

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	01	2023		31	12

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			
5				
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)

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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

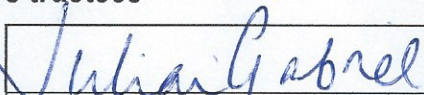
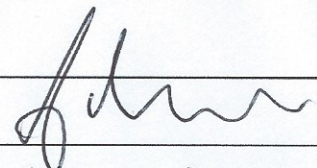
Other optional information

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

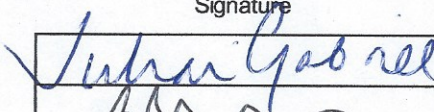
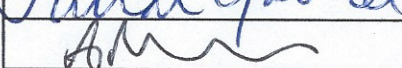
Section A Receipts and payments

	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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		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	13-02-24
	ANDREW RENSHAW	13-2-24

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