

# IMPACT REPORT 2025



*"In every aspect, it is an incredible charity. The community, honesty, support, challenge, progression, and access to nature is so powerful and badly needed"*





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*“After two years, C2R has changed my life completely,  
giving me focus and aspirations.”*





## ABOUT CLIMB 2 RECOVERY

Climb 2 Recovery is a veteran-led charity transforming the way recovery is understood and delivered. For nearly a decade, we have used climbing and mountaineering as trauma-informed, evidence-based pathways to healing, identity, community, and belonging. We support wounded, injured, and sick service people and veterans to move beyond survival and rediscover confidence, purpose, and connection.

We are not a clinical service. Instead, we focus on the non-clinical foundations of recovery that research and lived experience consistently show are essential: safety and regulation, community and belonging, mastery and purpose, and embodied experience. By embedding these foundations in structured, peer-led programmes, C2R goes beyond short-term respite or symptom management. We provide veterans with a sustainable pathway from participation to skill development, to leadership, enabling real transformation in their lives and the wider Armed Forces and veteran community.

More than just activity, C2R complements the existing system, we offer additional support where existing methods are no longer productive or are not supported. C2R is redefining recovery to include identity and community, closing the gap between treatment and reintegration, and proving scalable, cost-effective, relational, and enduring solutions. Our work is about more than climbing; it is about restoring agency, belonging, and purpose, and building a resilient veteran-led ecosystem that strengthens families, communities, and society.

Over the past 18 months, C2R has experienced exponential growth. New membership has grown by 150%, demand for our programmes has surged, and interest continues to rise organically through referrals and word of mouth. This growth reflects not only the trust veterans place in our approach, but also the urgent need for trauma-informed, peer-led recovery opportunities that go beyond conventional support.

To ensure we reach those most in need, we are actively developing strategic partnerships and collaborations, particularly with clinical providers and veteran support organisations. These alliances enable us to connect with veterans who are isolated, vulnerable, or underserved, creating pathways into our programmes and enhancing the integration of non-clinical recovery alongside clinical care. By working collaboratively, we can extend our reach without compromising the intimate, supportive, and peer-led culture that is central to C2R.

Looking ahead, our three-year strategic plan focuses on growing and expanding our programme responsibly. We will increase course delivery and membership while safeguarding the culture, community, and peer-led ethos that define C2R. Alongside careful scaling, we are investing in key staff, infrastructure, and impact evaluation, ensuring that every new participant has the opportunity to progress, contribute, and thrive. This approach allows C2R to continue delivering life-changing experiences sustainably, building a resilient and connected veteran community for the long term.

## Climbing. Culture. Community.





## TRUSTEE STATEMENT

Climb 2 Recovery continues to demonstrate that recovery is not an event, a course, or a statistic, but a human process rooted in trust, community, and shared purpose. The numbers in this report tell an impressive story of growth, delivery, and impact — but the deeper truth lives in the way our veterans support one another.

As a Board, our responsibility is to protect the integrity of what makes C2R uniquely effective and begins with governance and oversight. This year we strengthened our team structures ready for membership growth in 2026, developed our safeguarding processes, built resilience in the Board and enhanced its specialist support and advice to the C2R team.

The Board also prioritises close connection with the programme, the courses and the remarkable people it serves. We spend time with members on courses and at crags, we share belays, climbs, meals and time. These moments keep us grounded and in touch with the impact of C2R. They allow us to build and share in its unique culture, the peer-led ethos, and the sense of belonging that so many veterans tell us has changed, and in some cases saved, their lives.

We are immensely proud of the loyalty, courage and dedication shown by our members, instructors and staff. I never cease to be amazed by what C2R achieves and how it achieves it: with humility, authenticity, an awareness of and sensitivity to the research of trauma and recovery, and an unwavering commitment to every member.

On behalf of the Board, thank you to everyone who makes this community what it is. We remain fully committed to you and to safeguarding it, strengthening it, and ensuring it continues to offer hope, purpose, connection and transformation for years to come.

Alex Janzen OBE

Chair, C2R Board of Trustees



## CEO STATEMENT

I'm often asked what our courses are really about. People sometimes imagine it's mainly climbing, qualifications, or the outdoors. But when you see it up close, it's something far more profound.

It's about veterans who turn up carrying heavy burdens of trauma, grief, and struggle — often unsure if they even belong. Within days, you see them laughing with new friends, rediscovering confidence, setting goals, supporting each other, and most importantly, finding joy again. The climbing is often just the pretext. The rope and the rock give us something to gather around, but the real breakthroughs happen in the spaces in between — in accommodation, over dinner, or on the walk back from the crag. It's there that trust is built, stories are shared, and genuine healing begins to take root.

Two members recently summed it up: "C2R is a consistent reminder that life can be worth living," and "I have come away from this week with not only new skills but genuinely feeling happy to be alive." That is the essence of C2R. It's not another breakfast club, and it's not just a sport. It's a lifeline. A place where fear becomes courage, isolation becomes belonging, and survival turns back into life.

Our work is not only about individual transformation. Too many veterans remain stuck in cycles of trauma and isolation because the existing system too often reinforces those patterns — focusing narrowly on symptom management or offering temporary respite without long-term change. At C2R, we are challenging this system in three key ways. First, we are redefining recovery itself, embedding whole-person, whole-community approaches where safety, connection, and purpose are the baseline. Second, we are closing the gap between treatment and reintegration, replacing cycles of crisis and

relapse with structured, peer-led progression. Third, we are proving a better model — scalable, cost-effective, relational, embodied, and enduring.

Over the past 18 months, C2R has experienced unprecedented growth. Our new membership has grown hugely, and demand continues to rise organically through referrals and word of mouth. This growth is not just numbers; it reflects the trust veterans place in our approach and the urgent need for trauma-informed, peer-led recovery opportunities that go beyond conventional support. To ensure we reach those most in need, we are developing strategic partnerships and collaborations, particularly with clinical providers and veteran support organisations. These alliances enable us to connect with isolated or vulnerable veterans, creating pathways into our programmes while maintaining the safe, intimate, and supportive culture that defines C2R.

The impact of our approach is lived and felt by our members every day. Veterans describe regaining agency, rediscovering belonging, reconnecting to themselves and others, and finding purpose that makes life feel possible again. For some, it means putting medication aside; for others, it's friendships, resilience, and joy restored. This is not about climbing, climbing is the catalyst. Recovery is real, lasting, and shared.

I am humbled to lead an organisation where this transformation happens week after week, not because of me, but because of the veterans who keep showing up — for themselves, for each other, and for recovery. They are the heartbeat of C2R, and a daily reminder of what it truly means to heal. This is the future of veteran recovery. We are proving it, year-round, across communities, one course, one crag, and one veteran at a time.

*Joe Winch*  
Joe Winch, CEO





## WHAT WE DELIVERED

- Skills, Structure, Community, Growth



# 1,237 training days

Climb 2 Recovery delivered a full programme of 11 fully funded courses, including two courses that were expanded at short notice to meet rising demand. Courses ranged widely across the UK's mountain and climbing environments.

In total, our members took part in **1,237 training days** across climbing, mountaineering, first aid, and leadership development, and exceeding our targets by **25%**. Plus, over **113** more training days than in 2024.

We also created a video for members to share and for you to view, watch here;



## Courses Delivered

**11** major courses and **2** smaller courses

Providing continuous opportunities for veterans to learn, climb, and connect throughout the year.

**4** Peak District *Learn to Climb* and *to Lead* courses

Including *Learn to Climb* and *Learn to Lead*, supporting members on their pathway towards Rock Climbing Instructor qualifications, as well as those simply wanting to climb with friends and support others. Expanded to create a *fourth major course* at the end of the year, meeting urgent demand with additional *Learn to Climb* and *Learn to Lead* options.

**3** North Wales & Lake District multi-activity courses

Combining *Learn to Multi-Pitch Climb* with our *Introduction to the Mountain Leader Award* course, opening the way for members to progress into more advanced adventures and leadership.

**1** Scottish Winter Mountaineering course

Planned for **20** but expanded at short notice to over **40** members after +50 applied within days. This delivered both *Introduction to Winter Mountaineering* and technical winter climbing, demonstrating our ability to adapt quickly to surging demand.

**2** Mountain First Aid & Self-Rescue courses

Each including a 16-hour first aid qualification, equipping members with vital skills to stay safe and care for others in the mountains.

**2** First Female-only Ascension courses

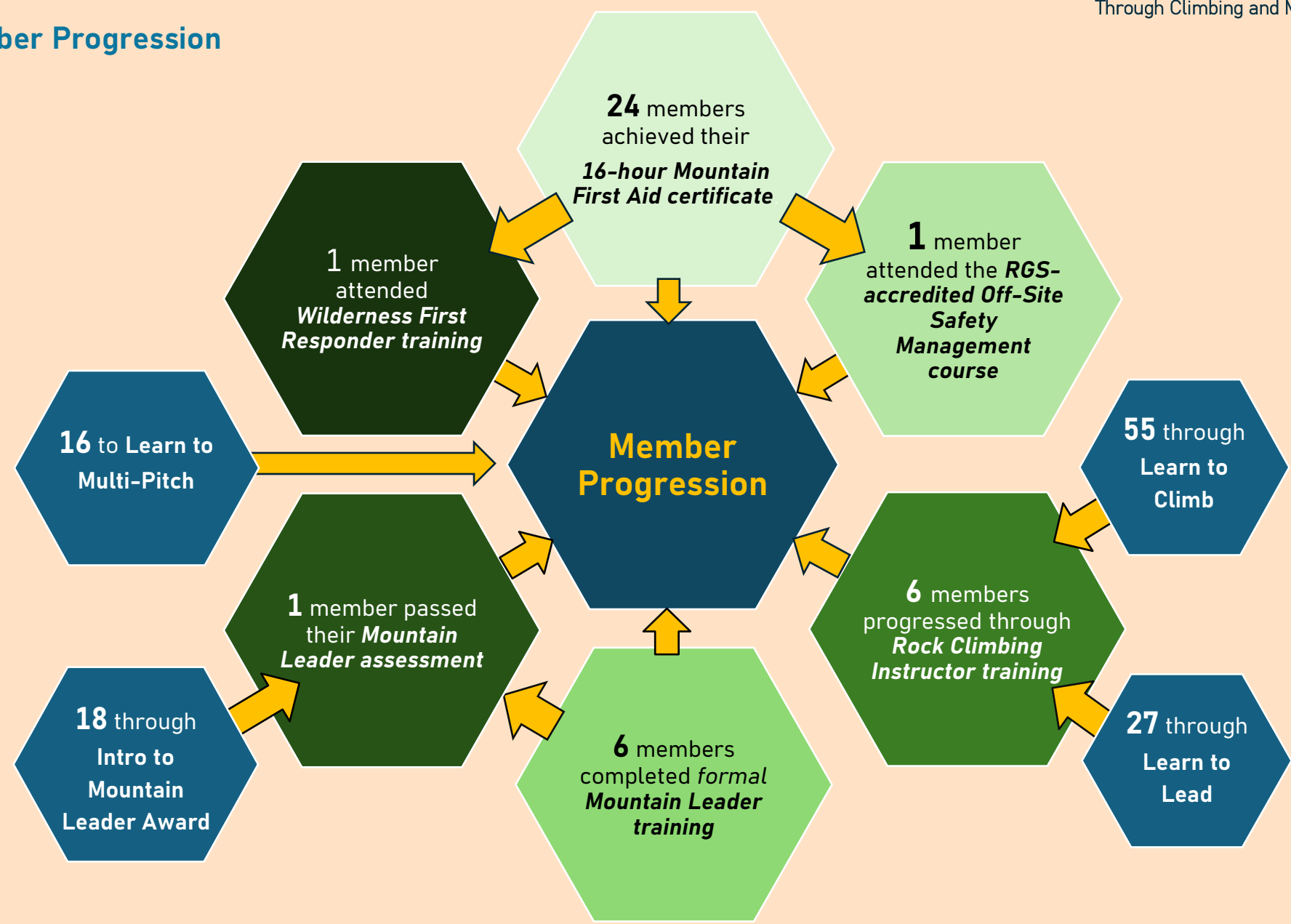
Providing a unique, safe, and powerful space for female veterans and serving women to come together.

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*"I am overwhelmed with good feelings for the future; there are no words other than what a great course."*



Member Progression





## Community Impact

Our programme has allowed our members to achieve **tangible skills and qualifications**, while fostering a **culture of recovery** that bridges treatment and community. The result is a ripple effect of **hope, empowerment, and transformation** that extends far beyond our charity. Alongside the activity curriculum, we invested heavily in vocational and leadership pathways.

These qualifications unlock pathways into livelihoods, volunteering, and service — but their deeper significance is transformational.







## THE IMPACT

### - Healing, Trust, and Transformation at Scale

Our monitoring and evaluation framework continues to produce some of the strongest outcomes seen anywhere in the veteran mental health landscape. With response rates consistently between 50–60%, the data is reliable, representative, and compelling. The results are clear and consistent: **Climb 2 Recovery changes lives.**



*“For veterans who are isolated, vulnerable, and often mistrusting of support services, C2R offers more than climbing: it offers connection, trust, and transformation. Nearly every participant leaves inspired, supported, and equipped with new skills, and the majority experience real improvements in mental health, optimism, and outlook. This isn’t just a course — it’s a community where recovery becomes possible.”*

### Belonging, and Joy

**100%** of participants reported that they;

- ✓ felt inspired,
- ✓ learned new skills,
- ✓ had fun, had an adventure,
- ✓ felt safe and part of a community
- ✓ made friends and supported others
- ✓ benefited from time outdoors, and felt supported themselves.



### Commitment and Community

**95%** of participants said they are *very likely* to remain involved with C2R and climbing, with the remaining 5% saying *likely*.

**95%** would *definitely recommend* C2R to others, with 5% saying *probably yes*.

### Exceeding Expectations

Pre-course information:

**52%** said it *greatly exceeded expectations*, **24%** *exceeded*, **24%** *met expectations*.

Course administration:

**61%** *greatly exceeded expectations*, **22%** *exceeded*, **17%** *met*.

Overall course experience:

**60%** *greatly exceeded expectations*, **27%** *exceeded*, **17%** *met*, less than **1%** *fell short*.

*“I have had an amazing week with C2R. I’ve learned new skills and feel confident on and around a rock face. I can belay my boys, something I’ve always been worried about. I can climb despite my pain and injuries. I am happy outdoors, and C2R provides safe and fun opportunities to experience this. Very grateful.”*



## Safety

### SAFE & SUPPORTED



Every single veteran feels safe, supported, inspired, and connected.

### INSPIRED



Nearly 9 in 10 report better mental health — over half describe this as a *great improvement*.

### CONNECTED



Almost everyone comes back — and brings others with them.



## Mental Health and Outlook

### During the course

**89%** reported improvements in mental health, mood, optimism, and outlook — including **54%** who reported *great improvements*.  
**9%** reported no change  
**1%** deterioration (due to circumstances beyond C2R)

*"Amazing flexibility and felt very comfortable. Made solid friendships. My mental health takes a backseat around C2R, and it feels like I am discovering a new me by being able to relax."*

### After the course

**92%** reported improvements - **48%** *great improvements*,  
- **43%** *improved*.  
**7%** reported no change  
**1%** deterioration (again, due to circumstances beyond C2R).

*"It has been a massive positive in my life, allowing me a safe space with like-minded, non-judgmental people to be open and vulnerable. I've been able to learn and develop my love for climbing and the mountains, which I would otherwise struggle to do."*







## What This Tells Us

These figures demonstrate something extraordinary. For a community often hard to reach and quick to distrust, nearly every participant leaves feeling inspired, connected, and supported. The vast majority experience measurable improvements in mental health, mood, and outlook. The fact that engagement remains high, with veterans returning and recommending the programme to others, shows that C2R isn't just delivering courses — we are building a **trusted and empowering community** where real, lasting recovery is possible.





## GROWTH AND DEMAND

Over the past year, our **new membership has increased by +150%**, reflecting a genuine need for Climb 2 Recovery's programmes. Expansion has not been driven by advertising, but by **word of mouth and peer referrals**. Veterans hear directly from peers about the difference our courses make, and they come forward seeking the same opportunity.

This **organic growth** is one of the clearest indicators of trust in our approach and demonstrates the real-world impact we are making. Every new member represents not just an individual journey of recovery, but also the expanding reach of our community, proving that our model resonates and delivers meaningful change.

Meeting this surge in demand has required a major expansion in capacity, but it also serves as powerful validation:

**C2R's model is working — deeply, reliably, and at scale.**

## Beyond the Numbers

The qualifications our members gain open pathways into livelihoods, careers, and voluntary roles. They provide **renewed confidence, professional credibility, and opportunities to share skills**. Yet the impact of C2R goes far beyond certificates.

Three **major trends** have emerged ...

### 1. Continuing service by other means >

Veterans regain purpose, responsibility, and community by “paying forward” their recovery – volunteering with C2R.

### 2. An ecosystem of support and leadership >

Even members too unwell to pursue qualifications become role models through presence, courage, vulnerability, and commitment — fuelling a cycle of hope.

### 3. A ripple effect of change >

Families report improved relationships and reduced isolation; communities describe increased confidence, engagement, and stability. Climbing becomes the doorway, not the destination.

## VOICES FROM THE COMMUNITY

The true impact of Climb 2 Recovery cannot be captured by numbers alone. Behind every statistic is a veteran, a family, a life touched, and a story of transformation. The following testimonials give voice to the people at the heart of C2R — individuals who have carried heavy burdens of trauma, isolation, and struggle, and who, through our courses, have discovered connection, courage, and hope.

These stories illuminate the profound change that happens when veterans are welcomed into a safe, supportive, and non-judgmental community, where the mountains and the climbing serve as a backdrop for growth, resilience, and belonging. What you will read is not about climbing skills alone — it is about laughter, trust, empowerment, and the life-affirming joy of finding your place among people who understand, support, and challenge you to step forward.





*"I genuinely always feel amazing after I have been with Climb 2 Recovery — from the instructors, staff, and participants. Everyone really looks after each other and lifts each other up. I have had amazing conversations with some incredible people, and I am so grateful for this charity and the way I feel during and after the courses."*





## VOICES FROM THE COMMUNITY

*"Really fantastic week. I met some amazing people and loved spending time out in nature, where I could work hard on the hill. While I feel like I have had a breakthrough in my personal life, this week also helped ground me, knowing there were other people facing really difficult challenges too. It gave me an opportunity to help where I could, pass on advice, or even just be a listening ear — all part of my recovery journey."*

*"It's reignited a fire within me and connected me with a supportive network of people. It has massively increased my confidence in life, not just in climbing. I feel huge amounts of gratitude for what C2R has given me after some really bad and low times since I left the forces."*

*"I've been coming to C2R for a few years now and have always felt the benefits. However, this particular course highlighted to me the real power of C2R. The positivity I feel on my return is amazing. C2R has not only distilled that positivity in me but also contributed to me taking a huge step forward for the better, all in four days."*

*"Another great time with the C2R family, which I cannot recommend enough. This charity has given new meaning to my life over the last few years."*



CLIMB 2 RECOVERY  
Supporting the Recovery of Veterans  
Through Climbing and Mountaineering



## FINANCE & STRATEGIC GROWTH

### Financial Summary — Exceptional Value, Proven Delivery

2025 was a year of disciplined financial stewardship and extraordinary value for money. We received **£131,000 in-year restricted grants**, plus a £12,500 restricted grant carried over from 2024, giving a total of £143,500 to support this year's programme. A further £2,500 was secured for 2026, alongside £60,440 in unrestricted income.

Against this, we delivered a full year of operations at a total cost of **£157,387**. For 1,237 training days across **11** fully-funded courses, this equates to **£127 per person per day** — a fraction of the cost of statutory or clinical provision, and one of the clearest demonstrations of C2R's exceptional value-for-impact model.

Alongside the main programme, members also led and fundraised for Special Mountaineering Projects, raising **£65,000** and spending £41,000 (including **£5,000** carried forward from 2024). These projects closed the year with a remaining balance of **£29,000** which will be spent on the conclusion of those projects in 2026.

Looking ahead, the model remains robust and highly scalable.

- 2026: £256,000 for 15 courses / 1,600 training days
- 2028: £369,000 for 23 courses / 2,700 training days

Even with this significant expansion, costs remain exceptionally low at approximately **£137 per person per day** by 2028 — proof that meaningful recovery does not need to be expensive, only intelligently designed and community-driven.

### Our Finances at a Glance

In-year grants received	
(some paid in 2024 for 2025 delivery):	<b>£143,500</b>
Unrestricted & other funds raised:	<b>£60,440</b>
In-year activity costs:	<b>£157,387</b>
Overall spending	
(including investments paid forward for 2026 delivery infrastructure):	
Special project spending:	<b>£41,000</b>
Programme spend split:	<i>c. 80% direct delivery, 20% enabling</i>

### Strategic Growth & Unrestricted Funds

As a relatively young charity, raising unrestricted funds has been one of our biggest achievements. Unlike restricted grants, these funds give us the flexibility to **build long-term resilience and sustainability**.

Over the past year we have:

**Gradually and strategically built our protected reserve** — safeguarding delivery in the face of unforeseen challenges.  
**Invested in key staff and organisational capacity** — ensuring robust governance, safe delivery, and impact measurement.

## Exceptional Cost Effectiveness

Our model delivers transformation at **just £127 per person per day**. For that cost, veterans gain not only professional instruction and safe delivery but also access to a community and pathway that lasts far beyond that course and changes lives way beyond the mountains.

## A Robust, Lean Model

We have worked hard to create a model that is safe, resilient, and extremely cost-effective.

**Staffing: 1 full-time CEO** supported by **3 part-time staff** (Member Manager, Operational Support Lead, Impact Reporting Manager).

No professional fundraisers.

No office premises or vehicle fleets.

Shared bunkhouse accommodation and communal meals — keeping costs low while strengthening community bonds.

Every pound raised is directed where it matters most: **to veterans and their recovery**.



“C2R provided an excellent mechanism for recovery. While the climbing was great, the time spent socially in a supportive, non-judgmental environment was incredibly beneficial.



## OUR THANKS

### Our Key Financial Sponsors, Donors & Partners

We are deeply grateful to the organisations whose generosity makes our work possible:

Covenant Fund Trust  
Greenwich Hospital  
Veterans' Foundation  
Army Benevolent Fund  
Team Forces  
The Carole and Geoffrey Lawson Foundation  
Thales Community Fund  
Invictus Games Foundation  
RAF Benevolent Fund  
Patron Capital

### Our Wider Partners

Our thanks also go to those who walk alongside us in partnership, including:

Veterans Launchpad  
Op COURAGE & Op NOVA  
Combat Stress  
PTSD Resolution  
RMA – The Royal Marines Charity  
Richard Whitehead Foundation  
Royal British Legion  
RBL BattleBack  
The Poppy Factory  
Female Veterans Transformation Programme  
Herefordshire Veteran Support Centre  
Various Personnel Recovery Units, RN Recovery Delivery, Tri-Service Military Medical Centres, and DMRC Loughborough





## Adventure Expertise – A Special Thanks

A huge and very special thanks goes to our external training provider and strategic partner **Adventure Expertise**, with whom we have worked for over seven years. Their **commitment, professionalism, and trauma-informed expertise** have been central to our success.

Adventure Expertise has built a team of instructors who are not only technically outstanding, but also patient, compassionate, and deeply committed to putting our people first. Their support has been **nothing short of extraordinary**, and our achievements are inseparable from their dedication.



*"My instructor from day one was awesome, paced the group perfectly, and enjoyed a laugh as well as keeping us safe. I've made friends and had lots of laughs. Amazing week."*



## WHAT NEXT

**2025** was a turning point for Climb 2 Recovery. With our new joiners increasing by 150% this year alone and our total membership now in the hundreds, demand has surged far beyond anything we forecast a few years ago. Veterans are not just finding us — they are actively seeking out what we offer: a safe, trauma-informed, peer-led community where recovery and belonging happen in real time.

### Our Ambition: 2026–2028

#### Membership Growth:

By 2028, we conservatively anticipate our community growing fivefold to well over a thousand members, with hundreds of new veterans joining every year.



#### Course Delivery:

We will scale from **11** courses in 2026 to over **20** by 2028, while keeping to small groups that protect safety, culture, and our peer-led ethos.

#### Staffing Resilience:

Expanding our Course Director and Operational Support teams, alongside a full-time Members Manager, to ensure no one is left behind as numbers grow.

#### Sustainability:

Multi-year funding partnerships and a member fundraising and contribution scheme will help secure a resilient financial base.

The challenge ahead is no longer about proving our model works. It does. The challenge is expanding responsibly so that every new member has a place to start, to grow, and to progress, while ensuring our community remains safe, intimate, and deeply impactful.

#### Impact and Evidence:

Using our Monitoring & Impact Evaluation framework and validation, we will demonstrate that recovery through C2R is not only transformational, but also cost-effective and nationally scalable.

### Strategic Partnerships and Collaborations

As our programmes expand, we are exploring a number of exciting strategic partnerships and collaborations. These alliances are designed to extend our reach, ensuring that the veterans most in need — particularly those who are isolated, disconnected, or underserved — can access our courses and community. By working with like-minded organisations, service charities, healthcare providers, and professional networks, we can create coordinated pathways into C2R, removing barriers and connecting veterans with the right support at the right time.

These partnerships also provide opportunities for shared learning, joint initiatives, and innovative approaches to recovery. From collaborating with rehabilitation and mental health services to co-designing bespoke programmes with veteran-led charities, we are seeking ways to amplify impact without diluting the intimacy and peer-led ethos that makes C2R so effective. Over the next three years, these collaborations will be a key driver in helping us scale responsibly, sustain high-quality delivery, and continue offering life-changing experiences to veterans across the UK.



Registered Charity Number 1186493

*Supporting the Recovery of Veterans, through Climbing and Mountaineering*



## FULL MEMBER TESTIMONIALS

"This is my fourth time coming on a C2R course and I feel like it's coming to stay with my new family. As someone who suffers with PTSD and traumatic grief, I feel so safe and supported as soon as I arrive. The anxiety I naturally feel leaving my home just lifts when greeted with a warm hug and kind words. Talking, being open, and laughing with some amazing and brave individuals with their own stories makes me feel less alone and even like my old self for a while. The climbing is just a small part; it's the people that make it special and so much more enjoyable on the crag. The instructors are amazing, encouraging, and supportive. They explain things so well, and I have so much more confidence in myself and my climbing ability now. I have come away from this week not only with new skills but genuinely feeling happy to be alive. Thank you."

"I was so anxious when I arrived, and my self-confidence was very low. I have left with a renewed sense of purpose and a positive outlook on life. Being around so many wonderful and inspiring people from a similar background, with their own stories, I felt normal again. This week has made me want to enjoy life again, and despite my trauma and pain, I have genuinely felt joy and hope I haven't had for a very long time. I haven't laughed so much in ages, and it has boosted my self-confidence. I absolutely loved the climbing and have found a real passion for it that I will definitely continue. However, it has been the people who have made it so special — the staff, the instructors, and all the new friends I have made. Thank you from the bottom of my heart."

"C2R has quite literally saved my life. During several years of darkness, it has been the turning point in recovery from significant CPTSD and comorbid psychological conditions. Community is at the heart of C2R, and everyone welcomes you fully. The outdoors combined with a tribe who laugh through the hard knocks of life, laugh in the moment, and support you beyond words is unbelievably powerful."

"The adventurous pursuits are highly developmental. They stretch my comfort zone, challenge me physically and mentally, and foster genuine mindfulness. The resilience, patience, humility, and teamwork it teaches help me beyond climbing. Personal agency and responsibility equip me for all aspects of life. It is extremely powerful."

"Just home from another incredible C2R course in the Peak District. It was great to meet new faces and some of the trustees. I reconnected with familiar friends. I laughed from start to finish, felt challenged and relaxed, and my climbing ability improved — a huge achievement. Forever grateful for this amazing charity; I truly don't know where I would be without it and its members. Thank you all."

"C2R continues to be a lifeline while I navigate significant psychological and physical injury prior to medical discharge. It provides community and camaraderie with like-minded people navigating their own complex journeys. Developing climbing skills with excellent instructors in a safe, supportive environment is amazing."

"C2R always exceeds my expectations on every course. Fantastic support from staff and instructors, helping with progress, empathy, kindness, and gentle pushes to become more confident in climbing and hiking. My mental health struggles have greatly improved. C2R is not just a charity; it is family."

"Thank you to C2R for helping me rediscover my passion for mountaineering and being in the great outdoors. The camaraderie is incredible, and sharing stories has been vital to my recovery journey. I feel at home and grateful for the opportunity to learn new skills and improve my physical

"Engaging with C2R has had an unbelievable effect on my life. As a veteran who has attempted suicide, I only wish I had engaged earlier. Through continued engagement, I hope to help others face the same struggles. Thank you for helping me start building a life I don't want to lose."

"I know where I want to go, and C2R has helped me refocus personal and developmental goals. Working, meeting, and laughing with people who know what it's like to step forwards, not backward, has helped me recover in many ways. The most recent course exemplified what makes C2R stand out and be successful. My wife describes C2R as life-changing and lifesaving in equal measures."

"Being part of the C2R community has been crucial for my mental health. There is an unspoken understanding between us — a shared language of survival and resilience. I've formed bonds with others who know what it's like to feel broken and still choose to show up. The mountains and rock have become a meeting place between pain and progress, between who I was and who I'm becoming."

"Wow! This couldn't have come at a more apt time as part of my continued Complex PTSD journey. C2R is a game-changer. The location provided a calming space for reflection, laughter, and connection. Strong, courageous, and open discussions allowed each attendee to contribute to something powerful and holistic. Many shared their recovery stories openly and without fear. The discussions were some of the most honest I've observed, including themes of inclusivity in the outdoors, confidence, imposter syndrome challenges, and accessibility for those with physical and psychological injuries."