

Runspire Together

England & Wales · Charity number 1202920

Details

Other names BULWELL RUNNERS, RunSpire Nottingham

Status Registered

Legal form CIO

Registered 2023-05-03

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

Contact

Address Runspire Nottingham
NBV Enterprise Solutions
6 David Lane
Nottingham
NG6 0JU

Phone 07482717972

Email hello@runspire-notts.com

Website www.runspire-notts.com

Activities

Objects: THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY PROMOTING AND PROVIDING ACCESS TO HEALTHY RECREATION AND PROVIDING OR ASSISTING IN THE PROVISION OF TRAINING IN SUBJECTS RELATING TO MENTAL HEALTH AND MENTAL HEALTH FIRST AID.

Activities: The charity advocates for the benefits of running, walking and Nordic walking in enhancing fitness, well-being, positive mental health, and fostering social interactions. Firmly believing in the transformative power of group exercise, we aspire to assist individuals in reaching their objectives, be it related to health improvement, fitness enhancement.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Amateur Sport
- **Who:** The General Public/mankind

Geography

- Nottingham City
- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£43,415	£38,037	-	-
2024-04-05	£4,152	£4,105	-	-

Trustees

Name	Role	Appointed
Paul James Dunnery	Chair	2026-02-26
Amanda Smith		2023-05-03
Beverley Mellors		2023-05-03
Graham McLean		2025-11-23
Peter Smith		2024-05-20

Runspire Together

England & Wales - Charity number 1202920

Accounts

Runspire Together Trustees' Annual Report 2024 - 2025

Charity Details:

Runspire Together (CIO) & Working Title: Runspire Nottingham

Registered Charity in England & Wales No: 1202920

Bulwell Runners | NBV Enterprise Centre | 6 David Lane | Nottingham | NG6

0JU | Telephone: 07482 717972

Email: hello@runspire-notts.com

Website: www.runspiretogether.com

Management Committee:

Paul Hopkins: Founder and CEO

Amanda Smith: Trustee

Beverley Mellors: Trustee

Peter Smith: Trustee

Graham McLean: Trustee

Paul Dunnery: Trustee

Runspire Together Trustees' Annual Report May 2024 - 2025

1. Introduction

Runspire Together is a not-for-profit organisation dedicated to promoting physical activity, mental health, and wellbeing through running, walking, and Nordic walking sessions. Our mission is to empower individuals of all ages and backgrounds to adopt active lifestyles and foster a sense of community and belonging.

2. Structure, Governance, and Management

Runspire Together operates as a registered charity governed (Charitable Incorporated Organisation (CIO)) by a board of trustees. The organisation follows a formal constitution, and trustees are recruited based on their expertise and commitment to our mission. New trustees undergo induction and training to ensure effective governance.

3. Objectives and Activities

OBJECTIVES:

- To promote physical and mental wellbeing through accessible community fitness programs.
- To support social inclusion by creating safe and welcoming spaces for participants of all abilities.
- To train volunteers, leaders, mental health champions and mental health first aiders, enhancing community involvement.

ACTIVITIES:

- Couch to 5K programs at various community hubs, enabling participants to build running confidence.
- Wellness Social Walks designed to promote mental health and social connection.
- Nordic Walking sessions providing low-impact fitness opportunities.

4. Ensuring our work delivers our aims

HOW DO WE ENSURING OUR WORK DELIVERS OUR AIMS?

- Runspire Together ensures its work delivers its aims by setting clear, measurable goals aligned with its mission to promote fitness, wellbeing, and mental health.
- Regular monitoring through attendance tracking, participant feedback, and impact questionnaires.
- Leadership development and volunteer training ensure high-quality delivery, while quarterly reviews and impact reports maintain transparency.
- Continuous improvement, based on feedback and pilot testing, allows programs to adapt to community needs, ensuring sustainability through financial planning, volunteer growth, and structured expansion into 15 new locations over the next three years.

5. Achievements and Performance

RUNSPIRE NOTTINGHAM HAS:

- 2537 participants checked-in to sessions, up from previous year.
- We received a grant from the National lottery community fund.
- Increase diversity by opening up new Nordic walking locations in Strelley and St. Anns.
- Increase diversity by opening up new couch to 5K locations in West Bridgford and Bilborough.
- Partnered with Travel Well Nottingham and NHS Live Team to deliver walks and Nordic walking
- Trained 4 run leaders (LiRF), 6 first aiders, 1 Nordic walking Instructor.

- Celebrated by Active notts for making your move scheme.

5. Financial Review

INCOME DURING THE YEAR PRIMARILY CAME FROM:

- Grant: £17,360.00 | National Lottery Community Fund
- Grant: £9,000 | Travel Well Nottingham (Nottingham City Council)
- Grant: £3497.00 | Sport England
- Runspire for the Green Social Project Funding £5000
- Session fees from running, walking, and Nordic Walking programs.

EXPENDITURE FOCUSED ON:

- Instructor training and leader development.
- Charity development.
- Marketing, equipment, and session delivery.
- Volunteer development and community engagement.
- Freelance coaches and charity development officers.

6. Future Plans

KEY GOALS FOR THE NEXT YEAR INCLUDE:

- Expand sessions into new communities and increase the number of active locations
- Deliver multiple Couch to 5K and walking programmes to grow participation
- Recruit and train volunteers to strengthen leadership capacity
- Develop youth and wellbeing-focused community projects
- Strengthen partnerships with local venues and organisations
- Secure funding to support expansion and sustainability
- Build organisational structure and governance in preparation for growth
- Increase visibility and engagement through marketing and outreach

7. Risks and Challenges

IDENTIFIED CHALLENGES INCLUDE:

- Capacity pressure from rapid expansion across multiple locations
- Recruiting and retaining enough trained volunteers to maintain safe delivery
- Reliance on external funding to support growth and sustainability
- Weather impacting attendance and consistency of outdoor sessions
- Balancing quality of delivery while increasing participant numbers
- Volunteer burnout and leadership workload concentration
- Limited organisational infrastructure during a period of growth
- Reaching and engaging underserved communities consistently
- Maintaining safeguarding, safety, and governance standards at scale

8. Governance and Compliance

RUNSPIRE Together COMPLIES WITH CHARITY COMMISSION REGULATIONS AND MAINTAINS POLICIES FOR:

- Safeguarding vulnerable participants.
- Equality, diversity, and inclusion.
- Health and safety during sessions.

9. Statement of Responsibilities of Trustees

The trustees are responsible for ensuring proper financial management and compliance with legal standards. The accounts and this report have been prepared in accordance with the Charities Act.

10. Appendices

1. Financial Statements (Income and Expenditure).

2. Case Studies and Testimonials from Beneficiaries.

Runspire Together CIO | (Working Title) Runspire Nottingham

Financial statements
for the year ended 05/04/2025

Page Contents

7. Annual report
8. Receipts & payments account
9. Statement of assets & liabilities
10. Notes to the accounts
11. Case Studies

Runspire Together Annual Report for end of year 05/04/2025

Main address

Runspire Together , NBV Enterprise Centre, 6 David Lane, Nottingham. NG6 0JU.

Committee members

Founder / CEO: Paul Hopkins. Trustees: Mandy Smith, Beverley Mellors. Peter Smith, Graham McLean, and Paul Dunnery.

Bankers

Virgin Money.

Governance and management

The Constitution was written, submitted, and registered on the 3rd of May 2023.

Aims and objectives

The preservation and protection of good physical and mental health for the public benefit by promoting and providing access to healthy recreation and providing or assisting in the provision of training in subjects relating to mental health and mental health first aid.

Summary of the main achievements during the period

Between April 2024 and April 2025, Runspire Together recorded 2,537 participant check-ins, a significant increase on the previous year. Alongside securing funding from the National Lottery Community Fund to support continued growth. We expanded access and diversity by launching new Nordic walking locations in Strelley and St Ann’s, and new Couch to 5K programmes in West Bridgford and Bilborough.

Strong partnerships with Travel Well Nottingham and the NHS Live Team enabled us to deliver additional walking and Nordic walking opportunities. Workforce development remained a priority, with 4 Run Leaders trained (LiRF), 6 volunteers gaining first aid qualifications, and 1 Nordic walking instructor certified. Our impact was recognised by Active Notts through the Making Your Move scheme.

Signed on behalf of the committee:

Signed  _____

Date: 29/01/2026

Paul Hopkins – Founder / CEO

Runspire Together CIO (Runspire Nottingham)

Receipts & payments account for the year ended 05/04/2025

Receipts

£

Grants	£29,882.00
Donations	£0.00
Membership Fees Sales	£13,533.00
Bank Interest	£25.00
Other Receipts	£0.00
Totals	<u>£43,415</u>

Payments

Freelancer Costs	£20,722
Cost of Sales	£1297
Rent	£2,191
Computer and Software Costs	£3593
Volunteer / Staff Courses	£1835
Publicity & Marketing	£4,842
Insurance	£297
Legal & Professional	£197
Printing	£84
Hospitality	£154
Miscellaneous	£2127
Volunteer Expenses	£34
Office Costs	£334
Website Costs	£169
Total Payments	<u>£38,037</u>
Net Receipts (Payments)	<u>£5,378</u>
Bank and cash at the start of period	£133
Bank and cash at the end of period	<u>£5,512</u>

Runspire Together
Statement of assets and liabilities
at *Date*

Cash Assets	£
Current Account	£5,512
Deposit account	£0
Petty Cash	£0
Bank and cash at the end of period	<u>£5,512</u>

These financial statements are accepted on behalf of the organisation

by: Signed  _____ Dated

29/01/2026

1. Receipts Membership Payments and Sales.

£13,533.00

2. Grants.

£29,882.00

3. Expenditure.

£38,037

Case Studies:

Runspire Couch to 5K: More Than Just a Fitness Plan

Runspire's Couch to 5K (C25K) programme isn't just about running. It's about **community, confidence, and transformation**. By breaking the 5K distance into manageable steps, the programme helps participants overcome personal, physical, and mental barriers while improving their quality of life.

1. Boosting Mental Health and Emotional Resilience

Running with Runspire has a **profound impact on mental wellbeing**:

- **Anxiety & "Brain Fog"**: Many use the sessions to switch off and manage anxiety.
 - **Coping with Grief**: For those experiencing loss, the programme provides a positive outlet and a fresh perspective.
 - **The "Runner's Buzz"**: Even those starting in a low mood leave feeling "a hundred times better," enjoying a natural post-run high.
-

2. Combating Isolation and Loneliness

C25K creates a **supportive social space**, helping people feel connected:

- **Support for Carers**: Bimal, a full-time carer, says the programme helps fight the loneliness that comes with caregiving.
 - **Settling in New Areas**: Newcomers find a welcoming community, making them feel "settled" quickly.
 - **Lifelong Friendships**: Many participants form lasting bonds, meeting outside sessions to run together.
-

3. Overcoming Physical and Safety Barriers

The programme makes fitness accessible for everyone:

- **Safety for Women**: Group runs provide a safe space, even on dark winter nights.

- **Inclusive Pacing:** Walking, jogging, or “shuffling” is encouraged—every step counts.
- **Body Positivity:** Completing the programme builds pride in what the body can achieve, shifting focus from appearance to ability.

Participant Transformations

Participant	Before Runspire	After Runspire
Bimal (48)	“Literally couch”; high anxiety	Graduated; now advocates for “getting off the couch”
Bea (31)	Inactive; struggling with anxiety	Completed the Santa Run; feels accomplished and less lonely
Louise	Routine-bound; “quiet and reserved”	Outgoing; breathing improved; made friends for life
Meave	Wanted aerobic fitness; dealing with loss	Regularly attends Park Runs; finds group motivation essential

The Runspire Model: Why It Works

The success of participants comes from three core pillars:

1. **Group Accountability:** Seeing others push through motivates everyone to keep going.
2. **Leadership:** Coaches provide guidance, encouragement, and fun, helping participants finish the course successfully.
3. **Low Pressure:** A “no judgment” environment lets everyone go at their own pace—running, walking, or shuffling.

Final Word from the Runners

The message is clear: “**Don’t overthink it.**” Whether your goal is better health, improved mental wellbeing, or simply more smiles, Couch to 5K offers a **friendly, supportive starting point for anyone.**



Case Study: Julie's Nordic Walking Transformation

Meet Julie, 61, a retired teaching assistant from Derby, whose journey with Runspire Nordic Walking turned retirement inertia into vitality, confidence, and connection.

The Challenge: Breaking Free from Retirement Inertia

Before joining Runspire, Julie's activity was, in her own words, "*very much nothing.*" Her daily movement was limited to short walks to and from work. Retirement left her feeling **stuck at home** and increasingly isolated. Add to that the **anxiety about getting older**, and Julie knew she needed a way to improve her fitness and wellbeing.

The Solution: Taking the First Step

When Julie's husband spotted a Runspire Nordic walking group designed for women over 40 who weren't currently active, she was intrigued—but nervous. She worried about **her fitness level, looking silly, or holding people back**. Despite her fears, she took the leap and joined the group.

The Transformation: From Breathless to Bold

Since starting, Julie has experienced remarkable changes:

- **Peak Physical Fitness:** She now conquers the steep hills of Darley Park without losing her breath.
 - **A Fitness Chain Reaction:** Nordic walking motivated her to explore other activities; she's now swimming and attending a gym—things she never imagined doing before.
 - **Mental Well-being:** Time outdoors has lifted her mood, reduced feelings of loneliness, and given her a more positive outlook.
 - **Social Connection:** The group is "like a bit of a family," supportive and inclusive, where no one is ever left behind.
-

The Bonus: Inspiring a Partner

Julie's husband, who wasn't previously keen on walking, has joined the sessions and **thrives socially and physically**. He's now "always chatting away," proving that

fitness can strengthen bonds as well as bodies.

Julie's Advice to Others:

"I'd say go for it. Definitely... you'll be looked after and make new friends."

From Retired to Re-Energized: Julie's Nordic Walking Journey

A visual narrative of physical and mental transformation
through community and activity.

THE RETIREMENT HURDLE

THE POST-RETIREMENT SLUMP
Before joining, Julie felt "stuck at home" and isolated after leaving her career.

FITNESS PANIC
Transitioning from a sedentary lifestyle to realizing the need for "old age" readiness.


OVERCOMING "NEW GROUP" ANXIETY
Julie braved the fear of looking "silly" or being too unfit to keep up.


THE NORDIC WALKING REWARD

CONQUERING THE HILLS
Julie's proudest moment was climbing Darley Park's steep hills without getting out of breath.

FROM ISOLATION TO "FAMILY"
The group provides a community where "nobody is left behind" and everyone is looked after.


THE FITNESS RIPPLE EFFECT
Nordic walking inspired Julie to join a gym and start swimming regularly.


NotebookLM

Runspire Together

England & Wales - Charity number 1202920

Accounts

Runspire Nottingham Trustees' Annual Report 2023 - 2024

Charity Details:

Runspire Nottingham | A working title of Bulwell Runners CIO

Registered Charity in England & Wales No: 1202920

Runspire Nottingham | NBV Enterprise Centre | 6 David Lane | Nottingham | NG6 0JU

Telephone: 0115 964 8255

Email: hello@runspire-notts.com

Website: www.runspire-notts.com

Management Committee:

Paul Hopkins: Founder and Trustee

Adele White: Trustee

Amanda Smith: Trustee

Beverley Mellors: Trustee

Peter Smith: Trustee



Runspire Nottingham Trustees' Annual Report 2023 - 2024

1. Introduction

Runspire Nottingham is a not-for-profit organisation dedicated to promoting physical activity, mental health, and wellbeing through running, walking, and Nordic walking sessions. Our mission is to empower individuals of all ages and backgrounds to adopt active lifestyles and foster a sense of community and belonging.

2. Structure, Governance, and Management

Runspire Nottingham operates as a registered charity governed (Charitable Incorporated Organisation (CIO)) by a board of trustees. The organisation follows a formal constitution, and trustees are recruited based on their expertise and commitment to our mission. New trustees undergo induction and training to ensure effective governance.

3. Objectives and Activities

OBJECTIVES:

- To promote physical and mental wellbeing through accessible community fitness programs.
- To support social inclusion by creating safe and welcoming spaces for participants of all abilities.
- To train volunteers, leaders mental health champions and mental health first aiders, enhancing community involvement.

ACTIVITIES:

- Couch to 5K programs at various community hubs, enabling participants to build running confidence.

- Wellness Social Walks designed to promote mental health and social connection.
- Nordic Walking sessions providing low-impact fitness opportunities.

4. Ensuring our work delivers our aims

HOW DO WE ENSURING OUR WORK DELIVERS OUR AIMS?

- Runspire Nottingham ensures its work delivers its aims by setting clear, measurable goals aligned with its mission to promote fitness, wellbeing, and mental health.
- Regular monitoring through attendance tracking, participant feedback, and impact questionnaires.
- Leadership development and volunteer training ensure high-quality delivery, while quarterly reviews and impact reports maintain transparency.
- Continuous improvement, based on feedback and pilot testing, allows programs to adapt to community needs, ensuring sustainability through financial planning, volunteer growth, and structured expansion into 15 new locations over the next three years.

5. Achievements and Performance

RUNSPIRE NOTTINGHAM HAS:

- 1535 participants checked-in to sessions.
- Secured grants to help grow the sessions in Bulwell from the Coop Community Scheme and Warburtons Community Grants.
- Increase diversity by planning new sessions such as Walking and Nordic walking sessions.
- To plan new locations such as Strelley and St. Anns.
- Trained 7 run leaders (LiRF), 5 Mental health champions, 9 first aiders, 4 walk leaders, and 1 Nordic walking Instructor.
- We were highly commended at the BBC Make a Difference Awards.

5. Financial Review

INCOME DURING THE YEAR PRIMARILY CAME FROM:

- Grant: £520 from Coop Making a Difference Award.

- Grant: £400 from Warburtons Community Awards.
- Session fees from Couch to 5K and Nordic Walking programs.

EXPENDITURE FOCUSED ON:

- Instructor training and leader development.
- Charity development.
- Marketing, equipment, and session delivery.
- Volunteer development and community engagement.

6. Future Plans

KEY GOALS FOR THE NEXT YEAR INCLUDE:

- Expanding programs to more areas in need of our services. Such as Bilborough, Strelley and St. Anns.
- Launching new 10-week courses for couch to 5K, walk to jog program, Nordic walking, and wellness walks.
- Increasing volunteer training programs to empower community leaders.

7. Risks and Challenges

IDENTIFIED CHALLENGES INCLUDE:

- Weather dependency impacting outdoor sessions.
- Participant retention post-program completion.

8. Governance and Compliance

RUNSPIRE NOTTINGHAM COMPLIES WITH CHARITY COMMISSION REGULATIONS AND MAINTAINS POLICIES FOR:

- Safeguarding vulnerable participants.
- Equality, diversity, and inclusion.
- Health and safety during sessions.

9. Statement of Responsibilities of Trustees

The trustees are responsible for ensuring proper financial management and compliance with legal standards. The accounts and this report have been prepared in accordance with the Charities Act.

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1. Financial Statements (Income and Expenditure).
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Bulwell Runners

Financial statements
for the year ended 05/04/2024

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7	Annual report
8	Receipts & payments account
9	Statement of assets & liabilities
10	Notes to the accounts

Bulwell Runners Annual Report for end of year 05/04/2024

Main address

Bulwell Runners, 33 Park Road, Bestwood Village. Nottingham. NG6 8TQ.

Committee members

Founder / Chair: Paul Hopkins, Mandy Smith, Beverley Mellors. Adele White.

Bankers

Starling Bank / Virgin Money from charity registration and opening of account.

Governance and management

The Constitution was written, submitted, and registered on the 3rd of May 2023.


Aims and objectives

The preservation and protection of good physical and mental health for the public benefit by promoting and providing access to healthy recreation and providing or assisting in the provision of training in subjects relating to mental health and mental health first aid.

Summary of the main achievements during the period

We are a growing group with 15 - 30 participants coming to run with us from beginners to intimate levels of abilities. Our couch to 5K sessions is becoming very popular.

Signed on behalf of the committee:

Signed  _____ Date:
29/08/2024

Paul Hopkins – Charity Development officer / Founder

Bulwell Runners


Receipts & payments account
for the year ended 05/04/2024

	£
Receipts	
<i>Grants</i>	£920.00
<i>Donations</i>	0
<i>Memberships</i>	£3232.09
<i>Bank interest</i>	£0
<i>Other receipts</i>	<u>0</u>
Total receipts	<u>£4152.09</u>
Payments	
<i>Cost of Sales</i>	£764.55
<i>Computer and software costs</i>	£560.60
<i>Volunteer / staff courses</i>	£946.00
<i>Publicity & marketing</i>	£430.60
<i>Insurance</i>	£167.20
<i>Legal & Professional</i>	£62.00
<i>Printing</i>	£30.05
<i>Hospitality</i>	£136.50
<i>Miscellaneous</i>	£609.29
<i>Travel Expenses</i>	£10.20
<i>Volunteer Expenses</i>	£27.00
<i>Office costs</i>	£240.00
<i>Website costs</i>	£121.00
Total Payments	<u>£4104.99</u>
 Net receipts/(payments)	 <u>£47.10</u>
 Bank and cash at the start of the period	 £181.26
 Bank and cash at the end of the period	 <u>£228.36</u>

Bulwell Runners
Statement of assets and liabilities
at *Date*

	£
Cash assets	
<i>Current account</i>	£228.36
<i>Deposit account</i>	0
<i>Petty cash</i>	<u>0</u>
Total cash assets	<u>£228.36</u>

These financial statements are accepted on behalf of the organisation by:

Signed  _____ Dated 29/08/2024

Bulwell Runners
Notes to the accounts
for the year ended 05/04/2023

- 1. Receipts & payments accounts**
3235.09

- 2. Grants & Donations**
£920.00

Testimonials

"Nervous before starting a new group but was quickly made to feel welcome and part of the gang."

"Never thought I would say that I look forward to running twice a week."

"Great experience love how supportive everyone is and how the run leaders interact so well with all runners of all abilities."

"My experience as part of the c25k group far surpassed any expectations I had. I joined the group to help with my fitness and to increase my exercise as within the last year I've lost a significant amount of weight and felt to continue this journey I would need to put the exercise in. As my husband already ran in local park runs, I saw the group and thought I'd try and who knows maybe we would have a hobby we could share together. Honestly though I don't think I thought I would ever complete it. From the first week I felt welcomed, and not once did I feel uncomfortable even though I couldn't run for 1 minute back at week 1. Knowing I was starting a journey with others in the same situation really helped and together we shared our experiences tips and fears."

"My experience in this group is amazing, all very supportive and help you to achieve every session, with a Motto of nobody gets left behind, love this group!"

"Friendly runners, supportive run leader and fellow runners, and the group stayed together."

"I joined on a couch to 5K and was quite nervous about being the newbie. How wrong was I, what an incredible group of people who quickly put me at ease and made me feel included. No number of words could thank the group enough for making me feel part of the group and for putting all my fears and nerves to rest. I would advise anyone to give it a go!"

"I have found it really helpful. I suffer with an illness, so was scared that I wouldn't be able to it, but with the guidance and support I have managed to complete the couch to 5k. The leaders were helpful with guidance on how to improve and what to do if it was one of those days where it just wasn't going right. Fully recommended to all who want to give it a go!"

"A perfect opportunity to join an incredible friendly group that helps everyone, so no one gets left behind."

“This group is an amazing and the support from all is incredible, when I joined I was very nervous about it and I felt part of it as soon as I met everyone, all so friendly and approachable it’s like one big happy family, if you feel the same way as I do please let everybody know how you feel, before I joined I thought I would never complete the 5k or be in a social running group, you have truly been amazing to me with support to keep me going through everything x”

Case Study: Emma Thomas's Journey with Runspire Nottingham's Walking Programs



Emma Thomas joined Runspire Nottingham's Travel Well Nordic walking and social walking sessions to improve her mental and physical health. Having been less active recently, she wanted to re-engage in fitness and social activities outside the home. In the past, she enjoyed running but felt she needed a new group setting to stay motivated.

Emma described her initial experience as highly positive due to the welcoming environment and friendly group dynamic, which helped reduce her social anxiety. She quickly felt benefits to her mental health, finding motivation in meeting new people, discussing everyday topics, and breaking her usual routine. Over time, Emma noticed a steady improvement in her physical health, participating in challenges like walking 5K daily for charity, which reinforced her commitment to staying active and social.

Emma recommends the sessions to others, especially those with mental health challenges, and encourages newcomers not to worry about keeping up, as the supportive

group ensures no one is left behind. Her journey illustrates the impact of Runspire Nottingham's programs in fostering social connection, mental wellness, and physical fitness within a supportive community setting.

Case Study: Mary's Journey with Runspire Nottingham - From Walk to Jog to Marathon



BACKGROUND:

Mary joined Runspire Nottingham in January 2023 as part of our 'Walk to Jog' program. At the time, she was seeking a supportive and inclusive community to improve her fitness and mental health. She had no prior running experience and felt apprehensive about group sessions.

INITIAL ENGAGEMENT:

Mary began with our 4-week 'Walk to Jog' course, which is designed for complete beginners. The sessions focused on building confidence and stamina through gradual progression, with encouragement from group leaders and peers. Mary appreciated the welcoming atmosphere and lack of pressure to keep pace with others.

PROGRESSION AND DEVELOPMENT:

Encouraged by her initial success, Mary transitioned to our 10-week Couch to 5K program. By the end of the course, she successfully ran 5 kilometres without stopping, celebrating her achievement with a medal and certificate. Her confidence grew, and she began participating in weekly social runs to maintain her fitness.

ACHIEVEMENTS:

In October 2024, Mary completed her first 10K run, supported by fellow Runspire members. Inspired by this milestone, she committed to training for the Nottingham Half Marathon in March 2025.

REFLECTIONS:

Mary's story demonstrates the transformative impact of inclusive programs like 'Walk to Jog' and 'Couch to 5K.' It highlights how our supportive community helps individuals build resilience, achieve goals, and give back. Mary's progression from a hesitant beginner to a half marathon finisher embodies Runspire Nottingham's mission to inspire active lifestyles and support mental wellbeing.

CONCLUSION:

Mary's success reinforces the importance of accessible and supportive programs. Her journey serves as a powerful example in our trustee report, showcasing how Runspire Nottingham delivers meaningful change through fitness and community engagement.