

MILESHYCLUB

England & Wales · Charity number 1183949

Details

Status Registered

Legal form CIO

Registered 2019-06-18

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

Contact

Address #MileShyClub
Bartle House
9 Oxford Court
Manchester
M2 3WQ

Phone 07403461240

Email hello@milesclub.com

Website www.milesclub.com

Activities

Objects: TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY ENCOURAGING PARTICIPATION IN SPORTS AND PHYSICAL ACTIVITIES WHICH IMPROVE FITNESS AND HEALTH, IN PARTICULAR IN THE SPORT OF RUNNING.

Activities: TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY ENCOURAGING PARTICIPATION IN SPORTS AND PHYSICAL ACTIVITIES WHICH IMPROVE FITNESS AND HEALTH, IN PARTICULAR IN THE SPORT OF RUNNING.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£61,744	£59,370	-	-
2024-03-31	£50,155	£40,705	-	-
2023-03-31	£14,087	£38,811	-	-
2022-03-31	£45,755	£10,509	-	-
2021-03-31	£3,451	£3,725	-	-

Trustees

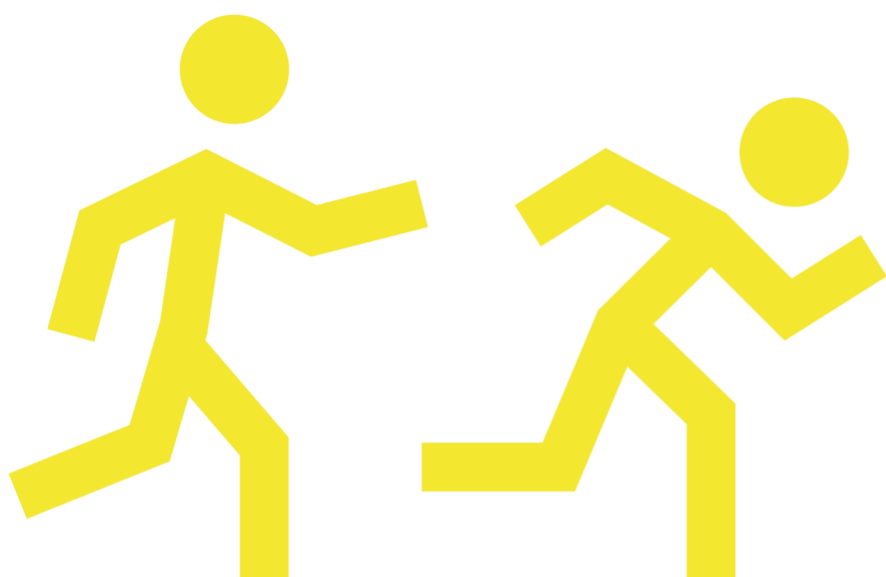
Name	Role	Appointed
Bramwell Appleton	Chair	2019-06-18
Anthony Frederick Charles Collier		2019-06-18
Charlotte Lyddon		2020-05-14
Parveen Earl		2022-01-23
Sasha Rudd		2020-05-14

Accounts



Annual Report of the Trustees

For the year ended 31 March 2025



#noonegetsleftbehind

Report of the Trustees for the year ended 31 March 2025

Structure, governance and management

The MileShyClub is constituted as a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 18th June 2019 under charity number 1183949. It is governed by a Constitution, last updated on 17th June 2019. Our registered office address is: Bartle House, 9 Oxford Court, Manchester, M2 3WQ.

Organisational structure

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet together quarterly with the CEO and are responsible for all decisions taken in relation to the management of the charity. To assist in the smooth running of the charity, an Operations Committee also meets at least every quarter.

The day-to-day management of the charity is looked after by the CEO who is supported by an Administration Assistant.

The 15 run clubs are led by teams of volunteers. 10 walking clubs are led by fitness professionals or equivalent. A mental health group is looked after by a team of two mental health professionals and supporting volunteers. Additional projects are delegated to appropriate volunteers and/or fitness professionals, depending on the nature of the work.

Recruitment and appointment of trustees

There have been no changes this year on the trustee board. Our current trustees are:

	Trustee name	Office
1	Bramwell Appleton	Chair
2	Anthony Collier	Financial Trustee
3	Charlotte Lyddon	
4	Sasha Rudd	
5	Parveen Earl	
6	Razia Shaikh-Patel	

A minimum of 3 trustees on the Board is required, with no maximum. Trustee recruitment is primarily through advertisement to club members, followed by advertising in the local community. Appointment of trustees is carried out by receipt of a written application, together with covering letter and cv, and an interview with at least two trustees.

Our aims and objectives

The MileShyClub aims to promote community engagement in healthy recreation by encouraging participation in physical activities which improve fitness, health, and wellbeing.

Our charity supports people to engage in physical activity in a safe, fun and accessible way, and everyone is welcome.

This year saw the launch of our first mental health group at Coppice Library in Sale which uses physical activity to improve the mental health of members in recovery from addiction.

Our activities

During the year, MileShyClub delivered inclusive, entry-level physical activity and wellbeing support across Greater Manchester to advance health, relieve isolation and strengthen community connections. Our programmes remained free or low-cost, volunteer-led, and open to all abilities, with a particular focus on beginners and people facing barriers to activity.

Beginner running & progression pathways

- Ran three cycles of the NHS Couch to 5k across our network (growing to 15 clubs by year-end), with hundreds of new runners aged 11–81 taking part.
- Held multiple graduation parkruns (including Alexandra, Wythenshawe, Peel), with volunteer takeovers to support host events and first-time participants. One graduation contributed to Alexandra's record attendance (680).
- Provided clear progression via 5k Improvers, 6–8k (Stretford) and 5–10k (Sale) groups, ensuring "No One Gets Left Behind".

Walking for wellbeing

- Launched new walking groups in Salford (Peel Park, Eccles, Swinton) and expanded Trafford provision (Old Trafford, Partington, Sale, Stretford, Trafford Centre), offering gentle 1–2 mile, coach-led walks with mobility warm-ups and cool-downs.
- Opened additional walking options alongside evening run clubs (e.g., Wythenshawe and Stretford) to create a low-pressure stepping stone into running or a social alternative for those who prefer to walk.

Recovery and mental health support

- Introduced MileShy Meet Up – The Recovery Project (funded by Achieve Recovery Services): weekly, face-to-face mental health group sessions at Coppice Library & Wellbeing Centre, Sale.
- Sessions were led by a Wellbeing Practitioner with rotating themes (meditation, nutrition, mindfulness, restorative/Kundalini yoga, creative activities, lived-experience speakers, and stargazing), free refreshments, and confidential sign-up.
- Participants received priority access to beginner running and walking offers, creating a supported pathway from recovery into regular, community-based activity.
- Secured continued funding to sustain the group into the winter period.

Volunteering, skills and community contribution

- Trained seven new Walk Leaders and mentored new run-coaches; delivered full volunteer takeovers at parkrun graduations and supported local events (e.g., Great Manchester Run, Manchester Marathon with 11 relay teams, marshals and cheer stations).
- Strengthened local ecosystems through regular MileShyOnTour parkrun visits, "chippy runs", and collaborations with community partners.

- Delivered talks and workshops for NHS teams, community groups and conferences on movement for mental health, cancer recovery and inclusive participation.
- Fundraised and hosted community events including the Sale Santa Dash (sold out; proceeds to MileShyClub), and participated in city-wide initiatives such as Beat the Streets, This Girl Can – Lift the Curfew and the 24hr Run Against Homelessness.

Inclusion and reach

- Continued targeted outreach (e.g., women-only Longsight indoor group), disability signposting (e.g., Beyond Empower), and media features (BBC Breakfast, Morning Live, England Athletics/RunTogether, local press) to reduce stigma, normalise entry-level activity and widen access.
- Grew to 15 clubs across Manchester, Salford, Stockport and Trafford, ensuring more residents can access safe, welcoming activity close to home.

Public benefit

All activities directly further our charitable purposes by improving physical and mental health, increasing confidence and social connection, and enabling sustained, community-led participation. Provision is inclusive, affordable, geographically spread, and delivered with strong volunteer involvement—maximising benefit to individuals and the wider community.

We have complied with our duty to regard public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Volunteer Contribution

Our charity remains predominantly volunteer led. The number of current volunteers is approximately 160. Volunteer recruitment has been difficult this year due to potential volunteers working longer hours or having childcare commitments whilst partners take on additional work.

Achievements and Performance

During 2024–25, MileShyClub continued to deliver its mission of helping people move more, feel better, and connect through inclusive, community-led running programmes across Greater Manchester. Our focus remained on supporting individuals who are new to exercise, building confidence and social connection through the simple act of running together.

This financial year, we started developing a reporting system to demonstrate our social impact.

Participation and Reach

Over the reporting year, MileShyClub engaged a total of 1,355 new participants across 10–12 local communities and this was reported on across two cycles. This is in addition to approximately 800 people attending MileShyClub sessions each week.

- March 2024 – August 2024: 795 participants joined sessions in Altrincham, Old Trafford, Partington, Sale, Salford Quays, Stretford, Swinton, Urmston, Worsley and Wythenshawe.

- September – December 2024: A further 560 participants took part, with new clubs launched in Bramhall, Cheadle, Chorlton, and Longsight, showing the charity's ongoing expansion and local demand.

Programmes included Couch to 5k, 5k Improvers, 5–10k and 6–8k sessions, offering accessible entry routes and achievable progression pathways for runners of all abilities.

Inclusion and Diversity

MileShyClub's community is welcoming and inclusive, drawing participants from all walks of life. Across both reporting periods:

- Around 15% of runners identified as being from ethnically diverse backgrounds, including Asian, Black, Mixed and Other groups.
- Sessions were delivered in partnership with local organisations to ensure that women, older adults, and individuals from underrepresented communities felt confident and supported to take part.
- Each session upheld the core club value that "no one gets left behind", ensuring accessibility and encouragement for every participant.

Social Impact and Wellbeing Outcomes

Independent surveys conducted before and after each programme cycle demonstrate significant improvements in physical activity, happiness, and social engagement.

Cycle 1 (March 2024 – Aug 2024)

- *Happiness* rose by **24.5%** (from 3.34 to 4.16 on a 5-point scale)
- *Community activity* increased by **56.7%** (from 2.17 to 3.40)
- *Weekly active time* grew from **30–60 minutes to over 150 minutes**, meeting national activity guidelines

Cycle 2 (Sept 2024 – Dec 2024)

- *Happiness* rose by **21%** (from 3.43 to 4.15)
- *Community activity* increased by **54.3%** (from 2.19 to 3.38)
- *Weekly active time* improved by **45%**, rising from 60–100 minutes to 100–150 minutes per week

These results confirm that MileShyClub not only helps people get physically active, but also improves mood, motivation, and social wellbeing, helping participants feel more connected to their local communities.

Participant Feedback and Case Studies

Hundreds of testimonials this year highlighted the transformative effect of the charity's work. Participants described improved fitness, confidence, and mental health, as well as the strong sense of belonging fostered within the groups:

"I started off really unsure about coming as I am old and overweight. I didn't think for a minute I could run... I have now run for 20 minutes!" – Debbie

"It's been like a switch has turned on in my brain. I'm just making healthier choices around exercise and food – the club has really motivated me." – Raheelah

"I absolutely love the Urmston MileShy group. I would never have believed that I could run 5k, but here I am, doing it every week with their support." – Participant, Urmston

"As somebody who suffers from social anxiety and a lack of confidence, this journey has transformed my self-belief in many areas. This club is so, so, so much more than a running club." – Wayne

Participants frequently reported secondary benefits such as improved mental health, weight loss, reduced isolation, and increased volunteering or engagement with other community activities.

Wider Impact and Recognition

- The club's model of trained volunteer coaches continues to underpin its sustainability, with coaches acting as role models and community connectors.
- The "graduation parkruns" marking the completion of each 9-week Couch to 5k cycle have become key milestones, celebrated by participants and their families.
- Feedback from partners and local councils recognises MileShyClub as an exemplar of inclusive physical activity, combining public health impact with community spirit.

Summary

In 2024–25, MileShyClub helped welcome over 1,300 individuals start or continue their physical activity journey, demonstrating clear improvements in health, happiness, and community engagement. This is alongside the current club membership. The evidence gathered across two programme cycles reinforces that the charity's friendly, volunteer-led model makes a measurable and lasting difference — not just in miles run, but in confidence gained, friendships formed, and lives changed.

Financial Review

Our income for the year ended 31/03/25 was £61,744.00 with expenditure of £59,370.00. Reserves are retained to fund ongoing planned activities. At the year end, reserves of £24,485 were held.

We hold no funds as custodian trustees on behalf of others.

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)	Bramwell Appleton
Position (eg. Secretary, Chair, ect)	Chair
Date	31/10/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
MileShyClub

No (if any)
1183949

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2024

To

Period end date
31/03/2025

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					
Membership subscriptions	15,465	-	-	15,465	14,075
Donations, legacies and grants	3,223	21,003	-	24,226	27,881
Fundraising events	4,627	-	-	4,627	3,043
Consultancy income	8,982	-	-	8,982	-
Merchandise income	8,444	-	-	8,444	5,305
Interest	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	40,741	21,003	-	61,744	50,304
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	40,741	21,003	-	61,744	50,304
A3 Payments					
Advertising and marketing	2,607	832	-	3,439	1,773
Audit and accountancy fees	1,414	-	-	1,414	418
Charitable and political donations	363	-	-	363	499
Computer costs	665	-	-	665	638
Cost of fundraising activities	752	-	-	752	1,062
General expenses	331	87	-	418	862
Insurance	103	-	-	103	140
Legal expenses	440	-	-	440	444
Printing, postage and stationery	633	-	-	633	128
Rent	-	1,704	-	1,704	-
Salaries	11,848	23,033	-	34,881	22,587
Social events	102	-	-	102	997
Staff training	1,085	1,440	-	2,525	1,900
Subscriptions	8	-	-	8	35
Goody bag and merchandise	10,883	-	-	10,883	8,862
Sundry equipment	428	592	-	1,020	535
Telephone & Internet	20	-	-	20	-
Sub total	31,682	27,688	-	59,370	40,880
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	31,682	27,688	-	59,370	40,880
Net of receipts/(payments)	9,059	- 6,685	-	2,374	9,424
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,234	13,877	-	22,111	12,687
Cash funds this year end	17,293	7,192	-	24,485	22,111

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	Cash at bank	16,192	7,193	-
		-	-	-
		-	-	-
	Total cash funds	16,192	7,193	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Inventory - T-shirt and Vests	Unrestricted	1,100	1,100
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Office equipment	Unrestricted	114	-
	Computer equipment	Unrestricted	522	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	
		Jane Dennison	20/10/2025	



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
MileShyClub

On accounts for the year
ended

31/03/2025

Charity no
(if any)

1183949

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 / 03 / 2025**.

Responsibilities and
basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report 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:

Date:

20/10/2025

Name:

Sudipta Moore

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

FCA (ICAEW)

Address:	1 Northway
	Altrincham
	Cheshire, WA14 1NN

Section B

Disclosure

Only complete if the examiner needs to highlight material 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.

None

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1 April 2023 To 31 March 2024

Charity name: MileShyClub

Charity registration number: 1183949

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The MileShyClub aims to promote community engagement in healthy recreation by encouraging participation in sports and physical activities which improve fitness, health, and wellbeing, in particular in the sport of running. Our charity supports people to engage in physical activity in a safe, fun and accessible way, and everyone is welcome.
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	We deliver beginner running clubs with multiple sessions across Greater Manchester, in Sale, Urmston, Old Trafford, Partington, Stretford, Altrincham, Wythenshawe, Worsley, Swinton and Salford Quays. We deliver beginner walking clubs in Partington, Stretford, Sale, Old Trafford Limelight, Urmston and The Trafford Centre as well as one off walks for various projects, such as Longford Park walks in collaboration with GM Ringway. We took part in the GM Walking Festival and organise rural walks to make the countryside more accessible to those who might not typically have the opportunity to explore it. We organise and deliver a variety of activities focused on physical and mental health, including dog runs, mental health runs, participation in multiple races, social events, parkruns and evening trail runs. Additionally, we host an annual charity Santa Dash. We also deliver Run coaching and Walk Leader training to volunteers.

		We work alongside other local VCSE organisations to help promote active lifestyles.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We have complied with our duty to have public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	We have seen a substantial increase in the number of volunteers (120) supporting our charity over the last financial year. Our volunteers are integral to the survival of our charity and make a significant contribution in supporting our members.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	We actively engage with the public to encourage people into exercise, primarily focusing on beginner running and beginner walking. We have created a welcoming, inclusive community that supports its member to achieve their goals. This year, we have grown significantly by increasing participation and expanding our running and walking sessions across Greater Manchester. We have launched beginner run clubs in the boroughs of Salford and Manchester, broadening our reach and impact. We have improved the mental health of our members and supported those with long term health conditions and those who experiencing loneliness or social isolation.

Additional information (optional)

You may choose to include further statements where relevant about:

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

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Our income for the year ended 31/03/24 was £50,154.88 with expenditure of £40,705.02. This is a much stronger financial position than the previous financial year which reflects a period of high demand for our service and also post-covid recovery.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are retained to fund ongoing planned activities
Amount of reserves held	Para 1.22	At the year end, reserves of £9,449.86 were held.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No concern. We are predominantly focused on growing our beginner run club offer to attract new members.

Additional information (optional)

You may choose to include further statements where relevant about:

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

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	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	A minimum of 3 trustees on the Board is required, with no maximum. Trustee recruitment is primarily through advertisement to club members, followed by advertising in the local community, then advertising on 'Trustees Unlimited' website. Appointment of trustees is carried out by receipt of a written application, together with covering letter and cv, and an interview with at least two trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

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

Reference and Administrative details

Charity name	MileShyClub
Other name the charity uses	#MileShyClub, The MileShyClub, Mile Shy Club
Registered charity number	1183949

Charity's principal address	Bartle House 9 Oxford Court MANCHESTER M2 3WQ

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	Bramell Appleton	Chair		
2	Anthony Collier	Financial Trustee		
3	Charlotte Lyddon			
4	Sasha Rudd			
5	Parveen Earl			
6	Razia Shaikh-Patel			
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17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

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)

Jane Dennison, Founder and CEO

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Bramwell Appleton	
Position (eg Secretary, Chair, etc)	Chair	
Date	21/11/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
MileShyClub

No (if any)
1183949

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2023

To

Period end date
31/03/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Membership subscriptions	14,075	-	-	14,075	10,500
Donations, legacies and grants	1,614	26,267	-	27,881	1,978
Fundraising events	3,043	-	-	3,043	-
Merchandise income	5,305	-	-	5,305	1,608
Interest	-	-	-	-	1
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	24,037	26,267	-	50,304	14,087
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,037	26,267	-	50,304	14,087
A3 Payments					
Advertising and marketing	807	966	-	1,773	1,866
Audit and accountancy fees	418	-	-	418	994
Charitable and political donations	499	-	-	499	1,484
Computer costs	638	-	-	638	682
Cost of fundraising activities	1,062	-	-	1,062	438
General expenses	862	-	-	862	779
Insurance	140	-	-	140	177
Legal expenses	444	-	-	444	-
Printing, postage and stationery	128	-	-	128	472
Salaries	12,594	9,993	-	22,587	23,408
Social events	718	279	-	997	1,731
Staff training	748	1,152	-	1,900	1,001
Subscriptions	35	-	-	35	35
Goody bag and merchandise	8,862	-	-	8,862	5,014
Sundry equipment	535	-	-	535	799
Sub total	28,490	12,390	-	40,880	38,880
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	28,490	12,390	-	40,880	38,880
Net of receipts/(payments)	- 4,453	13,877	-	9,424	- 24,793
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	12,687	-	-	12,687	37,480
Cash funds this year end	8,234	13,877	-	22,111	12,687

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	Cash at bank	8,234	13,877	-
		-	-	-
		-	-	-
	Total cash funds	8,234	13,877	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Office equipment	Unrestricted	114	-
	Computer equipment	Unrestricted	522	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	
		Jane Dennison	15/01/2025	



Section A

Independent Examiner's Report

Report to the trustees

Charity Name

MileShyClub

On accounts for the year
ended

31/03/2024

Charity no
(if any)

1183949

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 31/03/2024/YY.

Responsibilities and
basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report 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:

S. Moore

Date:

15/01/2025

Name:

Sudipta Moore

Relevant professional
qualification(s) or body

FCA (ICAEW)

(if any):

--

Address:

1 Northway

Altrincham

Cheshire, WA14 1NN

Section B

Disclosure

Only complete if the examiner needs to highlight material 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.

None

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1 April 2022 To 31 March 2023

Charity name: MileShyClub

Charity registration number: 1183949

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The MileShyClub aims to promote community participation in healthy recreation by encouraging participation in sports and physical activities which improve fitness and health, in particular in the sport of running. Our charity supports people to access physical activity in a safe, fun and accessible way, and everyone is welcome.
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	We deliver beginner running clubs with multiple sessions in Sale, Urmston, Old Trafford, Partington and Stretford. We deliver beginner walking clubs in Partington, Stretford, Sale, Old Trafford Limelight, Old Trafford Wellbeing Centre, Urmston and The Trafford Centre. We deliver activities based on themes of physical and mental health – dog runs, mental health 'Run and Talk' runs, attend Great Manchester Run, parkruns and evening trail runs. We host an annual charity Santa Dash. We also deliver Run coaching and Walk Leader training to volunteers. We work alongside other local VCSE organisations to help promote active lifestyles.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We have complied with our duty to have public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	We have engaged with the public to encourage people into exercise, predominantly beginner running and beginner walking. We have created a welcoming, inclusive community that support its member to achieve their goals. We have expanded our offering this year by increasing our numbers and offering more running and walking sessions. We have improved the mental health of our members and supported those with long term health conditions and those who may be lonely/isolated.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives	Para 1.41	

set		
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Our income for the year ended 31/03/24 was £14,087.01. Our expenditure of £38,811.16 was funded from reserves carried over from the previous financial year in which we received funding from the Trafford Housing Trust for an 18 month project (to deliver walking groups).
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are retained to fund ongoing planned activities
Amount of reserves held	Para 1.22	At the year end, reserves of £12,512 were held (£37,305 at the end of the previous year)
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No concern. Whilst our funding for the walking groups ended this year, we have used the funds from the running club income to continue the walking clubs. Since the end of lockdown, there seems to be a shortfall of funding opportunities. We have ambitious plans for growth and intend to open more running clubs which will contribute to the growth of the charity.

Additional information (optional)

You may choose to include further statements where relevant about:

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

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	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	A minimum of 3 trustees on the Board is required, with no maximum. Trustee recruitment is primarily through advertisement to club members, followed by advertising in the local community, then advertising on 'Trustees Unlimited' website. Appointment of trustees is carried out by receipt of a written application, together with covering letter and cv, and an interview with at least two trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

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

Reference and Administrative details

Charity name	MileShyClub
Other name the charity uses	#MileShyClub, The MileShyClub, Mile Shy Club
Registered charity number	1183949

Charity's principal address	38 Church Lane Sale M33 5QP

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	Bramell Appleton	Chair		
2	Anthony Collier	Financial Trustee		
3	Charlotte Lyddon			
4	Sasha Rudd			
5	Parveen Earl			
6	Razia Shaikh-Patel			
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

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)

Jane Dennison, Founder and CEO

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

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)

Bramwell Appleton	
-------------------	--

Position (eg Secretary,
Chair, etc)

Chair	
-------	--

Date

08/05/24

Cash Summary

Mile Shy Club

For the year ended 31 March 2023

2023

Income

Bank interest received	1.26
Donations received	109.97
EA subscription fee received	16.00
Grant income	1,868.00
Membership and event income	8,072.90
Merchandise income	1,608.22
Santa dash ticket sales	2,410.66
Total Income	14,087.01

Less Expenses

Advertising & Marketing	1,865.84
Audit & Accountancy fees	993.60
Bank Fees	34.69
Charitable and Political Donations	1,483.86
Computer costs	681.63
EA subscription fee paid	438.00
General Expenses	557.56
Goody bag expenditure	375.47
Insurance	177.32
Merchandise expenditure	3,206.17
Printing, Postage and Stationery	471.69
Salaries	23,407.87
Santa dash expenditure	1,433.48
Session equipment	730.07
Socials	1,731.25
Staff Training	1,000.60
Subscriptions	34.89
Travel	187.17
Total Expenses	38,811.16

Surplus (Deficit) (24,724.15)

Plus Other Cash Movements

Fixed Assets	(69.15)
Total Other Cash Movements	(69.15)

Net Cash Movement (24,793.30)

Summary

Opening Balance	37,305.27
Plus Net Cash Movement	(24,793.30)
Cash Balance	12,511.97

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1 April 2021 To 31 March 2022

Charity name: MileShyClub

Charity registration number: 1183949

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The MileShyClub aims to promote community participation in healthy recreation by encouraging participation in sports and physical activities which improve fitness and health, in particular in the sport of running. Our charity supports people to access physical activity in a safe, fun and accessible way, and everyone is welcome.
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	We deliver volunteer-led weekly beginner running sessions to members of the Trafford community. Our clubs are based in Sale, Urmston, Old Trafford, Partington and Stretford. From 1 March 2022, we also deliver weekly beginner walking sessions for those with long term health conditions, long covid and disabilities across 5 clubs in Sale, Old Trafford (x2 clubs), Partington and Stretford. We also organise social gatherings at running events such as parkrun. We deliver track sessions for the wider running community, 10k training and provide volunteers for community events. We also deliver mental health focussed events.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We have complied with our duty to have due regard to the Charity Commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Contribution made by volunteers	Para 1.38	Our volunteers are integral to the success of our beginner running clubs. From 1 April 2021 to 28 February 2022, our 5 beginner running clubs were volunteer-led by 17 England Athletic Running Leaders, and managed on a voluntary basis. We also have an additional 20 volunteers who support with hosting community events and club merchandise sales. From 1 March 2022, 5 beginner walking groups were launched thanks to grant funding. This covers delivery of the walking groups, a 20 hour a week freelance admin assistant and management costs of 8 hours a week. The running clubs remain voluntary-led in all aspects.
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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	As at 31 March 2022, the club has 1,972 members. Our members take part in a structured training programme to help improve their cardiovascular fitness, as well as improving their mental health and connecting with others in their local community. During lockdown, we provided free online fitness sessions which were open to all to keep people connected and our strong social media presence helped offer support to others remotely. During lockdown we also part-funded local fitness instructors to deliver online sessions. Our members build their confidence and regularly volunteer with other local charities. We also support other running clubs by providing training to future Run Leaders and funding physical first aid training to those working in voluntary roles in the fitness sector.
Performance of fundraising activities against objectives set	Para 1.41	We charge our members £2 on a pay-as-you-go basis to raise funds for our charity. We also raise funds through merchandise sales and through volunteering at races.

		This financial year, we were awarded 3 grants to support the launch of a Walking Group Project: 1. Trafford Housing Trust - recovery fund We were awarded £23,356 over 15 months. The funding covers the establishment of 5 beginner walking groups, admin support and development of a Walk Leader programme. We received this on 10th January 2022. 2. Trafford Council - Winter Resilience Fund We were awarded £4,990 to support the extension of the above project by 3 months. We received this on the 17th December 2021. 3. GM Moving (Greater Sport) - Tackling Inequalities Fund We were awarded £6,278 for additional admin cover (10 hours) and additional walking group cover costs. We received this on the 4th March 2022. We received an additional grant of £1,940 from Greater Sport to support the relaunch of our Old Trafford and Partington groups which were disproportionately impacted by covid which resulted in a loss of coaches. We also received a payment of £2,000 in unrestricted funds from Human Race (the Trafford Active Fund).
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Financial Review

	SORP reference	
Review of the charity's financial position at the end of the period	Para 1.21	We are pleased with the financial position of our charity at the year end, given the impact previously covid had on our ability to conduct face-to-face sessions. Due to the impact of covid, we have been able to access additional funding which means we have played a part in covid recovery within the Trafford community. We anticipate that our continued commitment and good results with improving the health and wellbeing of our community is likely to result in additional income in the future.

Amount of reserves held	Para 1.22	At the end of the year, the charity held £37,306 in reserves. £33,844 is held for restricted purposes.
The charity's principal sources of funds (including any fundraising)	Para 1.47	Our aim is to secure additional funding in 2023 to help improve our charity structure and set the foundation for wider growth. We envisage a need for future funding to support the walking groups and management of the running groups.
A description of the principal risks facing the charity	Para 1.46	Covid had an impact on our income this year as we were unable to run our face-to-face sessions and this remains a risk factor, although we were able to return to outdoor sessions earlier than indoor fitness provision.

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	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	A minimum of 3 trustees on the Board is required, with no maximum. Trustee recruitment is primarily through advertisement to club members, followed by advertising in the local community, then advertising on 'Trustees Unlimited' website. Appointment of trustees is carried out by receipt of a written application, together with covering letter and cv, and an interview with at least two trustees.
Policies and procedures adopted for the induction and training of trustees	Para 1.51	Newly appointed trustees are provided with a copy of the Constitution, the latest Trustees' Report and statement of accounts. Trustees are invited to undertake additional training, and a trustee audit was carried out during this financial period to establish skills gaps on the board. Following this, we appointed two additional trustees on 23 January 2022.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The trustees are the charity's only voting members. There is a Board of 6 trustees, including a Chair and Financial Trustee.

		The club is managed by a CEO and admin assistant
Relationship with any related parties	Para 1.51	Our charity has good working relationships with local Trafford organisations in the VCSE sector, particularly: Beyond Empower Trafford Community Collective Blu Sci Voice of BME Weta Pakistani Resource Centre Age UK Trafford Friends of Victoria Park Trafford Conservation Volunteers

Reference and Administrative details

Charity name	MileShyClub
Other name the charity uses	#MileShyClub, The #MileShyClub
Registered charity number	1183949
Charity's principal address	38 Church Lane Sale M33 5QP

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	Bramwell Appleton	Chair		
2	Anthony Collier	Financial Trustee		
3	Charlotte Lyddon			
4	Sasha Rudd			
5	Parveen Earl		From 23 January 2022	
6	Razia Shaikh-Patel		From 23 January 2022	

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

Trustee name	Dates acted if not for whole year	
None		

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Financial	MBL (Business and Tax Advisers) Ltd	2 nd Floor Fairbank House 27 Ashley Road Altrincham Cheshire WA14 2DP

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

Jane Dennison (CEO)

Exemptions from disclosure

Reason for non-disclosure of key personnel details

None

Declarations

Signature(s)	
Full name(s)	Jane Dennison
Position (eg Secretary, Chair, etc)	CEO
Date	01/12/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

MileShyClub

1183949

Receipts and payments accounts

CC16a

For the period
from

01.04.2021

To

31.03.2022

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					
Fundraising events	2,062	-	-	2,062	45
Donations, legacies and grants	2,290	36,564	-	38,854	1,920
Member subscriptions	4,839	-	-	4,839	1,486
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	9,191	36,564	-	45,755	3,451
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,191	36,564	-	45,755	3,451
A3 Payments					
Advertising and marketing	557	426	-	984	311
Audit and accountancy fees	372	-	-	372	317
Bank fees	1	-	-	1	-
Charitable and political donations	633	-	-	633	696
Computer costs	378	-	-	378	642
Cost of fundraising activities	2,232	-	-	2,232	1,084
Entertaining	-	-	-	-	-
General expenses	441	517	-	958	223
Insurance	-	-	-	-	60
Printing, postage and stationery	204	-	-	204	66
Salaries	130	1,618	-	1,747	-
Staff training	2,621	160	-	2,781	106
Subscriptions	220	-	-	220	220
	-	-	-	-	-
Sub total	7,789	2,720	-	10,509	3,725
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,789	2,720	-	10,509	3,725
Net of receipts/(payments)	1,402	33,844	-	35,246	- 274
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,060	-	-	2,060	2,334
Cash funds this year end	3,462	33,844	-	37,305	2,060

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	Cash at Bank	3,462	33,844	-
		-	-	-
		-	-	-
	Total cash funds	3,462	33,844	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use				
	Computer Equipment		522	-
	Office Equipment		114	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Jane Dennison	01/12/2023	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
MileShyClub

On accounts for the year
ended

31 March 2022

Charity no
(if any)

1183949

Set out on pages

12 to 13

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2022.

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:

Michael J Bulcock

Date:

01/12/2023

Name:

Michael John Bulcock

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

FCA

Address:

2nd Floor
Fairbank House
27 Ashley Road

Section B

Disclosure

Only complete if the examiner needs to highlight material 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.

None

Accounts

Cash Summary
Mile Shy Club
For the 12 months ended 31 March 2021
Excluding VAT

Mar 2021

Income

Donations received	£77.00
EA subscription fee received	£45.00
Grant income	£1,843.00
Membership and event income	£1,486.16
Total Income	£3,451.16

Less Operating Expenses

Advertising & Marketing	£311.19
Audit & Accountancy fees	£316.80
Charitable and Political Donation	£696.35
Computer costs	£642.08
EA subscription fee paid	£240.00
Entertaining	£120.00
General Expenses	£102.65
Goody bag expenditure	£66.22
Insurance	£59.99
Merchandise expenditure	£23.85
Printing, Postage and Stationery	£66.04
Session equipment	£754.30
Staff Training	£106.00
Subscriptions	£219.69
Total Operating Expenses	£3,725.16

Operating Surplus (Deficit)	-£274.00
------------------------------------	-----------------

VAT Movements

VAT Inputs	£0.00
VAT Outputs	£0.00
Net VAT Movements	£0.00

Net Cash Movement	-£274.00
--------------------------	-----------------

Summary

Opening Balance	£2,333.67
Plus Net Cash Movement	-£274.00
Closing Balance	£2,059.67