

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

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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

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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

Runspire Together
Notes to the accounts
for the year ended 05/04/2023

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.
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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."

