROUS OUTDOOR ACTIVITIES, IN THE INTERESTS OF SOCIAL WELFARE SO THAT THEIR CONDITIONS OF LIFE SHALL BE IMPROVED.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities for the year we kept in mind the Charity's guidance on public benefit at our trustee meetings.

The charity runs a number of courses offering adventurous outdoor activities for Visually Impaired adults (VI's). Activities include rock climbing, caving, triathlon, cycling and canoeing.

Participants on courses develop and increase their confidence by learning new or honing existing outdoor skills. The acquired skills subsequently allow participants to join main-stream clubs and organisations to continue the activities.

The courses, which are residential in nature and typically last a long weekend, allow participants to meet and socialise with like minded others. Long term friendships develop among VI's and also with the guides and this all helps to reduce any sense of isolation that VI's can have. Peoples self-esteem, independence and confidence improve.

Our more competitive courses, particularly triathlon training, promote and foster a more healthy and improved fitness lifestyle amongst the participants.

We encourage VI's and guides to organise their own outdoor activities and events. We do this by giving them administration support, providing information and advice on trips and allowing equipment to be borrowed.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Our organisation could not exist without the team of sighted volunteer guides who team up on a one to one basis with the VI's on each course. The volunteers often travel many miles to help the organisation and support the VI's. Without them, none of the courses would have taken place. We are extremely grateful for their contribution.

Summary of the main achievements of the charity during the year

It has been an exceptional first year for Vision of Adventure!

After the closure of an established project at Bendrigg Trust the thrust of the new charity has been to continue to provide a programme of outdoor activity courses for VI's.

Courses and events

Setting up from nothing we have managed to run a great programme of activities.

The first course ran in April and the last one was in early October. In total 11 residential courses were delivered, involving 63 visually impaired participants and 68 volunteer guides.

Caving



In April 6 VI cavers and 6 sighted guides enjoyed a long weekend of caving thanks to the supported by the Jeremy Willson Trust and Moto in the Community. The cavers learned and practised techniques such as wading, squeezing climbing and abseiling. Everyone completed 2 full day cave explorations culminating with a spectacular free hanging abseiling.

Cycling

We had two weekends cycling on tandems. In the first we stayed near Appleby-in-Westmorland and cycled the tranquil roads of the stunning area. Eight tandem pairs enjoyed 2 days of cycling covering around 85 miles in total and tackling several thousand feet of ascent.

Our second weekend was in South Cumbria staying at a very compact cycling bunk house. With 2 guide dogs also in attendance it was a cosy and very sociable weekend. Cycling was good too. The six female VI cyclists covered around 80 miles in difficult and challenging weather. Both courses were made possible by a grant from Sport England, while the Souter Trust supported the first weekend and Awards for All supported the second weekend.



Climbing

Climbing is our most popular activity with a total of 18 VI climbers. Three courses were offered: 2 in the Lake District and one in the Yorkshire Dales.

Some of the participants were seasoned campaigners but others were first timer's just keen to learn. On all 3 courses we held an indoor intensive coaching session as well as visits to 2 or 3 outdoor crags. By the end of each course the standard of climbing was high as was the competence with rope work.

As a bonus on the 1st climbing course, we spent the Monday as guests of 'Go Ape' in the Grizedale forest. Everyone had an amazing experience on the high-level ropes course including some exhilarating zip wires. This was a new experience for VI's, guides and instructors alike. The sighted guides and instructors were in awe of how the blind participants launched themselves down the zip wires which were 100s of metres long! A lovely

finale to a great weekend.

The climbing courses were supported by the Whirlwind Trust, the Primary Club and Alpkit.

Triathlon

5 Vi athletes had a very enjoyable weekend mixed ability course in the North Lancashire. Sessions included guided running, tandem cycling, swimming as well as all the associated skills needed to complete a triathlon. The beginners worked on the basics while the experienced triathletes had some great coaching to move their performance on.



Swimming

8 Vi swimmers and guides attended an open water 3 day swimming course on Derwent Water. We swam several times in the lake. There was a technique session as well as a pre-breakfast swim when we enjoyed the early morning stillness of the lake. A mountain gill scramble

added to the wet adventures and a dip in Calvert Trusts pool (complete with sauna and jacuzzi) providing a contrast.

Yachting

Three Vi sailors and guides went to the Solent in June and spent a week aboard a 45ft yacht courtesy of UKSA on a RYA instructional course. Many harbours and anchorages were visited which allowed everyone to become familiar with sailing but also practise the various knots and rope handling when entering and leaving harbour. The weather could have been more forgiving for June. But everyone felt that they had learnt something and the RYA certificates were well deserved.

Canoeing

Early September saw 10 paddlers take to open canoes and paddle around 50 miles of the Spey to the Spey Bay, thanks to support from the Whirlwind Trust. The river levels made for some excellent paddling. Skills learnt and practised on the first day were fully utilised on the bigger white-water rapids later on. Unfortunately, big dumping surf on the beach prevented paddling out to the open sea, but everyone was pleased to make it to the break line. Staying in the old rented Victorian house proved very sociable and amazingly enough, everyone enjoyed getting stuck in with the cooking and washing up!

Multi-Activity

The final course of the year in October was a multi-activity weekend, which gave 5 Vi adventurers the chance to have a go at activities they hadn't done before. Canoeing, caving, climbing and archery were some of the activities offered. For some of the first timers this was a great introduction to what Vision of Adventure has to offer and also helped participants define their preferred activities. This course was supported by the Whirlwind Trust.

Guide training

At the start of the season thanks to the kind support of the Souter trust we held a training weekend for our sighted cycle guides. This involved 11 people learning to cycle a tandem bike while acting as a 'pilot' for the visually impaired 'stoker' sitting behind. Key skills are the ability to steer the tandem (not as easy as it sounds) and to communicate effectively with the stoker. The staff team included 2 of our most experienced Vi stokers whose input was invaluable.

In November, 10 potential triathlon guides attended a training day. They practiced tethered swimming, guided running and tandem piloting. The coaching team included 2 of our experienced Vi triathletes who provided

an invaluable insight.

In addition to the courses we put on we also helped VI's take part in the following events:

British Paratriathlon Championships – May 2019

At Eton Dorney, in May, five VI athletes with volunteer guides took part in the Arctic One Triathlon and Para- Tri Festival, which included the British Paratriathlon Championships.

A fantastic day saw focused training by VoA athletes paying off as our ladies swept the board taking gold, silver and bronze in the VI female class. Standards were extremely high in the male race, our men put up a good show against an elite field. We also had the oldest finisher with an amazing effort from one of our VI ladies who only took up triathlon in her sixties and had to work really hard learning to swim.



Escape to the Dales Sportive

We were very warmly welcomed to this excellent local event. 6 of our VI cyclists took part with 2 completing the 50 mile route and 4 completing the 65 mile course. Both courses very hilly and it was a challenging day out for all concerned.



London to Brighton – September 2019

An epic day with 12 tandems (24 cyclists) making the 55 mile journey from Clapham Common in London to the sea front in Brighton. Everyone found it challenging, for many of the visually impaired cyclists and for several of the guides it was the furthest they had ever cycled.

A total of over £6000 was raised by the team - a great effort. Both the cycling and the fundraising pay tribute to the tenacity and enthusiasm of VoA participants.



Lancaster Triathlon

Again, a warm welcome at a local event. 7 VI triathletes completed this sprint triathlon event, some of the participants are now experienced triathletes. For others this was their first event. For everyone, the training backed by grit and determination paid off and all finished.

We know that both the VI's and guides are looking forward to next year's programme.

Behind the scenes

Activity to enable the courses to go ahead has been very intense.

Not least of which was the huge effort in establishing the charity. After an initial meeting of interested people in mid-September, several trustees put themselves forward and an amazing amount of work was done (including writing the constitution, obtaining a bank account and registration at the Charity Commission) all within a 6 week period.

Co-founder (and now Operations Manager) Jill Corso put together a programme of courses for 2019. This involved, finding accommodation, planning when to hold them and setting budgets.

This was all dependent upon raising the necessary funds for them – another of Jill's major tasks.

Her husband and fellow co-founder Dave, now a trustee, spent a huge amount of time putting the background systems in place (contacting HMRC, joining charity collection agencies, setting up GDPR good practises, pension schemes and salary admin systems, etc). He also created the charity's IT systems including designing and building his first website. This had to be accessible so that VI's could use it to choose their courses but also promote the charity. Many thanks to the small team of VI's and sighted guides who also helped with the design and its testing.

A Facebook website and Facebook Group has also been created to establish our presence and for VI's and guides to connect and share information with each other.

After the courses were advertised to participants work began on how they were to be delivered. This involved establishing procedures for safe working, risk assessing each course and even choosing new equipment, obtaining its funding and then finally buying it.

In January we formally employed Jill as Operations Manager (0.5 contract), her role split between administration and course delivery duties. In March another administrator was recruited (0.2 contract). However, much is still being done by the founders without remuneration; and if resources become available we would like to take on further staff.

This all happened within 6 months of deciding to start the charity. We are proud of the achievement.

Equipment

Much equipment has been obtained to run the courses.

A special thanks to Bendrigg Trust who transferred to Vision of Adventure the canoes, 5 tandems and associated equipment when their project closed.

Thanks to a Sport England grant and a donation, two smaller additional tandems were purchased to enable shorter people to enjoy cycling. A volunteer, with the assistance of a local bike store, has maintained the whole fleet of 7 tandem bikes for no charge.

Donations were specifically given to purchase clothing for caving and wet suits for canoeing. Swimming wetsuits and triathlon equipment have also been donated by Hillingdon Triathlon Club.

Other outdoor equipment including helmets, lights and harness has been

purchased with the help of the local Lions Clubs and grants from several other organisations.

A small storage unit has been rented to house all the equipment. Thanks to funding from Awards for All a box trailer was purchased to help transport equipment from the store to each course venue.

The charity runs its office, for no charge, from the attic of the founders home. And, thanks again to further funding from Awards for All, a laptop and networked data storage has been purchased to allow access of information from anywhere.

Fund raising

Our main fundraising activity this year has been the London to Brighton Cycle event in September. A total of 12 Tandems ridden by VI's and their guides cycled 55 miles and raised over £6,400 (plus Gift aid, which has yet to be collected).

One of our guides also raised £750 (plus Gift Aid) by running a cycle event at the Manchester Velodrome.

'Go Ape', a local Tree Top Challenge company, has awarded us their 'Charity of the Year' status which hopefully, will bring in donations from their clientele in our next financial year.

Brief statement of the charity's policy on reserves

Cash at bank at 31st October 2019 was **£13K in Restricted Funds**.

The Restricted Fund includes £6k of Reserves. This covers approximately 2 months operational costs in the event of loss of income or to meet any unforeseen expenditure. Ideally, we would like to double this by the end of our second years activity. Ultimately, we'd also like to establish a small reserve to subsidise course fees for individuals who would otherwise not be able to participate.

The Restricted Fund also holds money designated for future courses or asset purchases. This is typically money that has been paid in advance by course participants or donated grant money. At 31st October, approximately £7k relates to next years' courses.

Cash at bank at 31st October 2019 was **£15K in Unrestricted Funds**.

Funding levels in the Unrestricted Funds are not uniform throughout the year. They tend to be high at year end and low in late spring. This is explained by the fact that most of the Unrestricted Fund's income (the transfers from the Restricted Fund) happens generally in late spring and summer. However, major outgoings (staffing costs and advance course charges) still occur throughout the autumn and winter (when there are few courses).

Details of any funds materially in deficit

Not Applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our main sources of funds during the year have been Donations £21k, Grants £43k and money paid by Visually Impaired participants to go on the courses (£21k). Additionally, £6400(+Gift aid) has been Fund Raised directly by the VI's and their sighted guides – principally from sponsorship by participants in September's London to Brighton cycle ride.

This income has allowed equipment to be purchased (£16k) for use on courses and within the office. However, the majority of income (£47k) is applied equally between fixed/admin costs and course related activity. The main costs incurred being, staff, course accommodation, transport and food.

It has been Vision of Adventure's first year of operation and many of the donations and grants that have occurred have been 'one-offs' to help establish the charity and give it a sound financial footing. We fully recognise that grant and donation funding levels may not continue to the same level next year.

Section F

Other optional information

Future Plans

After a solid start in our first year of operation our aim is to consolidate what we have achieved. We plan to offer a similar number of courses and activities in 2020. We also hope to have more single day activities, where accommodation is not part of the course. We feel that this would help to reduce the cost to participants and also appeal to more locally based VI's. We also aim to grow the charity by increasing the number of new participants, both guides and VI's.

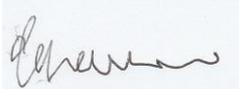
As reported earlier, during the first year of the charity's operation much of the day to day administration has been performed on a voluntary basis by the charity founders. The trustees recognise that this is unsustainable in the long term and if funding permits would like to take on further staff.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Stephen Bateman	David Corso
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	15/12/2019	