



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			
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

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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):

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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