



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			
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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)

	
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Full name(s)

Bramwell Appleton	
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Position (eg Secretary,
Chair, etc)

Chair	
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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