

Trustees' Annual Report for the period

| | | | | | | | |
|------|-------------------|----|------|----|-----------------|----|------|
| From | Period start date | | | To | Period end date | | |
| | 01 | 01 | 2022 | | 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 | | | |
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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 |
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Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
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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

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| 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

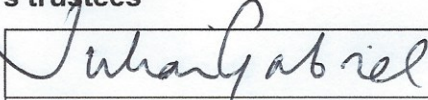
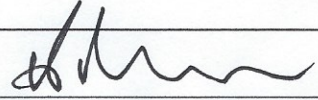
Other optional information

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

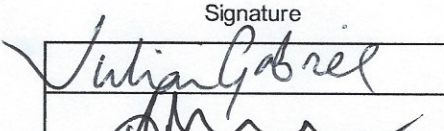

Section A Receipts and payments

| | 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 |
| | | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B3 Investment assets | | | | |
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| B4 Assets retained for the charity's own use | | | | |
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| B5 Liabilities | | | | |
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Signed by one or two trustees on behalf of all the trustees

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