

A MILE IN HER SHOES

England & Wales · Charity number 1183760

Details

Status Registered

Legal form CIO

Registered 2019-06-06

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

Contact

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Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY. FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS IN PARTICULAR WOMEN WHO ARE EXCLUDED FROM SOCIETY, OR PART OF SOCIETY, AS A RESULT OF BEING HOMELESS OR AT RISK OF HOMELESSNESS.

Activities: The charity offers opportunities for fitness sessions, including running, to women affected by or at risk of homelessness and/or affected by multiple disadvantages.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	-	-	-	-
2023-12-31	£4,381	£3,797	-	-
2022-12-31	£16,454	£26,082	-	-
2021-12-31	£4,269	£28,396	-	-
2020-12-31	£41,099	£21,934	-	-
2019-12-31	£31,915	£11,548	-	-

Trustees

Name	Role	Appointed
Carli-Louan Foster		2019-06-06
Clare Louise Jenkins		2020-08-18
Dr JENNIFER CIRONE		2019-06-06
Nicola Miller		2022-11-01

A MILE IN HER SHOES

England & Wales - Charity number 1183760

Accounts



A Mile In Her Shoes			1183760	CC16a
Receipts and payments accounts				
For the period from	Period start date 01/01/2023	To	Period end date 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					
Transfer from A Mile In Her Shoes (1167381)	-	-	-	-	-
Miscellaneous Fundraising	2,071	-	-	2,071	5,884
Corporate Donation	-	-	-	-	-
Grants	-	2,310	-	2,310	10,570
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,071	2,310	-	4,381	16,454
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,071	2,310	-	4,381	16,454
A3 Payments					
Project delivery costs	-	1,958	-	1,958	-
Community Coaches	-	-	-	-	23,213
Admin Support	-	-	-	-	53
Session delivery & Clothing	-	-	-	-	-
Professional fees	-	-	-	-	-
Operating costs	1,375	-	-	1,375	1,351
Trustee & volunteer expenses	463	-	-	463	1,466
Marketing	-	-	-	-	-
	-	-	-	-	-
Sub total	1,839	1,958	-	3,797	26,082
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,839	1,958	-	3,797	26,082
Net of receipts/(payments)	232	352	-	583	- 9,628
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,618	842	-	5,776	15,404
Cash funds this year end	6,850	491	-	6,359	5,776

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 balance	6,850	491	-
		-	-	-
		-	-	-
	Total cash funds	6,850	491	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
CCXX R1 accounts (SS)	Details	1	30/10/2024	10/10/2024

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

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
	Nicola Miller	27/10/2024

A MILE IN HER SHOES

England & Wales - Charity number 1183760

Accounts



Receipts and payments accounts

For the period from

Period start date
1/1/2022

To

Period end date
12/31/2022

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Transfer from A Mile In Her Shoes (1167381)	-	-	-	-	-
Miscellaneous Fundraising	5,884	-	-	5,884	2,569
Corporate Donation	-	-	-	-	-
Grants	-	10,570	-	10,570	1,700
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	5,884	10,570	-	16,454	4,269
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,884	10,570	-	16,454	4,269
A3 Payments					
First Aid Training	-	-	-	-	-
Community Coaches	7,678	15,535	-	23,213	23,865
Admin Support	53	-	-	53	572
Session delivery & Clothing	-	-	-	-	1,801
Professional fees	-	-	-	-	-
Operating costs	1,351	-	-	1,351	1,801
Trustee & volunteer expenses	1,466	-	-	1,466	358
Marketing	-	-	-	-	-
	-	-	-	-	-
Sub total	10,547	15,535	-	26,082	28,397
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	10,547	15,535	-	26,082	28,397
Net of receipts/(payments)	- 4,663	- 4,965	-	- 9,628	- 24,128
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,281	4,123	-	15,404	39,532
Cash funds this year end	6,618	842	-	5,776	15,404

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Bank balance	6,618	- 842	-
		-	-	-
		-	-	-
	Total cash funds	6,618	- 842	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-

		-	-
		-	-
		-	-

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

	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

£15,404.04

Transaction date	Type of payment	Customer reference	Amount (GBP)	Type
1/25/2022	Purchase	3209 Amazon Prime*	(7.99)	Expense
2/25/2022	Purchase	3209 Amazon Prime*	(7.99)	Expense
3/25/2022	Purchase	3209 Amazon Prime*	(7.99)	Expense
4/25/2022	Purchase	3209 Amazon Prime*	(7.99)	Expense
5/25/2022	Purchase	3209 Amazon Prime*	(7.99)	Expense
6/27/2022	Purchase	3209 Amazon Prime*	(7.99)	Expense
7/25/2022	Purchase	3209 Amazon Prime*	(7.99)	Expense
8/25/2022	Purchase	3209 Amazon Prime*	(7.99)	Expense
9/26/2022	Purchase	3209 Amazon Prime*	(8.99)	Expense
10/25/2022	Purchase	3209 Amazon Prime*	(8.99)	Expense
11/25/2022	Purchase	3209 Amazon Prime*	(8.99)	Expense
12/28/2022	Purchase	3209 Amazon Prime*	(8.99)	Expense
3/14/2022	Purchase	3209 FASTHOSTS	(6.34)	Expense
3/14/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
3/21/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
3/22/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
3/25/2022	Purchase	3209 FASTHOSTS	(3.94)	Expense
3/30/2022	Purchase	3209 FASTHOSTS	(7.97)	Expense
3/31/2022	Purchase	3209 FASTHOSTS	(16.67)	Expense
4/5/2022	Purchase	3209 FASTHOSTS	(8.53)	Expense
4/12/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
4/14/2022	Purchase	3209 FASTHOSTS	(6.34)	Expense
4/20/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
4/22/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
4/25/2022	Purchase	3209 FASTHOSTS	(3.94)	Expense
5/3/2022	Purchase	3209 FASTHOSTS	(7.97)	Expense
5/9/2022	Purchase	3209 FASTHOSTS	(8.53)	Expense
5/12/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
5/16/2022	Purchase	3209 FASTHOSTS	(6.34)	Expense
5/20/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
5/23/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
5/25/2022	Purchase	3209 FASTHOSTS	(3.94)	Expense
5/30/2022	Purchase	3209 FASTHOSTS	(7.97)	Expense
6/6/2022	Purchase	3209 FASTHOSTS	(8.53)	Expense
6/13/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
6/14/2022	Purchase	3209 FASTHOSTS	(6.34)	Expense
6/22/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
6/22/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
6/27/2022	Purchase	3209 FASTHOSTS	(3.94)	Expense
6/30/2022	Purchase	3209 FASTHOSTS	(7.97)	Expense
7/5/2022	Purchase	3209 FASTHOSTS	(8.53)	Expense
7/12/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
7/14/2022	Purchase	3209 FASTHOSTS	(6.34)	Expense
7/20/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
7/22/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
7/25/2022	Purchase	3209 FASTHOSTS	(3.94)	Expense
8/1/2022	Purchase	3209 FASTHOSTS	(7.97)	Expense
8/4/2022	Purchase	3209 FASTHOSTS	(8.53)	Expense
8/12/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
8/15/2022	Purchase	3209 FASTHOSTS	(6.34)	Expense
8/22/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
8/22/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
8/25/2022	Purchase	3209 FASTHOSTS	(3.94)	Expense
8/30/2022	Purchase	3209 FASTHOSTS	(7.97)	Expense
9/6/2022	Purchase	3209 FASTHOSTS	(8.53)	Expense
9/12/2022	Purchase	3209 FASTHOSTS	(1.97)	Expense
9/14/2022	Purchase	3209 FASTHOSTS	(6.34)	Expense

9/20/2022	Purchase	3209 FASTHOSTS	(14.39) Expense
9/20/2022	Purchase	3209 FASTHOSTS	(1.97) Expense
9/22/2022	Purchase	3209 FASTHOSTS	(1.97) Expense
9/26/2022	Purchase	3209 FASTHOSTS	(3.94) Expense
9/30/2022	Purchase	3209 FASTHOSTS	(6.00) Expense
10/4/2022	Purchase	3209 FASTHOSTS	(8.53) Expense
10/12/2022	Purchase	3209 FASTHOSTS	(1.97) Expense
10/14/2022	Purchase	3209 FASTHOSTS	(6.34) Expense
10/20/2022	Purchase	3209 FASTHOSTS	(1.97) Expense
10/24/2022	Purchase	3209 FASTHOSTS	(8.48) Expense
10/25/2022	Purchase	3209 FASTHOSTS	(3.94) Expense
10/31/2022	Purchase	3209 FASTHOSTS	(6.00) Expense
11/4/2022	Purchase	3209 FASTHOSTS	(8.53) Expense
11/14/2022	Purchase	3209 FASTHOSTS	(6.34) Expense
11/14/2022	Purchase	3209 FASTHOSTS	(1.97) Expense
11/22/2022	Purchase	3209 FASTHOSTS	(1.97) Expense
11/23/2022	Purchase	3209 FASTHOSTS	(8.48) Expense
11/25/2022	Purchase	3209 FASTHOSTS	(3.94) Expense
11/30/2022	Purchase	3209 FASTHOSTS	(6.00) Expense
12/6/2022	Purchase	3209 FASTHOSTS	(8.53) Expense
12/12/2022	Purchase	3209 FASTHOSTS	(1.97) Expense
12/14/2022	Purchase	3209 FASTHOSTS	(6.34) Expense
12/20/2022	Purchase	3209 FASTHOSTS	(1.97) Expense
12/22/2022	Purchase	3209 FASTHOSTS	(8.48) Expense
12/28/2022	Purchase	3209 FASTHOSTS	(3.94) Expense
12/30/2022	Purchase	3209 FASTHOSTS	(6.00) Expense
1/4/2022	Purchase	3209 FASTHOSTS INT	(8.53) Expense
1/11/2022	Purchase	3209 FASTHOSTS INT	(1.97) Expense
1/13/2022	Purchase	3209 FASTHOSTS INT	(6.34) Expense
1/19/2022	Purchase	3209 FASTHOSTS INT	(1.97) Expense
1/21/2022	Purchase	3209 FASTHOSTS INT	(1.97) Expense
1/24/2022	Purchase	3209 FASTHOSTS INT	(3.94) Expense
1/31/2022	Purchase	3209 FASTHOSTS INT	(7.97) Expense
2/3/2022	Purchase	3209 FASTHOSTS INT	(8.53) Expense
2/11/2022	Purchase	3209 FASTHOSTS INT	(1.97) Expense
2/14/2022	Purchase	3209 FASTHOSTS INT	(6.34) Expense
2/21/2022	Purchase	3209 FASTHOSTS INT	(1.97) Expense
2/21/2022	Purchase	3209 FASTHOSTS INT	(1.97) Expense
2/24/2022	Purchase	3209 FASTHOSTS INT	(3.94) Expense
3/1/2022	Purchase	3209 FASTHOSTS INT	(7.97) Expense
3/3/2022	Purchase	3209 FASTHOSTS INT	(8.53) Expense
1/10/2022	Purchase	3209 giffgaff	(10.00) Expense
2/9/2022	Purchase	3209 giffgaff	(10.00) Expense
3/9/2022	Purchase	3209 giffgaff	(10.00) Expense
4/11/2022	Purchase	3209 giffgaff	(10.00) Expense
1/24/2022	Purchase	3209 MSFT * E0600H	(11.04) Expense
2/23/2022	Purchase	3209 MSFT * E0600H	(11.04) Expense
3/23/2022	Purchase	3209 MSFT * E0600I	(11.04) Expense
4/25/2022	Purchase	3209 MSFT * E0600I	(11.04) Expense
6/20/2022	Purchase	3209 MSFT * E0600I	(11.04) Expense
6/24/2022	Purchase	3209 MSFT * E0600J	(11.04) Expense
7/25/2022	Purchase	3209 MSFT * E0600J	(11.04) Expense
8/23/2022	Purchase	3209 MSFT * E0600J	(11.04) Expense
9/23/2022	Purchase	3209 MSFT * E0600K	(11.04) Expense
10/24/2022	Purchase	3209 MSFT * E0600K	(11.04) Expense
11/24/2022	Purchase	3209 MSFT * E0600L	(11.04) Expense
12/23/2022	Purchase	3209 MSFT * E0600L	(11.04) Expense
6/27/2022	Purchase	3209 WIX.COM*10025	(79.20) Expense
1/10/2022	Purchase	3209 WIX.COM*97387	(11.96) Expense
2/8/2022	Purchase	3209 WIX.COM*97918	(11.96) Expense

3/8/2022	Purchase	3209 WIX.COM*98410	(11.96) Expense
4/8/2022	Purchase	3209 WIX.COM*98928	(11.96) Expense
1/19/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
2/21/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
3/21/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
4/19/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
5/27/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
6/20/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
7/19/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
8/22/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
9/20/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
10/19/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
11/21/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
12/19/2022	Purchase	3209 ZOOM.US 888-7	(14.39) Expense
6/6/2022	Purchase	6516 CAPITAL OFFIC	(6.00) Expense
10/6/2022	Purchase	6516 CAPITAL OFFIC	(127.20) Expense
4/5/2022	Standing Order	ABI BARBER	(300.00) Expense
5/9/2022	BACS Credit	AMAZON EUROPE CORE	5.00 Expense
5/12/2022	Standing Order	Anna Ponting	(113.78) Expense
5/18/2022	Standing Order	Anna Ponting	(89.70) Expense
7/13/2022	Standing Order	Anna Ponting	(89.70) Expense
10/27/2022	Standing Order	Anna Ponting	(209.30) Expense
12/12/2022	Standing Order	Anna Ponting	(158.62) Expense
3/14/2022	Standing Order	CARLI FOSTER	(156.00) Expense
11/21/2022	Standing Order	E F Mathias	(50.96) Expense
1/12/2022	Standing Order	Fiona Eagle	(1,380.00) Expense
2/3/2022	Standing Order	Fiona Eagle	(1,620.00) Expense
3/7/2022	Standing Order	Fiona Eagle	(1,440.00) Expense
4/5/2022	Standing Order	Fiona Eagle	(1,720.00) Expense
5/3/2022	Standing Order	Fiona Eagle	(1,482.00) Expense
6/8/2022	Standing Order	Fiona Eagle	(1,740.00) Expense
7/13/2022	Standing Order	Fiona Eagle	(1,737.37) Expense
8/8/2022	Standing Order	Fiona Eagle	(1,590.00) Expense
9/15/2022	Standing Order	Fiona Eagle	(1,478.69) Expense
10/10/2022	Standing Order	Fiona Eagle	(1,770.00) Expense
11/7/2022	Standing Order	Fiona Eagle	(1,610.00) Expense
1/25/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
2/25/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
3/25/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
4/25/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
5/25/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
6/27/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
7/25/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
8/25/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
9/26/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
10/25/2022	Direct Debit	GIVING.COM - JUSTG	(18.00) Expense
1/12/2022	Standing Order	JOELLE DEJOIE	(573.20) Expense
2/3/2022	Standing Order	JOELLE DEJOIE	(490.40) Expense
3/7/2022	Standing Order	JOELLE DEJOIE	(490.40) Expense
4/5/2022	Standing Order	JOELLE DEJOIE	(571.00) Expense
5/3/2022	Standing Order	JOELLE DEJOIE	(462.80) Expense
6/8/2022	Standing Order	JOELLE DEJOIE	(517.80) Expense
7/13/2022	Standing Order	JOELLE DEJOIE	(591.00) Expense
8/8/2022	Standing Order	JOELLE DEJOIE	(349.60) Expense
9/15/2022	Standing Order	JOELLE DEJOIE	(526.00) Expense
10/10/2022	Standing Order	JOELLE DEJOIE	(447.80) Expense
11/7/2022	Standing Order	JOELLE DEJOIE	(324.60) Expense
11/25/2022	First Direct Debit	JUSTGIVING SUBS	(18.00) Expense
12/28/2022	Direct Debit	JUSTGIVING SUBS	(18.00) Expense
1/28/2022	Transfer	Miss Anna Ponting	(101.15) Expense

2/3/2022	Transfer	Miss Anna Ponting	(36.95)	Expense
3/7/2022	Transfer	Miss Anna Ponting	(58.60)	Expense
3/14/2022	Transfer	Miss Anna Ponting	(167.22)	Expense
1/5/2022	Standing Order	MS E L KIRBY	(52.50)	Expense
3/14/2022	Standing Order	Sarah Evershed	(84.00)	Expense
5/31/2022	Standing Order	Sarah Evershed	(149.95)	Expense
12/21/2022	CHAPS credit	CHAPS STG R00275DX	85.36	Income
2/22/2022	BACS Credit	CHARITY PROJECTS	2,500.00	Income
2/22/2022	BACS Credit	CHARITY PROJECTS	1,140.00	Income
7/1/2022	Faster Payment	EXERCISE MOVEMENT	6,930.00	Income
3/4/2022	BACS Credit	GIVEASYOULIVE LTD	38.79	Income
2/1/2022	Faster Payment	JUSTGIVING	48.85	Income
5/4/2022	Faster Payment	JUSTGIVING	4,904.80	Income
8/30/2022	Faster Payment	JUSTGIVING	14.51	Income
9/5/2022	Faster Payment	JUSTGIVING	274.48	Income
10/31/2022	Faster Payment	JUSTGIVING	27.07	Income
12/12/2022	Faster Payment	JUSTGIVING	490.30	Income

£5,775.84

Opening Balance		11,281.13	29.25	1,050.69	3,024.81
Category	Project	Unrestricted	GLA	CR Orig	Homeless Link
Prime membership	Operating Costs	(7.99)			
Prime membership	Operating Costs	(7.99)			
Prime membership	Operating Costs	(7.99)			
Prime membership	Operating Costs	(7.99)			
Prime membership	Operating Costs	(7.99)			
Prime membership	Operating Costs	(7.99)			
Prime membership	Operating Costs	(7.99)			
Prime membership	Operating Costs	(7.99)			
Prime membership	Operating Costs	(8.99)			
Prime membership	Operating Costs	(8.99)			
Prime membership	Operating Costs	(8.99)			
Prime membership	Operating Costs	(8.99)			
IT & Website	Operating costs	(6.34)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(3.94)			
IT & Website	Operating costs	(7.97)			
IT & Website	Operating costs	(16.67)			
IT & Website	Operating costs	(8.53)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(6.34)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(3.94)			
IT & Website	Operating costs	(7.97)			
IT & Website	Operating costs	(8.53)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(6.34)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(3.94)			
IT & Website	Operating costs	(7.97)			
IT & Website	Operating costs	(8.53)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(6.34)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(3.94)			
IT & Website	Operating costs	(7.97)			
IT & Website	Operating costs	(8.53)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(6.34)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(3.94)			
IT & Website	Operating costs	(7.97)			
IT & Website	Operating costs	(8.53)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(6.34)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(3.94)			
IT & Website	Operating costs	(7.97)			
IT & Website	Operating costs	(8.53)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(6.34)			
IT & Website	Operating costs	(1.97)			
IT & Website	Operating costs	(6.34)			

[illegible]

IT & Website	Operating costs	(11.96)		
IT & Website	Operating costs	(11.96)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
IT & Website	Operating costs	(14.39)		
Registered Office	Operating costs	(6.00)		
Registered Office	Operating costs	(127.20)		
Community Coach		(300.00)		
Running Kit		5.00		
Volunteer expenses		(113.78)		
Volunteer expenses		(89.70)		
Volunteer expenses		(89.70)		
Volunteer expenses		(209.30)		
Volunteer expenses		(158.62)		
Volunteer expenses		(156.00)		
Volunteer expenses		(50.96)		
Community Coach			(1,050.69)	
Community Coach				
Community Coach				
Community Coach				(1,451.15)
Community Coach				(1,482.00)
Community Coach		(1,619.09)	(29.25)	(91.66)
Community Coach		(1,737.37)		
Community Coach				
Community Coach				
Community Coach				
Community Coach				
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Community Coach		(573.20)		
Community Coach		(490.40)		
Community Coach		(490.40)		
Community Coach		(571.00)		
Community Coach		(462.80)		
Community Coach		(517.80)		
Community Coach		(591.00)		
Community Coach				
Community Coach				
Community Coach		(324.60)		
Fundraising fees	Operating costs	(18.00)		
Fundraising fees	Operating costs	(18.00)		
Volunteer expenses		(101.15)		

Volunteer expenses	(36.95)
Volunteer expenses	(58.60)
Volunteer expenses	(167.22)
Admin Support	(52.50)
Trustee expenses	(84.00)
Trustee expenses	(149.95)
Misc Fundraising	85.36
Grant	
Grant	
Grant	
Misc Fundraising	38.79
Misc Fundraising	48.85
Misc Fundraising	4,904.80
Misc Fundraising	14.51
Misc Fundraising	274.48
Misc Fundraising	27.07
Misc Fundraising	490.30

Closing balance	6,617.93	-	-	-
Grant	-	-	-	-
Misc Fundraising	5,884.16	-	-	-
Trustee expenses -	233.95	-	-	-
Volunteer expenses -	1,231.98	-	-	-
Admin Support -	52.50	-	-	-
Phones -	40.00	-	-	-
Community Coach -	7,677.66 -	29.25 -	1,050.69 -	3,024.81
Fundraising fees -	216.00	-	-	-
IT & Website -	867.19	-	-	-
Registered Office -	133.20	-	-	-
Running Kit	5.00	-	-	-
Prime membership -	99.88	-	-	-
	6,617.93	-	-	-
	(0.00)	-	-	-

18.16

15,404.04

CR 2	TOG	Total
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-7.99 To allocate	-
-7.99 To allocate	-
-7.99 To allocate	-
-7.99 To allocate	-
-7.99 To allocate	-
-7.99 To allocate	-
-7.99 To allocate	-
-7.99 To allocate	-
-8.99 To allocate	-
-8.99 To allocate	-
-8.99 To allocate	-
-8.99 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-7.97 To allocate	-
-16.67 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-7.97 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-7.97 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-7.97 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-7.97 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-7.97 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-7.97 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-

-14.39 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-6 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-8.48 To allocate	-
-3.94 To allocate	-
-6 To allocate	-
-8.53 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-8.48 To allocate	-
-3.94 To allocate	-
-6 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-8.48 To allocate	-
-3.94 To allocate	-
-6 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-7.97 To allocate	-
-8.53 To allocate	-
-1.97 To allocate	-
-6.34 To allocate	-
-1.97 To allocate	-
-1.97 To allocate	-
-3.94 To allocate	-
-7.97 To allocate	-
-8.53 To allocate	-
-10 To allocate	-
-10 To allocate	-
-10 To allocate	-
-10 To allocate	-
-11.04 To allocate	-
-11.04 To allocate	-
-11.04 To allocate	-
-11.04 To allocate	-
-11.04 To allocate	-
-11.04 To allocate	-
-11.04 To allocate	-
-11.04 To allocate	-
-11.04 To allocate	-
-11.04 To allocate	-
-79.2 To allocate	-
-11.96 To allocate	-
-11.96 To allocate	-

	-11.96 To allocate	-
	-11.96 To allocate	-
	-14.39 To allocate	-
	-14.39 To allocate	-
	-14.39 To allocate	-
	-14.39 To allocate	-
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	-14.39 To allocate	-
	-14.39 To allocate	-
	-14.39 To allocate	-
	-14.39 To allocate	-
	-6 To allocate	-
	-127.2 To allocate	-
	-300 To allocate	-
	5 To allocate	-
	-113.78 To allocate	-
	-89.7 To allocate	-
	-89.7 To allocate	-
	-209.3 To allocate	-
	-158.62 To allocate	-
	-156 To allocate	-
	-50.96 To allocate	-
(329.31)	-1380 To allocate	-
(1,620.00)	-1620 To allocate	-
(1,440.00)	-1440 To allocate	-
(268.85)	-1720 To allocate	-
	-1482 To allocate	-
	-1740 To allocate	-
	-1737.37 To allocate	-
(1,590.00)	-1590 Allocated	-
(1,478.69)	-1478.69 Allocated	-
(1,770.00)	-1770 Allocated	-
(1,610.00)	-1610 Allocated	-
	-18 To allocate	-
	-18 To allocate	-
	-18 To allocate	-
	-18 To allocate	-
	-18 To allocate	-
	-18 To allocate	-
	-18 To allocate	-
	-18 To allocate	-
	-18 To allocate	-
	-18 To allocate	-
	-573.2 To allocate	-
	-490.4 To allocate	-
	-490.4 To allocate	-
	-571 To allocate	-
	-462.8 To allocate	-
	-517.8 To allocate	-
	-591 To allocate	-
(349.60)	-349.6 Allocated	-
(526.00)	-526 Allocated	-
(447.80)	-447.8 Allocated	-
	-324.6 To allocate	-
	-18 To allocate	-
	-18 To allocate	-
	-101.15 To allocate	-

		-36.95 To allocate	-
		-58.6 To allocate	-
		-167.22 To allocate	-
		-52.5 To allocate	-
		-84 To allocate	-
		-149.95 To allocate	-
		85.36 Allocated	-
2,500.00		2500 Allocated	-
1,140.00		1140 Allocated	-
	6,930.00	6930 Allocated	-
		38.79 Allocated	-
		48.85 Allocated	-
		4904.8 Allocated	-
		14.51 Allocated	-
		274.48 Allocated	-
		27.07 Allocated	-
		490.3 Allocated	-

-	-	842.09	5,775.84
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	3,640.00	6,930.00	10,570.00
	-	-	5,884.16
	-	- -	233.95
	-	- -	1,231.98
	-	- -	52.50
	-	- -	40.00
-	3,658.16 -	7,772.09 -	23,212.66
	-	- -	216.00
	-	- -	867.19
	-	- -	133.20
	-	-	5.00
	-	- -	99.88
	- -	842.09	5,775.84
	-	-	-

01 January 2022		Opening balance
	Grants	
	Misc funding	
	TOTAL INCOME	
	Community Coaches	
	Operating costs	
	Admin Support	
	Session delivery & Running Kit	
	Trustee & Volunteer Expenses	
	TOTAL EXPENSE	
31 December 2022		Balance carried forward

Unrestricted funds	Original Comic Relief	GLA	Second Comic Relief	Homeless link
11,281	1,051	29	18	3,025
-	-	-	3,640	-
5,884	-	-	-	-
5,884	-	-	3,640	-
7,678	1,051	29	3,658	3,025
1,351				
53				
-				
1,466				
10,547	1,051	29	3,658	3,025
40%	4%	0%	14%	12%
6,618	-	-	-	-

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Sport England	Total funds
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-	15,404
6,930	10,570
-	5,884
6,930	16,454
7,772	23,213
	1,351
	53
	-
	1,466
7,772	26,082
-	842
	5,776

14%

01 January 2020	Opening balance	
	Grants	
	Misc funding	
	TOTAL INCOME	
	Community Coaches	
	Operating costs	
	Admin Support	
	Hoka Photoshoot	
	Session delivery & Running Kit	
	Trustee & Volunteer Expenses	
	TOTAL EXPENSE	
31 December 2020	Balance carried forward	
01 January 2021	Opening balance	
	Grants	
	Misc funding	
	TOTAL INCOME	
	Community Coaches	
	Operating costs	
	Admin Support	
	Session delivery & Running Kit	
	Trustee & Volunteer Expenses	
	TOTAL EXPENSE	
31 December 2021	Balance carried forward	
	Second comic relief grant	
	Community Coaches	
	Operating costs	
	Admin Support	
	Session delivery & Running Kit	
	Volunteer Expenses	

Unrestricted funds	Original Comic Relief	GLA	Second Comic Relief	Homeless link
15,261	5,106	-	-	-

3,339	10,000	7,500	10,260	10,000
3,339	10,000	7,500	10,260	10,000
622	7,366	1,079	1,365	1,768
1,115	733	-	426	321
188	1,312	-	188	-
376	-	-	-	-
91	2,571	-	366	74
159	1,798	-	17	-
2,550	13,780	1,079	2,361	2,163

16,049	1,326	6,421	7,899	7,837
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16,049	1,326	6,421	7,899	7,837
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-	213	1,700		
-	213	-	1,700	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
15,836	1,326	8,121	7,899	7,837

1,365.00
426.49
187.50
365.73
16.54
2,361.26

Total funds	
	20,367
	37,760
	3,339
	41,099
	12,200
	2,595
	1,687
	376
	3,102
	1,973
	21,934
	39,532
	39,532
	1,700
-	213
	1,487
	-
	-
	-
	-
	-
	-
	41,019

#DIV/0!

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Movement - 24,127.80

Opening bank balance - 39,531.84

Date	Month	Customer Reference	Amount	Type
5/5/2021	5. May	Boudavida Li	- 600.00	Income
1/6/2021	1. Jan	CHAPS STG R00056DX FACEBOO	- 150.00	Income
10/22/2021	10.Oct	CHAPS STG R00194DX	- 82.28	Income
3/22/2021	3. Mar	EVERYCLICK LTD	- 18.06	Income
4/13/2021	4. Apr	GIVING COM LTD SAF	- 105.84	Income
8/3/2021	8. Aug	GIVING COM LTD SAF	- 34.13	Income
10/26/2021	10.Oct	GIVING COM LTD SAF	- 288.79	Income
3/31/2021	3. Mar	GREATER LONDON AUT	- 1,700.00	Income
3/30/2021	3. Mar	JUSTGIVING	- 91.99	Income
4/20/2021	4. Apr	JUSTGIVING	- 379.77	Income
4/26/2021	4. Apr	JUSTGIVING	- 133.64	Income
5/5/2021	5. May	JUSTGIVING	- 97.95	Income
5/10/2021	5. May	JUSTGIVING	- 62.78	Income
6/1/2021	6. Jun	JUSTGIVING	- 78.08	Income
8/31/2021	8. Aug	JUSTGIVING	- 43.74	Income
11/1/2021	11.Nov	JUSTGIVING	- 48.85	Income
2/9/2021	2. Feb	JUSTGIVING 1888152 A MILE IN	- 117.52	Income
3/16/2021	3. Mar	JUSTGIVING 1937915 A MILE IN	- 186.74	Income
1/5/2021	1. Jan	PAYPAL PPWDL5P822222BQ5Q	- 25.20	Income
3/4/2021	3. Mar	PAYPAL PPWDL5P82222322B2J	- 23.26	Income

Balance at 31/12/2021 - 15,404.04

1/4/2022	3209 FASTHOSTS INT	8.53	Expense
1/5/2022	MS E L KIRBY	52.50	Expense
1/10/2022	3209 WIX.COM*97387	11.96	Expense
1/10/2022	3209 giffgaff	10.00	Expense
1/11/2022	3209 FASTHOSTS INT	1.97	Expense
1/12/2022	Fiona Eagle	1,380.00	Expense
1/12/2022	JOELLE DEJOIE	573.20	Expense
1/13/2022	3209 FASTHOSTS INT	6.34	Expense

Balance 18/01/2022 - 13,359.54

			4,768.14	6,391.35	275.15
Category	Project		Unrestricted	GLA	CR Orig
Misc fundraising	Boudavida	-	600.00		
Misc fundraising	Facebook	-	150.00		
Misc fundraising	Facebook	-	82.28		
Misc fundraising	Everyclick	-	18.06		
Misc fundraising	Justgiving	-	105.84		
Misc fundraising	Justgiving	-	34.13		
Misc fundraising	Justgiving	-	288.79		
Grant	GLA			-	1,700.00
Misc fundraising	Justgiving	-	91.99		
Misc fundraising	Justgiving	-	379.77		
Misc fundraising	Justgiving	-	133.64		
Misc fundraising	Justgiving	-	97.95		
Misc fundraising	Justgiving	-	62.78		
Misc fundraising	Justgiving	-	78.08		
Misc fundraising	Justgiving	-	43.74		
Misc fundraising	Justgiving	-	48.85		
Misc fundraising	Justgiving	-	117.52		
Misc fundraising	Justgiving	-	186.74		
Misc fundraising	Paypal	-	25.20		
Misc fundraising	Paypal	-	23.26		

IT & Website	Operating costs
Admin Support	
IT & Website	Operating costs
Phone	Operating costs
IT & Website	Operating costs
Community Coach	
Community Coach	
IT & Website	Operating costs

	(7,336.76)		(8,091.35)		(275.15)		(4,812.58)		(7,880.58)
-	2,568.62	-	1,700.00		-		-		-
Unrestricted	GLA		CR Orig		Homeless Link		CR 2		

299.29		-		-		-		-
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127.20		-		-		-		-
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Transaction date	Account Number	Bank reference	Type of payment
1/4/2023	0892996569524300	4988243051213209 CARD	Purchase
1/12/2023	0892996569524300	4988243051213209 CARD	Purchase
1/16/2023	0892996569524300	4988243051213209 CARD	Purchase
1/20/2023	0892996569524300	4988243051213209 CARD	Purchase
1/20/2023	0892996569524300	4988243051213209 CARD	Purchase
1/23/2023	0892996569524300	4988243051213209 CARD	Purchase
1/23/2023	0892996569524300	4988243051213209 CARD	Purchase
1/25/2023	0892996569524300	JG02903695	Direct Debit
1/25/2023	0892996569524300	4988243051213209 CARD	Purchase
1/25/2023	0892996569524300	4988243051213209 CARD	Purchase
1/30/2023	0892996569524300	2968991 A MILE IN	Faster Payment
1/30/2023	0892996569524300	4988243051213209 CARD	Purchase
2/6/2023	0892996569524300	4988243051213209 CARD	Purchase
2/13/2023	0892996569524300	4988243051213209 CARD	Purchase
2/14/2023	0892996569524300	4988243051213209 CARD	Purchase
2/20/2023	0892996569524300	4988243051213209 CARD	Purchase
2/20/2023	0892996569524300	4988243051213209 CARD	Purchase
2/22/2023	0892996569524300	4988243051213209 CARD	Purchase
2/23/2023	0892996569524300	4988243051213209 CARD	Purchase
2/27/2023	0892996569524300	JG02903695	Direct Debit
2/27/2023	0892996569524300	4988243051213209 CARD	Purchase
3/2/2023	0892996569524300	4988243051213209 CARD	Purchase
3/6/2023	0892996569524300	4988243051213209 CARD	Purchase
3/14/2023	0892996569524300	4988243051213209 CARD	Purchase
3/14/2023	0892996569524300	4988243051213209 CARD	Purchase
3/20/2023	0892996569524300	3061054 A MILE IN	Faster Payment
3/20/2023	0892996569524300	4988243051213209 CARD	Purchase
3/20/2023	0892996569524300	4988243051213209 CARD	Purchase
3/22/2023	0892996569524300	4988243051213209 CARD	Purchase
3/23/2023	0892996569524300	4988243051213209 CARD	Purchase
3/27/2023	0892996569524300	JG02903695	Direct Debit
3/27/2023	0892996569524300	4988243051213209 CARD	Purchase
3/30/2023	0892996569524300	4988243051213209 CARD	Purchase
3/31/2023	0892996569524300	4988243051213209 CARD	Purchase
4/3/2023	0892996569524300	3110148 A MILE IN	Faster Payment
4/3/2023	0892996569524300	4988243051213209 CARD	Purchase
4/4/2023	0892996569524300	4988243051213209 CARD	Purchase
4/12/2023	0892996569524300	4988243051213209 CARD	Purchase
4/14/2023	0892996569524300	4988243051213209 CARD	Purchase
4/20/2023	0892996569524300	4988243051213209 CARD	Purchase
4/24/2023	0892996569524300	4536767944766947	BACS Credit
4/24/2023	0892996569524300	4988243051213209 CARD	Purchase
4/24/2023	0892996569524300	4988243051213209 CARD	Purchase
4/25/2023	0892996569524300	JG02903695	Direct Debit
4/25/2023	0892996569524300	4988243051213209 CARD	Purchase
5/2/2023	0892996569524300	4988243051213209 CARD	Purchase
5/4/2023	0892996569524300	Love2Donate-100803	Faster Payment
5/4/2023	0892996569524300	4988243051213209 CARD	Purchase
5/12/2023	0892996569524300	4988243051213209 CARD	Purchase
5/15/2023	0892996569524300	4988243051213209 CARD	Purchase
5/19/2023	0892996569524300	4677567453475937	BACS Credit
5/22/2023	0892996569524300	4988243051213209 CARD	Purchase
5/22/2023	0892996569524300	4988243051213209 CARD	Purchase
5/23/2023	0892996569524300	4988243051213209 CARD	Purchase
5/25/2023	0892996569524300	JG02903695	Direct Debit
5/25/2023	0892996569524300	4988243051213209 CARD	Purchase
5/30/2023	0892996569524300	4988243051213209 CARD	Purchase
6/5/2023	0892996569524300	4988243051213209 CARD	Purchase
6/12/2023	0892996569524300	4988243051213209 CARD	Purchase
6/12/2023	0892996569524300	4988243051213209 CARD	Purchase
6/14/2023	0892996569524300	4988243051213209 CARD	Purchase
6/20/2023	0892996569524300	4988243051213209 CARD	Purchase
6/23/2023	0892996569524300	4988243051213209 CARD	Purchase
6/23/2023	0892996569524300	4988243051213209 CARD	Purchase

6/26/2023	0892996569524300	JG02903695	Direct Debit
6/26/2023	0892996569524300	4988243051213209 CARD	Purchase
7/3/2023	0892996569524300	4988243051213209 CARD	Purchase
7/4/2023	0892996569524300	4988243051213209 CARD	Purchase
7/12/2023	0892996569524300	4988243051213209 CARD	Purchase
7/14/2023	0892996569524300	4988243051213209 CARD	Purchase
7/20/2023	0892996569524300	4988243051213209 CARD	Purchase
7/24/2023	0892996569524300	4988243051213209 CARD	Purchase
7/24/2023	0892996569524300	4988243051213209 CARD	Purchase
7/25/2023	0892996569524300	JG02903695	Direct Debit
7/25/2023	0892996569524300	4988243051213209 CARD	Purchase
8/1/2023	0892996569524300	4988243051213209 CARD	Purchase
8/4/2023	0892996569524300	4988243051213209 CARD	Purchase
8/14/2023	0892996569524300	4988243051213209 CARD	Purchase
8/21/2023	0892996569524300	4988243051213209 CARD	Purchase
8/22/2023	0892996569524300	4988243051213209 CARD	Purchase
8/23/2023	0892996569524300	4988243051213209 CARD	Purchase
8/25/2023	0892996569524300	JG02903695	Direct Debit
8/25/2023	0892996569524300	4988243051213209 CARD	Purchase
8/30/2023	0892996569524300	4988243051213209 CARD	Purchase
9/5/2023	0892996569524300	4988243051213209 CARD	Purchase
9/14/2023	0892996569524300	4988243051213209 CARD	Purchase
9/20/2023	0892996569524300	4988243051213209 CARD	Purchase
9/22/2023	0892996569524300	4988243051213209 CARD	Purchase
9/25/2023	0892996569524300	JG02903695	Direct Debit
9/25/2023	0892996569524300	4988243051213209 CARD	Purchase
9/25/2023	0892996569524300	4988243051213209 CARD	Purchase

£5,775.84		
Customer reference	Amount (GBP)	Additional Info
3209 FASTHOSTS	(8.53)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(6.34)	
3209 ZOOM.US 888-7	(14.39)	
3209 FASTHOSTS	(1.97)	
3209 MSFT * E0600L	(11.04)	
3209 FASTHOSTS	(8.48)	
JUSTGIVING SUBS	(18.00)	182022
3209 Amazon Prime*	(8.99)	
3209 FASTHOSTS	(3.94)	
JUSTGIVING	19.42	296899
3209 FASTHOSTS	(6.00)	
3209 FASTHOSTS	(8.53)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(6.94)	
3209 ZOOM.US 888-7	(14.39)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(1.97)	
3209 MSFT * E0600M	(11.04)	
JUSTGIVING SUBS	(18.00)	182022
3209 Amazon Prime*	(8.99)	
3209 FASTHOSTS	(6.00)	
3209 FASTHOSTS	(8.53)	
3209 FASTHOSTS	(6.94)	
3209 FASTHOSTS	(1.97)	
JUSTGIVING	244.85	306105
3209 ZOOM.US 888-7	(14.39)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(1.97)	
3209 MSFT * E0600M	(11.04)	
JUSTGIVING SUBS	(18.00)	182022
3209 Amazon Prime*	(8.99)	
3209 FASTHOSTS	(6.00)	
3209 FASTHOSTS	(16.67)	
JUSTGIVING	48.85	311014
3209 FASTHOSTS	(57.55)	
3209 FASTHOSTS	(8.53)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(6.94)	
3209 FASTHOSTS	(1.97)	
AMAZON EUROPE CORE	5.00	23104804982601
3209 MSFT * E0600N	(11.04)	
3209 FASTHOSTS	(1.97)	
JUSTGIVING SUBS	(18.00)	182022
3209 Amazon Prime*	(8.99)	
3209 FASTHOSTS	(6.60)	
L2D Ltd A	1,739.04	40086890110795
3209 FASTHOSTS	(8.53)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(6.94)	
AMAZON EUROPE CORE	13.41	23104804982601
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(1.97)	
3209 MSFT * E0600N	(11.04)	
JUSTGIVING SUBS	(18.00)	182022
3209 Amazon Prime*	(8.99)	
3209 FASTHOSTS	(6.60)	
3209 FASTHOSTS	(8.53)	
3209 Wix.com 10596	(158.40)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(6.94)	
3209 FASTHOSTS	(1.97)	
3209 MSFT * E0600N	(11.04)	
3209 FASTHOSTS	(1.97)	

JUSTGIVING SUBS	(18.00)	182022
3209 Amazon Prime*	(8.99)	
3209 FASTHOSTS	(6.60)	
3209 FASTHOSTS	(8.53)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(6.94)	
3209 FASTHOSTS	(1.97)	
3209 MSFT * E0600O	(11.04)	
3209 FASTHOSTS	(1.97)	
JUSTGIVING SUBS	(18.00)	182022
3209 Amazon Prime*	(8.99)	
3209 FASTHOSTS	(6.60)	
3209 FASTHOSTS	(8.53)	
3209 FASTHOSTS	(6.94)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(1.97)	
3209 MSFT * E0600O	(11.04)	
JUSTGIVING SUBS	(18.00)	182022
3209 Amazon Prime*	(8.99)	
3209 FASTHOSTS	(6.60)	
3209 FASTHOSTS	(8.78)	
3209 FASTHOSTS	(6.94)	
3209 FASTHOSTS	(1.97)	
3209 FASTHOSTS	(1.97)	
JUSTGIVING SUBS	(18.00)	182022
3209 MSFT * E0600P	(11.04)	
3209 Amazon Prime*	(8.99)	
	£6,978.77	

A MILE IN HER SHOES

England & Wales - Charity number 1183760

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period from 1 January 2021 to 31 December 2021

Charity name: A MILE IN HER SHOES

Charity registration number: 1183760

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the charity are to promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society. For this purpose, 'socially excluded' means in particular women who are excluded from society, or part of society, as a result of being homeless or at risk of homelessness.
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	The charity's main activities are providing fitness sessions, including running sessions, to women affected by or experiencing homelessness and/or multiple disadvantage. Please see more detail under Achievements and Performance.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	When planning the charity's activities and developing the charity's direction the trustees have considered the guidance issued by the Charity Commission on public benefit.

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	With only a few paid personnel, volunteers play a very important role in the charity. They lead and assist at the sessions we run. We are grateful for all their help and support in delivering such a positive impact to our beneficiaries.
Other		None

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	Operational achievements through activities delivered We are proud of having found creative ways to continue to support beneficiaries during the Covid 19 pandemic lockdowns. For our beneficiaries, the continued support we provided at this time was especially valuable. The need to adapt and flex our model of support has also allowed A Mile In Her Shoes to think differently about how to deliver our impact, and demonstrated our resilience in the face of huge challenges to our delivery model. Activities delivered: - Core group activity sessions: Where lockdown restrictions allowed, we continued to deliver our group activity sessions. As well as fun running-based games sessions, we now provide sessions including other fitness elements requested by beneficiaries. These include boxercise, Zumba, mindfulness and yoga elements. Some sessions are outdoors and some are indoors; this has allowed more opportunities for women to engage who lack confidence in exercising outdoors. - One to one sessions and small group sessions: Our groups benefited from the exemption for support groups for most of the more restricted lockdown periods, although this was not clear at the outset of the pandemic. Nevertheless, we took a decision not to deliver our usual size group sessions. Several factors were relevant, including: infection risk to members, volunteers and coaches (including if they'd have had to use public transport); what members and coaches were comfortable with; and

		the risk that although our group activities were permitted, they might result in comments, approaches or harassment from the authorities or the public, which could be particularly traumatic for members. We introduced short one-to-one sessions which were enjoyed, and allowed very small group sessions to go ahead. ○ Funded by the GLA through its Team London project, a new model was developed to help women suffering from social isolation to join 'parkrun' to help tackle loneliness and depression through exercise. Initial development work with social prescribing link workers was put on hold because of covid but regular exercise sessions to prepare women for parkrun started in July 2020 in three London areas. Although parkrun was closed throughout 2020, TL approved the use of any unspent money to continue throughout 2021 so that the goal of transitioning women (from small group highly structured sessions to joining the large groups of parkrun runners to achieve the 5k run) could be met. • Reach of activities: Overall our reach was lower due to the continued lockdown into 2021. Although many of the usual restrictions did not impact on our operations, we had to make a risk assessment based on the wellbeing of the women we work with, our volunteers and coaches. We continued with one to one sessions where appropriate. We had nine active face to face sessions at the end of 2021 and anticipate seeing a return to pre-pandemic levels of exercise going into 2022. • The trustees are persuaded that the charity's work has made a positive difference to its beneficiaries' circumstances. Evidence of this includes positive feedback from them indicating an improvement in physical and mental wellbeing and in overall motivation to be more active and get things done in spite of continued restrictions. Organisational development In addition to ongoing service delivery, the charity achieved some organisational development goals which will enhance our ability to make a difference to our beneficiaries' circumstances in future. These include: • Putting in place a sub-committee system in 2021, again to increase efficiency and allow for more focus on strategic points when the board meet as a whole. • A renewed focus on fundraising coming out of the pandemic in order to generate a sustainable model.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	As a microcharity, objectives are mainly determined by those set out in grant requirements. During the reporting period, the charity fulfilled requirements set out in main grants.
Performance of fundraising activities against objectives set	Para 1.41	No objectives set.
Investment performance against objectives	Para 1.41	Not applicable

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Receipts totalling of £4,269 were received of which £1,700 related to restricted grant funding from Greater London Authority. £2,569 of unrestricted income was generated from fundraising activities. Expenses totalled £28,396 in the period of which £8,156 related to the delivery of the Comic Relief activities, £8,091 for the Greater London Authority project and £4,813 for Homeless Link. The most significant costs include payment of the Community Coaches to deliver sessions and associated costs of running the sessions such as kit and venue hire. Unrestricted reserves at the end of the period were £11,281 and restricted reserves were £4,123.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity holds reserves to meet any unforeseen expenditure, to safeguard against needing to suddenly cease the support we provide to our beneficiaries and to fulfil any outstanding obligations to contractors and suppliers.
Amount of reserves held	Para 1.22	Our reserves policy is minimum 3 months operating costs.
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	None
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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	In 2021 the charity's principal sources of funds were grant income from Comic Relief, Team London and Homeless Link and individual fundraising donations.
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	• End of significant grants • Inability to grow unrestricted income • Personnel resource
Other		Not applicable

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution (CIO foundation model)
How is the charity constituted? (e.g. unincorporated association , CIO)	Para 1.25	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	The constitution requires that: • Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. • In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

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	Incoming trustees were provided with a welcome pack that included our constitution, core information about the charity's vision, mission, strategy and operating model and minutes of the most recent board meetings. We also shared the Charity Commission's trustee welcome pack, which sets out the roles and responsibilities of charity trustees. In normal circumstances, new trustees would have been given opportunities to visit and participate in fitness sessions, in order to see first-hand the work we do and to meet our members, coaches and volunteers.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Not applicable. The charity is governed by a board which is supported by a number of sub-committees dealing with finance and fundraising, governance and operations. Paid staff include a programme manager and 1 community coach. Coaches are supported by volunteers (8 currently).
Relationship with any related parties	Para 1.51	Not applicable
Other		Not applicable

Reference and Administrative details

Charity name	A MILE IN HER SHOES
Other name the charity uses	NA
Registered charity number	1183760
Charity's principal address	c/o Capital Office Kemp House 152-160 City Road London EC1V 2NX

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	Carli-Louan Foster	Treasurer		
2	Mary Nicholls	Co-chair (from 7 October 2019 to 26 November 2020)	Trustee until 26 November 2020	
3	Jennifer Cirone	Co-chair (from 7 October 2019 to 26 November 2020), Chair (from 26 November 2020 to 28 January 2021)		

4	Nicola Miller		Trustee from 26 March 2020 to 29 July 2021	
5	Sarah Bridget Evershed	Secretary		
6	Celia Roberts			
7	Ross James Perriam			
9	Clare Louise Jenkins		Trustee from 18 August 2020	
10	Anna Lucy Robertson Bird		Trustee from 18 August 2020	
11	Victoria Kate Parker		Trustee from 18 August 2020	
12	Katherine Victoria Burt	Co-chair (from 26 November 2020 to 28 January 2021	Trustee from 18 August 2020	

Corporate trustees – names of the directors at the date the report was approved – None

Name of trustees holding title to property belonging to the charity – None

Funds held as custodian trustees on behalf of others – No assets held in this capacity

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)		
None (but Nicola Miller acted as voluntary chief executive for a period ending early 2020)		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not applicable

Other optional information

The charity trustees have had regard to the related Charities SORP Committee note of 23 March 2020 saying trustees should consider if information needs to be included to explain the impact of the COVID 19 situation on their charity. This information has been included elsewhere in the report but is summarised here.

- Delivery of services/activity sessions was restricted as noted in the section on operational activities and achievements.
A Mile in Her Shoes are proud of having found creative ways to continue to support beneficiaries during the Covid 19 pandemic lockdowns. For our beneficiaries, the continued support we provided at this time was especially valuable. The need to adapt and flex our model of support has also allowed A Mile In Her Shoes to think differently about how to deliver our impact, and demonstrated our resilience in the face of huge challenges to our delivery model.
- Our beneficiaries will have experienced significant change during the Covid-19 pandemic. For the small number who access our services who are rough sleepers, they will have been brought into temporary housing as part of the governments "Everybody In" scheme. The aim of this was not only to give rough sleepers a roof over their head during the public health emergency but also to engage rough sleepers with support to exit homelessness during this period. Many of our beneficiaries live in temporary housing which includes hostels, refuges and other types of supported housing. These are close living situations with shared facilities and therefore service disruption in these services will have been significantly disrupted in order to manage transmission. Staffing levels and contact time with staff will have been severely restricted and women will have been living in close contact with little opportunity to do anything else but remain in their rooms for significant periods of time. Women experiencing homelessness and multiple disadvantages frequently have additional health conditions and many of our beneficiaries are Black and Minoritised women who are at increased risk of adverse outcomes from Covid. This will have additionally impacted upon many of our beneficiaries.
- Team London All of our three target settings, Ealing, Lambeth and Brent are active. However, the pandemic meant that there was a long time-lag both in developing contacts and relationships with Social Prescribing link workers and getting referrals, particularly in Brent where sessions are only started in November. We now have effective contacts with five link workers.

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)		
Position (eg Secretary, Chair, etc)		
Date		



1183760

CC16a

For the period from	Period start date 01/01/2021	To	Period end date 31/12/2021
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	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					
Transfer from A Mile In Her Shoes (1167381)	-	-	-	-	-
Miscellaneous Fundraising	2,569	-	-	2,569	3,339
Corporate Donation	-	-	-	-	-
Grants	-	1,700	-	1,700	37,760
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,569	1,700	-	4,269	41,099
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,569	1,700	-	4,269	41,099
A3 Payments					
First Aid Training	-	-	-	-	-
Community Coaches	4,890	18,975	-	23,865	12,200
Admin Support	264	308	-	572	1,687
Session delivery & Clothing	330	1,472	-	1,801	3,102
Professional fees	-	-	-	-	-
Operating costs	1,531	270	-	1,801	2,595
Trustee & volunteer expenses	323	35	-	358	1,973
Marketing	-	-	-	-	376
	-	-	-	-	-
Sub total	7,337	21,060	-	28,396	21,934
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,337	21,060	-	28,396	21,934
Net of receipts/(payments)	- 4,768	- 19,360	-	- 24,128	19,165
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,049	23,483	-	39,532	-
Cash funds this year end	11,281	4,123	-	15,404	19,165

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank balance	11,281	4,123	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	11,281	4,123	-
		OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	CCXX R1 accounts (SS)	1	-	-

29/04/2023

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 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

A MILE IN HER SHOES

England & Wales - Charity number 1183760

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period from 1 January 2020 to 31 December 2020

Charity name: A MILE IN HER SHOES

Charity registration number: 1183760

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the charity are to promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society. For this purpose, 'socially excluded' means in particular women who are excluded from society, or part of society, as a result of being homeless or at risk of homelessness.
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	The charity's main activities are providing fitness sessions, including running sessions, to women affected by or experiencing homelessness and/or multiple disadvantage. Please see more detail under Achievements and Performance.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	When planning the charity's activities and developing the charity's direction the trustees have considered the guidance issued by the Charity Commission on public benefit.

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	With only a few paid personnel, volunteers play a very important role in the charity. They lead and assist at the sessions we run. We are grateful for all their help and support in delivering such a positive impact to our beneficiaries.
Other		None

Achievements and Performance

	SORP reference Para 1.20	
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.		Operational achievements through activities delivered We are proud of having found creative ways to continue to support beneficiaries during the Covid 19 pandemic lockdowns. For our beneficiaries, the continued support we provided at this time was especially valuable. The need to adapt and flex our model of support has also allowed A Mile In Her Shoes to think differently about how to deliver our impact, and demonstrated our resilience in the face of huge challenges to our delivery model. Activities delivered: - Core group activity sessions: Where lockdown restrictions allowed, we continued to deliver our group activity sessions. As well as fun running-based games sessions, we now provide sessions including other fitness elements requested by beneficiaries. These include boxercise, Zumba, mindfulness and yoga elements. Some sessions are outdoors and some are indoors; this has allowed more opportunities for women to engage who lack confidence in exercising outdoors. - Sessions delivered remotely: Coaches and volunteers delivered some sessions by Zoom to give members (as we refer to the women who join our sessions) the opportunity to maintain or start fitness activities when they could not or were not confident enough to join face to face sessions. This had the added benefit of helping members to keep themselves busy. - Supporting fitness and wellbeing outside of sessions: With sessions limited, we tried to encourage members and women supported by organisations we

work with to keep active and get outside (within what restrictions permitted), by providing fitness ideas and motivation. For example we created bingo sheets of activities to complete in a month. Some activities were more related to wellbeing than to exercise.

- One to one sessions and small group sessions: Our groups benefited from the exemption for support groups for most of the more restricted lockdown periods, although this was not clear at the outset of the pandemic. Nevertheless, we took a decision not to deliver our usual size group sessions. Several factors were relevant, including: infection risk to members, volunteers and coaches (including if they'd have had to use public transport); what members and coaches were comfortable with; and the risk that although our group activities were permitted, they might result in comments, approaches or harassment from the authorities or the public, which could be particularly traumatic for members. We introduced short one-to-one sessions which were enjoyed, and allowed very small group sessions to go ahead.
- Funded by the GLA through its Team London project, a new model was developed to help women suffering from social isolation to join 'parkrun' to help tackle loneliness and depression through exercise. Initial development work with social prescribing link workers was put on hold because of covid but regular exercise sessions to prepare women for parkrun started in July 2020 in three London areas. Although parkrun was closed throughout 2020, TL approved the use of any unspent money to continue throughout 2021 so that the goal of transitioning women (from small group highly structured sessions to joining the large groups of parkrun runners to achieve the 5k run) could be met.
- Reach of activities: Overall our reach was lower due to the pandemic. Although many of the usual restrictions did not impact on our operations, we had to make a risk assessment based on the wellbeing of the women we work with, our volunteers and coaches. For most of the periods of lockdown, our sessions did not operate and sometimes took a while to re-establish. We did offer remote alternatives, but with often limited Internet and device access, this did act as a barrier to participation. In addition, one of our main centres with the highest participation rates operated only with paper records for the early part of 2020, which we have been unable to obtain; therefore our participation figures are not complete for this centre. **In 2020, despite significant**

		disruption, we offered 78 sessions to 40 members and there were 194 unique attendances. We anticipate participation to be significantly higher in 2021. • Impact of activities: The trustees are persuaded that the charity's work has made a positive difference to its beneficiaries' circumstances. Evidence of this includes positive feedback from them indicating an improvement in physical and mental wellbeing and in overall motivation to be more active and get things done in spite of COVID restrictions. • In addition, we have begun to extend our scope to the Borough of Westminster. We had an initial meeting in December with Specialist Homeless Health team at Great Chapel Street Medical Centre to discuss the project. We are due to follow up this month but the impact of lockdown on Homeless Health services is likely to be significant although we hope this is an opportunity to broaden the project going forward. Organisational development In addition to ongoing service delivery, the charity achieved some organisational development goals which will enhance our ability to make a difference to our beneficiaries' circumstances in future. These include: • Actions to improve our ability to generate income through individual giving/fundraising, including adopting JustGiving as our third party fundraising platform • One of our community coaches was appointed programme manager, allowing for increased efficiency and effectiveness in coordinating our work, including through new capacity to build and broker relationships with refuges, fitness coaches and other delivery partners • Recruiting four new trustees in summer/autumn 2020. They bring additional capacity, and a range of skills and experience to the board (including in fundraising, charity finance and charity leadership) to increase our potential to maximise impact. • Putting in place a sub-committee system in 2021, again to increase efficiency and allow for more focus on strategic points when the board meet as a whole.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	As a microcharity, objectives are mainly determined by those set out in grant requirements. During the reporting period, the charity fulfilled requirements set out in main grants.
Performance of fundraising activities against objectives set	Para 1.41	No objectives set.

Investment performance against objectives	Para 1.41	Not applicable
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Receipts totalling of £41,099 were received of which £37,760 related to restricted grant funding: £20,260 from Comic Relief £7,500 from Greater London Authority £10,000 from Homeless Link £3,339 of unrestricted income was generated from fundraising activities. Expenses totalled £21,934 in the period of which £16,142 related to the delivery of the Comic Relief activities. The most significant costs include payment of the Community Coaches to deliver sessions and associated costs of running the sessions such as kit and venue hire. Unrestricted reserves at the end of the period were £16,049 and restricted reserves were £23,483.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity holds reserves to meet any unforeseen expenditure, to safeguard against needing to suddenly cease the support we provide to our beneficiaries and to fulfil any outstanding obligations to contractors and suppliers.
Amount of reserves held	Para 1.22	Our reserves policy is minimum 3 months operating costs.
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	None

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	In 2020 the charity's principal sources of funds were grant income from Comic Relief, Team London and Homeless Link and individual fundraising donations.
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	• End of significant grants • Inability to grow unrestricted income • Personnel resource • Ongoing effects of and uncertainty due to Covid-19 pandemic, affecting income, beneficiaries and our ability to and how we provide services.
Other		Not applicable

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution (CIO foundation model)
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	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	The constitution requires that: • Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. • In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

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	Incoming trustees were provided with a welcome pack that included our constitution, core information about the charity's vision, mission, strategy and operating model and minutes of the most recent board meetings. We also shared the Charity Commission's trustee welcome pack, which sets out the roles and responsibilities of charity trustees. In normal circumstances, new trustees would have been given opportunities to visit and participate in fitness sessions, in order to see firsthand the work we do and to meet
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		our members, coaches and volunteers. This was not possible due to Covid19 restrictions, but we plan to make these introductions available as soon as circumstances allow.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Not applicable. The charity is governed by a board which is supported by a number of sub-committees dealing with finance and fundraising, governance and operations. Paid staff include a programme manager and 4 community coaches. Coaches are supported by volunteers (8 currently).
Relationship with any related parties	Para 1.51	Not applicable
Other		Not applicable

Reference and Administrative details

Charity name	A MILE IN HER SHOES
Other name the charity uses	NA
Registered charity number	1183760
Charity's principal address	c/o Capital Office Kemp House 152-160 City Road London EC1V 2NX

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	Carli-Louan Foster	Treasurer		
2	Mary Nicholls	Co-chair (from 7 October 2019 to 26 November 2020)	Trustee until 26 November 2020	
3	Jennifer Cirone	Co-chair (from 7 October 2019 to 26 November 2020), Chair (from 26 November 2020 to 28 January 2021)		
4	Nicola Miller		Trustee from 26 March 2020 to 29 July 2021	
5	Sarah Bridget Evershed	Secretary		
6	Celia Roberts			

7	Ross James Perriam			
8	Gemma Abbott		Until 30 January 2020	
9	Clare Louise Jenkins		Trustee from 18 August 2020	
10	Anna Lucy Robertson Bird		Trustee from 18 August 2020	
11	Victoria Kate Parker		Trustee from 18 August 2020	
12	Katherine Victoria Burt	Co-chair (from 26 November 2020 to 28 January 2021	Trustee from 18 August 2020	

Corporate trustees – names of the directors at the date the report was approved – None

Name of trustees holding title to property belonging to the charity – None

Funds held as custodian trustees on behalf of others – No assets held in this capacity

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)		
None (but Nicola Miller acted as voluntary chief executive for a period ending early 2020)		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not applicable

Other optional information

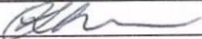
The charity trustees have had regard to the related Charities SORP Committee note of 23 March 2020 saying trustees should consider if information needs to be included to explain the impact of the COVID 19 situation on their charity. This information has been included elsewhere in the report but is summarised here.

- Delivery of services/activity sessions was restricted as noted in the section on operational activities and achievements.
A Mile in Her Shoes are proud of having found creative ways to continue to support beneficiaries during the Covid 19 pandemic lockdowns. For our beneficiaries, the continued support we provided at this time was especially valuable. The need to adapt and flex our model of support has also allowed A Mile In Her Shoes to think differently about how to deliver our impact, and demonstrated our resilience in the face of huge challenges to our delivery model.
- Our beneficiaries will have experienced significant change during the Covid-19 pandemic. For the small number who access our services who are rough sleepers, they will have been brought into temporary housing as part of the governments "Everybody In" scheme. The aim of this was not only to give rough sleepers a roof over their head during the public health emergency but also to engage rough sleepers with support to exit homelessness during this period. Many of our beneficiaries live in temporary housing which includes hostels, refuges and other types of supported housing. These are close living situations with shared facilities and therefore service disruption in these services will have been significantly disrupted in order to manage transmission. Staffing levels and contact time with staff will have been severely restricted and women will have been living in close contact with little opportunity to do anything else but remain in their rooms for significant periods of time. Women experiencing homelessness and multiple disadvantages frequently have additional health conditions and many of our beneficiaries are Black and Minoritised women who are at increased risk of adverse outcomes from Covid. This will have additionally impacted upon many of our beneficiaries.
- Team London All of our three target settings, Ealing, Lambeth and Brent are active. However, the pandemic meant that there was a long time-lag both in developing contacts and relationships with Social Prescribing link workers and getting referrals, particularly in Brent where sessions are only started in November. We now have effective contacts with five link workers.

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)	CARLI-LOUAN FOSTER	
Position (eg Secretary, Chair, etc)	TREASURER	
Date	31/01/22	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
A Mile In Her Shoes

On accounts for the year
ended

31 December 2020

Charity no
(if any)

1183760

Set out on pages

(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 **31/12/2020**.

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 (other than that disclosed below *) 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.

** Please delete the words in the brackets if they do not apply.*

Signed:

K Walker

Date:

27/1/2022

Name:

KELVIN WALKER

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

FCCA

Address:

5 Pendlewood Close

London

W5 1UB

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.