

RUNNING WELL

England & Wales · Charity number 1169004

Details

Status Registered

Legal form CIO

Registered 2016-09-01

Register [View on the Charity Commission register](#)

Contact

Address Cotswold Cottage
Coln St. Aldwyns
Cirencester
Gloucestershire
GL7 5AD

Phone 07775866756

Email info@running-well.org

Website www.running-well.org

Activities

Objects: THE RELIEF OF POVERTY AND ADVANCEMENT OF HEALTH IN UNDERDEVELOPED AND REMOTE PARTS OF AFRICA BY THE PROVISION OF ACCESS TO CLEAN WATER

Activities: Providing communities in underdeveloped and remote parts of Uganda with access to clean water.

Classification

- **How:** Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, The General Public/mankind

Geography

- Uganda

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£20,548	£48,866	-	-
2024-12-31	£59,934	£71,727	-	-
2023-12-31	£41,560	£34,735	-	-
2022-12-31	£47,351	£43,490	-	-
2021-12-31	£50,071	£15,701	-	-

Trustees

Name	Role	Appointed
JULIAN CHRISTOPHER GABRIEL	Chair	2016-09-01
ANDREW MICHAEL RENSHAW		2016-09-01
David Vernon Bateman		2019-06-04
GARY JOHN HALE		2016-09-01

RUNNING WELL

England & Wales - Charity number 1169004

Accounts



Trustees' Annual Report for the period

From 1st January 2025 **Period start date** To 31st December 2025 **Period end date**

Charity name: Running Well

Charity registration number: 1169004

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of poverty and advancement of health in underdeveloped and remote parts of Uganda by the provision of access to clean water.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Running Well operates on a purely voluntary basis and aims to provide a better quality of life for people living in underdeveloped and deprived parts of Uganda. The charity focuses on supporting and implementing projects which have a direct, tangible and measurable impact on improving accessibility to clean water for people in the poorest and remotest parts of Uganda, for example, by building water boreholes. The charity also organises and participates in events to encourage people to run or take up any other personal challenge to help raise funds for the projects that it supports.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit.	Para 1.18	The Trustees have had regard to the guidance issued by the Charity Commission on public benefit when deciding on what activities the charity should be undertaking.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable.
Policy on social investment including program related investment	Para 1.38	Not Applicable.
Contribution made by volunteers	Para 1.38	Not applicable.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The charity had a successful year both in terms of fundraising and managing its internal operating costs, with the total net income for the year being more than five and a half times its original budget.</p> <p>The charity managed to successfully complete another five water boreholes, including its first piped water supply with solar electric pump and tapping system.</p> <p>This has been a significant step forward for the charity as it allows us to get more water to more people more quickly. It also offers the potential to extend the system to a wider catchment area in the future at a comparatively lower cost.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a strong financial position at the end of the period, with approximately £20,000 of available funds for projects next year.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity only commits to funding projects once it has secured all the funds required to deliver any given project. The charity generally retains sufficient cash reserves to fund all of its operating expenses for a minimum of 12 months.
Amount of reserves held	Para 1.22	£1,000.
Reasons for holding zero reserves	Para 1.22	Not applicable.
Details of fund materially in deficit	Para 1.24	Not applicable.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by the Trustees by a resolution

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Running Well
Other name the charity uses	
Registered charity number	1169004
Charity's principal address	Holly Tree Cottage Hawling Cheltenham Gloucestershire GL54 5SZ

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	David Bateman			
2	Julian Gabriel	Chairman		
3	Gary Hale			
4	Andrew Renshaw			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Not applicable.
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable.
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable.

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not applicable.

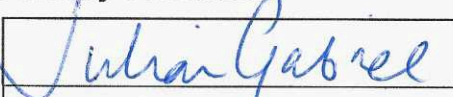

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Julian Christopher Gabriel	Andrew Michael Renshaw
Position (eg Secretary, Chair, etc)	Chairman	Authorised signatory

Date 18/02/2026



CHARITY COMMISSION
FOR ENGLAND AND WALES

Running Well 1169004

Receipts and payments accounts

CC16a

For the period from 01/01/2025 To 31/12/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Corporate sponsorship	9,500	-	-	9,500	-
Planned donations	738	-	-	738	6,903
Unplanned donations	3,557	-	-	3,557	32,615
Grants	1,000	-	-	1,000	1,000
Sponsorship from fundraising events	4,943	-	-	4,943	15,161
Gift aid	-	-	-	-	3,168
Bank interest	810	-	-	810	1,087
	-	-	-	-	-
Sub total (Gross income for AR)	20,548	-	-	20,548	59,934
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,548	-	-	20,548	59,934
A3 Payments					
Marketing	390	-	-	390	60
Fundraising	-	-	-	-	33
Communications / IT	199	-	-	199	199
Events	-	-	-	-	1,512
Other administration costs	-	-	-	-	87
Charitable activities	48,277	-	-	48,277	69,835
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	48,866	-	-	48,866	71,727
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	48,866	-	-	48,866	71,727
Net of receipts/(payments)	- 28,318	-	-	- 28,318	- 11,793
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	49,430	-	-	49,430	61,223
Cash funds this year end	21,112	-	-	21,112	49,430

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	21,112	-	-
		-	-	-
		-	-	-
	Total cash funds	21,112	-	-

(agree balances with receipts and payments account(s))

OK OK OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	JULIAN GABRIEL ANDREW RENSHAW	18/02/2026 18/02/2026

RUNNING WELL

England & Wales - Charity number 1169004

Accounts



Trustees' Annual Report for the period

From 1st January 2024 **Period start date** To 31st December 2024 **Period end date**

Charity name: Running Well

Charity registration number: 1169004

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of poverty and advancement of health in underdeveloped and remote parts of Uganda by the provision of access to clean water.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Running Well operates on a purely voluntary basis and aims to provide a better quality of life for people living in underdeveloped and deprived parts of Uganda. The charity focuses on supporting and implementing projects which have a direct, tangible and measurable impact on improving accessibility to clean water for people in the poorest and remotest parts of Uganda, for example, by building water boreholes. The charity also organises and participates in events to encourage people to run or take up any other personal challenge to help raise funds for the projects that it supports.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit.	Para 1.18	The Trustees have had regard to the guidance issued by the Charity Commission on public benefit when deciding on what activities the charity should be undertaking.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable.
Policy on social investment including program related investment	Para 1.38	Not Applicable.
Contribution made by volunteers	Para 1.38	Not applicable.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The ongoing global political and economic instability as well as climate change implications continued to have an impact on the charity in 2024, especially with regards to the rising cost of materials and supply chain challenges, human resource constraints and ground conditions for drilling due to increasingly unpredictable weather patterns.</p> <p>Despite these challenges, the charity had another successful year both in terms of fundraising and managing its internal operating costs, with the total net income for the year being almost three times its original budget.</p> <p>The charity experienced some challenges during the year with the implementation of its projects mainly due to its main contractor having problems with its drilling equipment as well as poor ground conditions at one of its sites. This resulted in delays to the construction programme and completing some of the projects. Despite these delays, the charity still managed to successfully complete another seven water boreholes, the largest number it has ever completed in a single year.</p> <p>Most notable of all, the charity built its first piped water supply with solar electric pump and tapping system. This is a significant step forward for the charity as it allows us to get more water to more people more quickly.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a strong financial position at the end of the period, with approximately £44,000 of available funds for projects next year.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity only commits to funding projects once it has secured all the funds required to deliver any given project. The charity generally retains sufficient cash reserves to fund all of its operating expenses for a minimum of 12 months.
Amount of reserves held	Para 1.22	£1,000.
Reasons for holding zero reserves	Para 1.22	Not applicable.
Details of fund materially in deficit	Para 1.24	Not applicable.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable.

Additional information (optional)

You may choose to include further statements where relevant about:

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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
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Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by the Trustees by a resolution

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Running Well
Other name the charity uses	
Registered charity number	1169004
Charity's principal address	Holly Tree Cottage Hawling Cheltenham Gloucestershire GL54 5SZ

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	David Bateman			
2	Julian Gabriel	Chairman		
3	Gary Hale			
4	Andrew Renshaw			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Not applicable.
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable.
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable.

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not applicable.

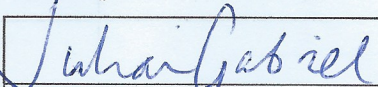
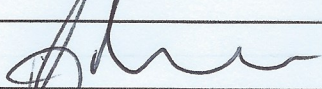
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Julian Christopher Gabriel	Andrew Michael Renshaw
Position (eg Secretary, Chair, etc)	Chairman	Authorised signatory

Date 14/01/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Running Well 1169004

Receipts and payments accounts

CC16a

For the period from 01/01/2024 To 31/12/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Planned donations	6,903	-	-	6,903	5,291
Unplanned donations	32,615	-	-	32,615	27,929
Grants	1,000	-	-	1,000	1,000
Sponsorship from fundraising events	15,161	-	-	15,161	7,295
Gift aid	3,168	-	-	3,168	-
Bank interest	1,087	-	-	1,087	45
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	59,934	-	-	59,934	41,560
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	59,934	-	-	59,934	41,560
A3 Payments					
Marketing	60	-	-	60	61
Fundraising	33	-	-	33	13
Communications / IT	199	-	-	199	165
Events	1,512	-	-	1,512	-
Other administration costs	87	-	-	87	-
Charitable activities	69,835	-	-	69,835	34,495
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	71,727	-	-	71,727	34,735
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	71,727	-	-	71,727	34,735
Net of receipts/(payments)	- 11,793	-	-	- 11,793	6,825
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	61,223	-	-	61,223	54,398
Cash funds this year end	49,430	-	-	49,430	61,223

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	49,430	-	-
		-	-	-
		-	-	-
	Total cash funds	49,430	-	-

(agree balances with receipts and payments account(s))

OK

OK

OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	JULIAN GABRIEL	14/01/2025
	ANDREW RENSHAW	14/01/2025



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Running Well

**On accounts for the year
ended**

31st December 2024

**Charity no
(if any)**

1169004

Set out on pages

2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12 /2024.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

2/2/25

Name:

Shahida Mohamed

**Relevant professional
qualification(s) or body
(if any):**

Address:

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Not applicable.

RUNNING WELL

England & Wales - Charity number 1169004

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2023	To	31	12	2023

Section A Reference and administration details

Charity name Running Well

Other names charity is known by

Registered charity number (if any) 1169004

Charity's principal address Chine Lodge

Brook

Isle of Wight

Postcode

PO30 4HA

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	David Bateman			
2	Julian Gabriel	Chairman		
3	Gary Hale			
4	Andrew Renshaw			
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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)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Trustees by a resolution

Additional governance issues (Optional information)

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

- 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.

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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 poverty and advancement of health in underdeveloped and remote parts of Uganda by the provision of access to clean water.

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)

Running Well operates on a purely voluntary basis and aims to provide a better quality of life for people living in underdeveloped and deprived parts of Uganda. The charity focuses on supporting and implementing projects which have a direct, tangible and measurable impact on improving accessibility to clean water for people in the poorest and remotest parts of Uganda, for example, by building water boreholes. The charity also organises and participates in events to encourage people to run or take up any other personal challenge to help raise funds for the projects that it supports. The Trustees have had regard to the guidance issued by the Charity Commission on public benefit when deciding on what activities the charity should be undertaking.

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.

Summary of the main achievements of the charity during the year

The ongoing global political and economic instability as well as climate change implications continued to have an impact on the charity in 2023, especially with regards to the rising cost of materials and supply chain challenges, human resource constraints and ground conditions for drilling due to increasingly unpredictable weather patterns.

Despite these challenges, the charity had another successful year both in terms of fundraising and managing its internal operating costs, with the total net income for the year being more than four times its original budget.

The charity experienced some challenges during the year with the implementation of its projects mainly due to its main contractor having problems with its drilling equipment as well as poor ground conditions at one of its sites. This resulted in delays to the construction programme and completing some of the projects. Despite these delays, the charity still managed to successfully complete another three water boreholes, with its fourth borehole of the year also nearing completion.

The charity also undertook a full audit of all of its existing water boreholes to ensure that they were working properly and being managed effectively by the water committees. The result of the audit was very positive with only a few minor maintenance and repair works required to some of the hand pumps.

The Trustees also made a successful visit to Uganda in May to visit the charity's projects and spend valuable time with its team on the ground. The improvement in how the water boreholes were being managed by the water committees, and the evident hands-on involvement of the women and their engagement with the Trustees, was particularly positive to see.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity only commits to funding projects once it has secured all the funds required to deliver any given project. The charity generally retains sufficient cash reserves to fund all of its operating expenses for a minimum of 12 months.

Details of any funds materially in deficit

None.

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.

Section F

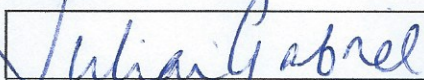
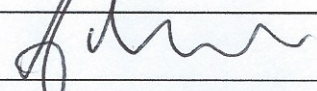
Other optional information

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)	JULIAN GABRIEL	ANDREW RENSHAW
Position (eg Secretary, Chair, etc)	CHAIRMAN	TRUSTEE
Date	13.02.2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Running Well

1169004

Receipts and payments accounts

CC16a

For the period
from

01/01/2023

To

31/12/2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Planned donations	5,291	-	-	5,291	-
Unplanned donations	27,929	-	-	27,929	-
Grants	1,000	-	-	1,000	-
Sponsorship from fundraising events	7,295	-	-	7,295	-
Bank interest	45	-	-	45	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	41,560	-	-	41,560	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	41,560	-	-	41,560	-
A3 Payments					
Marketing	61	-	-	61	-
Fundraising	13	-	-	13	-
Communications / IT	165	-	-	165	-
Charitable activities	34,495	-	-	34,495	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	34,735	-	-	34,735	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	34,735	-	-	34,735	-
Net of receipts/(payments)	6,825	-	-	6,825	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	54,398	-	-	54,398	-
Cash funds this year end	61,223	-	-	61,223	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	61,223	-	-
		-	-	-
		-	-	-
	Total cash funds	61,223	-	-
(agree balances with receipts and payments account(s))		OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name JULIAN GABRIEL ANDREW RENSHAW	Date of approval 13-02-24 13-2-24
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Independent Examiner's Report of Running Well's Accounts

Accounting period: 1st January 2023 to 31st December 2023

Report prepared by: Shahida Mohamed

Executive Summary

This report has been prepared in accordance with the Charity Commission's Directions and Guidance for Examiners (CC32) for the Trustees of Running Well (the "Charity"). I confirm that there is no conflict of interest that prevents me from carrying out this independent examination. I further confirm that no matters of material significance have come to my attention during my independent examination which need to be reported direct to the Commission.

Description of Review Undertaken

I have checked that the Charity is eligible to have an independent examination. It is a Charitable Incorporated Organisation ("CIO"), the accounts have been correctly prepared on a receipts and payments basis, and the total gross income for the financial year was £41,560.

The Trustees have provided me with copies of the following documents for the period from 1st January 2023 to 31st December 2023:

- Receipts and Payments Accounts (CC16a)
- Bank Account Statements
- Cash Flow Statement
- Trustees' Annual Report

I have checked the form and contents of the Accounts and not found any discrepancies. I have reviewed the accounting records kept by the Charity, being the bank and cash flow statements, and I have compared these records with the Accounts presented. I confirm that the Accounts are consistent with the accounting records, which are clear and have been kept to a good standard. I have not identified any unusual items and/or disclosures and no unreasonable estimates, judgements or accounting policies have been used in the preparation of the Accounts. I have compared the Trustees' Annual Report with the Accounts and these are also consistent. The Trustees have considered the financial circumstances of the Charity at the end of the reporting period, which had cash surplus funds of £61,223.

Conclusion

Having reviewed the Accounts and supporting bank and cash flow statements, together with the Trustees' Annual Report, I confirm that no material matters of concern have come to my attention.

Signed by:



Date: 26/2/2024

RUNNING WELL

England & Wales - Charity number 1169004

Accounts

Trustees' Annual Report for the period

	Period start date			Period end date			
From	01	01	2022	To	31	12	2022

Section A Reference and administration details

Charity name Running Well

Other names charity is known by

Registered charity number (if any) 1169004

Charity's principal address

Chine Lodge
 Brook
 Isle of Wight
Postcode PO30 4HA

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	David Bateman			
2	Julian Gabriel	Chairman		
3	Gary Hale			
4	Paul Kelly		01.01.22 to 31.08.22	
5	Andrew Renshaw			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Trustees by a resolution

Additional governance issues (Optional information)

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

- 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.

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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 poverty and advancement of health in underdeveloped and remote parts of Uganda by the provision of access to clean water.

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)

Running Well operates on a purely voluntary basis and aims to provide a better quality of life for people living in underdeveloped and deprived parts of Uganda. The charity focuses on supporting and implementing projects which have a direct, tangible and measurable impact on improving accessibility to clean water for people in the poorest and remotest parts of Uganda, for example, by building water boreholes. The charity also organises and participates in events to encourage people to run or take up any other personal challenge to help raise funds for the projects that it supports. The Trustees have had regard to the guidance issued by the Charity Commission on public benefit when deciding on what activities the charity should be undertaking.

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.

Summary of the main achievements of the charity during the year

The ongoing impact of Covid-19, the global political and economic instability and climate change made 2022 a particularly challenging year for the charity, especially with regards to human resources, supply chain constraints, rising costs and ground conditions for drilling.

Despite these challenges, the charity had a successful year both in terms fundraising and implementation of its projects. The charity's total net income for the year was more than double its original target and it managed to complete a total of five water boreholes, more than in any previous year of its operation.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity only commits to funding projects once it has secured all the funds required to deliver any given project. The charity generally retains sufficient cash reserves to fund all of its operating expenses for a minimum of 12 months.

Details of any funds materially in deficit

None.

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.

Section F

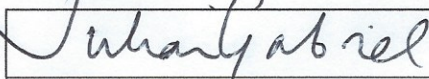
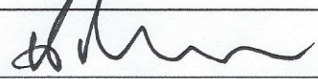
Other optional information

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)	JULIAN GABRIEL	ANDREW RENSHAW
Position (eg Secretary, Chair, etc)	CHAIRMAN	TRUSTEE

Date 01/03/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Running Well

1169004

Receipts and payments accounts

CC16a

For the period
from

01/01/2022

To

31/12/2022

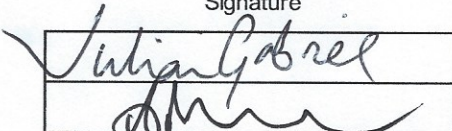

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Planned donations	6,448	-	-	6,448	-
Unplanned donations	22,893	-	-	22,893	-
Grants	-	-	-	-	-
Sponsorship from fundraising events	18,010	-	-	18,010	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	47,351	-	-	47,351	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	47,351	-	-	47,351	-
A3 Payments					
Marketing	163	-	-	163	-
Fundraising	17	-	-	17	-
Communications / IT	144	-	-	144	-
Travel	22	-	-	22	-
Cost of fundraising events	6,451	-	-	6,451	-
Charitable activities	36,694	-	-	36,694	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	43,490	-	-	43,490	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	43,490	-	-	43,490	-
Net of receipts/(payments)	3,862	-	-	3,862	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	50,536	-	-	50,536	-
Cash funds this year end	54,398	-	-	54,398	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	54,398	-	-
		-	-	-
		-	-	-
	Total cash funds	54,398	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
 	JULIAN GABRIEL ANDREW RENSHAW	01/03/2023 01/03/2023

Independent Examiner's Report of Running Well's Accounts

Accounting period: 1st January 2022 to 31st December 2022

Report prepared by: Shahida Mohamed

Executive Summary

This report has been prepared in accordance with the Charity Commission's Directions and Guidance for Examiners (CC32) for the Trustees of Running Well (the "Charity"). I confirm that there is no conflict of interest that prevents me from carrying out this independent examination. I further confirm that no matters of material significance have come to my attention during my independent examination which need to be reported direct to the Commission.

Description of Review Undertaken

I have checked that the Charity is eligible to have an independent examination. It is a Charitable Incorporated Organisation ("CIO"), the accounts have been correctly prepared on a receipts and payments basis, and the total gross income for the financial year was £47,351.

The Trustees have provided me with copies of the following documents for the period from 1st January 2022 to 31st December 2022:

- Receipts and Payments Accounts (CC16a)
- Bank Statement
- Cash Flow Statement
- Trustees' Annual Report

I have checked the form and contents of the Accounts and not found any discrepancies. I have reviewed the accounting records kept by the Charity, being the bank and cash flow statements, and I have compared these records with the Accounts presented. I confirm that the Accounts are consistent with the accounting records, which are clear and have been kept to a good standard. I have not identified any unusual items and/or disclosures and no unreasonable estimates, judgements or accounting policies have been used in the preparation of the Accounts. I have compared the Trustees' Annual Report with the Accounts and these are also consistent. The Trustees have considered the financial circumstances of the Charity at the end of the reporting period, which had cash surplus funds of £54,398.

Conclusion

Having reviewed the Accounts and supporting bank and cash flow statements, together with the Trustees' Annual Report, I confirm that no material matters of concern have come to my attention.

Signed by:



Date:

13/3/23.

RUNNING WELL

England & Wales - Charity number 1169004

Accounts

Trustees' Annual Report for the period

	Period start date			Period end date			
From	01	01	2021	To	31	12	2021

Section A Reference and administration details

Charity name Running Well

Other names charity is known by

Registered charity number (if any) 1169004

Charity's principal address

Chine Lodge
 Brook
 Isle of Wight
Postcode PO30 4HA

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	David Bateman			
2	Julian Gabriel			
3	Gary Hale			
4	Paul Kelly			
5	Andrew Renshaw			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Trustees by a resolution

Additional governance issues (Optional information)

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

- 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.

--

Section C Objectives and activities

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

The relief of poverty and advancement of health in underdeveloped and remote parts of Uganda by the provision of access to clean water.

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)

Running Well operates on a purely voluntary basis and aims to provide a better quality of life for people living in underdeveloped and deprived parts of Uganda. The charity focuses on supporting and implementing projects which have a direct, tangible and measurable impact on improving accessibility to clean water for people in the poorest and remotest parts of Uganda, for example, by building water boreholes. The charity also organises and participates in events to encourage people to run or take up any other personal challenge to help raise funds for the projects that it supports. The Trustees have had regard to the guidance issued by the Charity Commission on public benefit when deciding on what activities the charity should be undertaking.

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.

Summary of the main achievements of the charity during the year

Despite the Covid-19 pandemic, Running Well had a successful year, exceeding its net income target by more than three and half times. This achievement was even more significant given all but two of the charity's planned fundraising events were either cancelled or postponed due to Covid-19.

From a project perspective it was a more challenging year for the charity, also mainly due to Covid-19 related issues, but it still managed to complete two water boreholes and it has started work on its next two water boreholes.

The other main achievement for the charity in 2021 was the development of its new website, which has already resulted in an increase in new enquiries and online donations.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity only commits to funding projects once it has secured all the funds required to deliver any given project. The charity generally retains sufficient cash reserves to fund all of its operating expenses for a minimum of 12 months.

Details of any funds materially in deficit

None.

Further financial review details (Optional information)

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

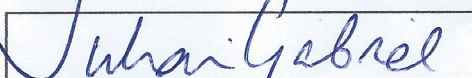
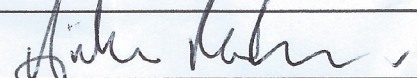
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

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)	JULIAN GABRIEL	ANDREW RENSHAW
Position (eg Secretary, Chair, etc)	CHAIRMAN	TRUSTEE
Date	25.01.2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Running Well 1169004

Receipts and payments accounts

CC16a

For the period from 01/01/2021 To 31/12/2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Planned donations	325	-	-	325	-
Unplanned donations	42,777	-	-	42,777	-
Grants	1,250	-	-	1,250	-
Sponsorship from fundraising events	5,720	-	-	5,720	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	50,071	-	-	50,071	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	50,071	-	-	50,071	-
A3 Payments					
Marketing	133	-	-	133	-
Fundraising	-	-	-	-	-
Communications / IT	144	-	-	144	-
Travel	-	-	-	-	-
Cost of fundraising events	-	-	-	-	-
Charitable activities	15,424	-	-	15,424	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	15,701	-	-	15,701	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	15,701	-	-	15,701	-
Net of receipts/(payments)	34,370	-	-	34,370	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,166	-	-	16,166	-
Cash funds this year end	50,536	-	-	50,536	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	50,536	-	-
		-	-	-
		-	-	-
	Total cash funds	50,536	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name JULIAN GABRIEL ANDREW RENSHAW	Date of approval 25.01.22 25.01.22
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Independent Examiner's Report of Running Well's Accounts

Accounting period: 1st January 2021 to 31st December 2021

Report prepared by: Shahida Mohamed

Executive Summary

This report has been prepared in accordance with the Charity Commission's Directions and Guidance for Examiners (CC32) for the Trustees of Running Well (the "Charity"). I confirm that there is no conflict of interest that prevents me from carrying out this independent examination. I further confirm that no matters of material significance have come to my attention during my independent examination which need to be reported direct to the Commission.

Description of Review Undertaken

I have checked that the Charity is eligible to have an independent examination. It is a Charitable Incorporated Organisation ("CIO"), the accounts have been correctly prepared on a receipts and payments basis, and the total gross income for the financial year was £50,071.

The Trustees have provided me with copies of the following documents for the period from 1st January 2021 to 31st December 2021:

- Receipts and Payments Accounts (CC16a)
- Bank Statement
- Cash Flow Statement
- Trustees' Annual Report

I have checked the form and contents of the Accounts and not found any discrepancies. I have reviewed the accounting records kept by the Charity, being the bank and cash flow statements, and I have compared these records with the Accounts presented. I confirm that the Accounts are consistent with the accounting records, which are clear and have been kept to a good standard. I have not identified any unusual items and/or disclosures and no unreasonable estimates, judgements or accounting policies have been used in the preparation of the Accounts. I have compared the Trustees' Annual Report with the Accounts and these are also consistent. The Trustees have considered the financial circumstances of the Charity at the end of the reporting period, which had cash surplus funds of £50,536.

Conclusion

Having reviewed the Accounts and supporting bank and cash flow statements, together with the Trustees' Annual Report, I confirm that no material matters of concern have come to my attention.

Signed by:



Date: 18/2/22