



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