

BENSALEM FOUNDATION

England & Wales · Charity number 1203512

Details

Status Registered

Legal form Charitable company

Company number [14288601](#)

Registered 2023-06-12

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

Contact

Address 2a Radnor Road
London
SE15 6UR

Phone 02077321875

Email admin@bensalemfoundation.org

Website <https://bensalemfoundation.org/>

Activities

Objects: FOR THE PUBLIC BENEFIT TO PROMOTE COMMUNITY PARTICIPATION IN THE SPORT OF RUNNING IN ENGLAND AND WALES THROUGH THE PROVISION OF FACILITIES TO PARTICIPATE IN RUNNING AND THROUGH THE PROVISION GRANTS OF FINANCIAL ASSISTANCE TO CHARITIES, VOLUNTARY ORGANISATIONS AND INDIVIDUALS, DESIGNED TO ASSIST WITH THE PROVISION OF FACILITIES AND OPPORTUNITIES TO ENABLE PARTICIPATION IN RUNNING AND TO REMOVE BARRIERS TO PARTICIPATION IN THE SPORT. (FOR THE PURPOSES OF THIS CLAUSE 'FACILITIES' MEANS LAND, BUILDINGS, EQUIPMENT, ACCESS TO COACHING AND ORGANISING SPORTING ACTIVITIES).

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Amateur Sport
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-10	£30,940	£28,575	-	-
2024-08-10	£35,390	£35,697	-	-

Trustees

Name	Role	Appointed
ABDELHAK GUENANFA		2026-03-06
Ayoub El Cadi		
RAOUF BEN SALEM BSc (Hons)		

BENSALEM FOUNDATION

England & Wales - Charity number 1203512

Accounts

Independent Examiner's Report

Independent Examiner's Report

To the trustees of the Bensalem Foundation
For the year ended 10 August 2025

Responsibilities of trustees and examiner

The charity's trustees, who are also the directors of the company for the purposes of company law, are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011.

My responsibility is to examine the financial statements under section 145 of the Charities Act 2011 and to report to the trustees on my examination.

Basis of independent examiner's statement

I conducted my examination in accordance with the Charity Commission's Directions given under section 145(5)(b) of the Charities Act 2011.

An independent examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the accounts.


The examination does not constitute an audit and does not provide the level of assurance that an audit would.

Independent examiner's statement

In the course of my examination, no material matters have come to my attention which give me cause to believe that in any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements of the Companies Act 2006.

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 financial statements to be reached.

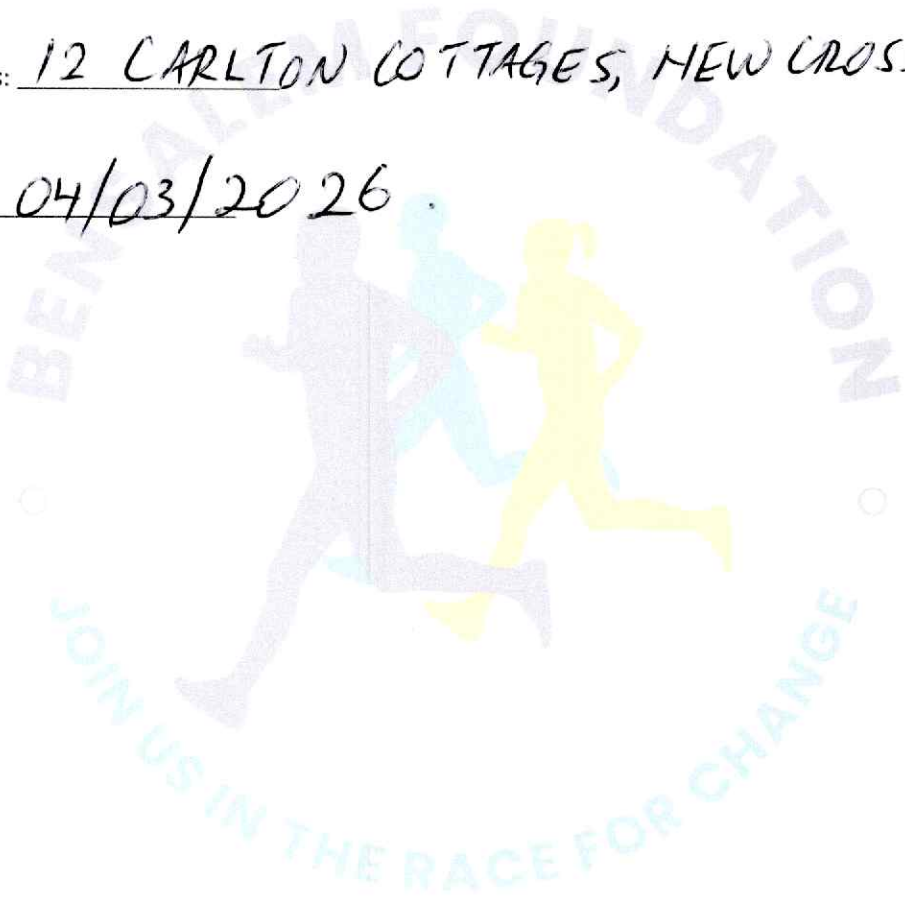
Signed: 

Name: MARY OFILI

Relevant qualification or experience: ACCA, AAT, BSc(ACC)

Address: 12 CARLTON COTTAGES, HEW CROSS ROAD

Date: 04/03/2026



Bensalem Foundation

Trustees' Annual Report for the year ended 10 August 2025
Empowering Communities, Enriching Lives

1. Introduction

This is the second annual report of the Bensalem Foundation, a charitable company limited by guarantee. The Foundation was established to promote public health and wellbeing through community participation in fitness and sport, particularly running.

The charity is governed by its Memorandum and Articles of Association and regulated by the Charity Commission and Companies House. During the year, the trustees continued to develop the Foundation's activities while strengthening governance, financial management, and structured programme delivery.

2. Objectives and Activities

The objects of the charity, as set out in its governing document, are to promote community participation in healthy recreation by providing facilities and opportunities for running and fitness, particularly for individuals who may face barriers to participation.

To achieve these aims during the year, the Foundation:

- Delivered structured weekly community running sessions
- Implemented the project *Stride for a Cause: Empowering Communities Through Running*
- Expanded outreach and promotional activity
- Invested in equipment and branded materials to enhance visibility and accessibility
- Strengthened volunteer involvement and operational systems

Activities remained focused on inclusivity, accessibility, and reducing perceived barriers to participation.

3. Public Benefit

The trustees confirm that they have complied with their duty under section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

All activities are delivered for the public benefit and are free or low cost. Sessions are open to individuals of varying abilities and backgrounds. The Foundation's work promotes physical health, social connection, and community engagement through accessible group activity.

4. Achievements and Performance

During the year, the Foundation delivered approximately 52 structured running sessions, corresponding to weekly activity throughout the financial year. Average attendance was approximately 20 participants per session, representing over 1,000 cumulative attendances.

A consistent base of returning participants has developed, forming a supportive and welcoming group environment. Many individuals engaged regularly throughout the year, contributing to a growing sense of familiarity and community cohesion.

Sessions also attracted first-time runners seeking a non-competitive and inclusive introduction to organised physical activity. The Foundation's emphasis on enjoyment, accessibility, and group participation rather than performance has helped create an environment in which individuals feel comfortable participating at their own pace.

The charity secured £4,500 in grant funding from The National Lottery Community Fund and £500 from Sport England in support of the *Stride for a Cause: Empowering Communities Through Running* initiative. All grant funding was fully expended within the financial year on eligible project costs, including equipment, promotion and publicity materials, and travel and transport.

While formal demographic measurement systems were limited during the year, trustees observed increasing diversity of participation across age groups and backgrounds, alongside stronger repeat engagement. Confidence and consistency appeared to build gradually over time.

In the next financial year, the trustees intend to introduce a light-touch registration and sign-in process to improve monitoring of attendance, participant demographics, and barriers to participation. This development will enhance impact measurement while maintaining the inclusive and informal ethos that has supported engagement to date.

During the year the charity also employed two part-time staff members who supported the coordination of weekly running sessions and general operational activities.

5. Financial Review

Total income for the year was £30,940, compared to £35,390 in the previous year. Income included grant funding of £4,500 from The National Lottery Community Fund and £500 from Sport England, alongside unrestricted donations.

All restricted funding received during the year was fully expended on eligible project costs. No restricted funds were carried forward at year end.

Total expenditure for the year was £28,575, compared to £35,697 in the prior year. The reduction in expenditure reflects careful financial management and consolidation following the charity's initial establishment phase.

The charity recorded a surplus of £2,365 for the financial year, compared to a deficit of £307 in the previous year.

As a result, net liabilities reduced from £7,604 at 10 August 2024 to £5,239 at 10 August 2025. Current assets increased to £1,576, and net current assets improved to £1,190, strengthening short-term liquidity.

The remaining net liability position relates primarily to an interest-free loan provided by a director during the charity's first year of operation to support establishment costs. The loan has no fixed repayment date. The trustees continue to monitor the charity's financial position with the aim of strengthening reserves over time while maintaining delivery of charitable activities.

6. Reserves Policy

The trustees aim to build unrestricted reserves equivalent to approximately three months of operating expenditure over time.

While the charity remains in a net liability position due to the outstanding director loan, the improvement recorded during the year represents steady progress towards long-term financial sustainability.

7. Structure, Governance and Management

The Bensalem Foundation is a charitable company governed by its Memorandum and Articles of Association.

The Board of Trustees is responsible for strategic oversight, financial governance, and regulatory compliance. Day-to-day activity is delivered through a combination of trustee oversight, volunteer support, and two part-time employees who assist with programme delivery and administrative functions.

Trustees serving during the year:

- Mohammed Marzouq
- Ayoub El Cadi
- Raouf Ben Salem

8. Risk Management and Safeguarding

The trustees have considered operational risks including financial sustainability, volunteer capacity, and participant safety.

Mitigation measures include:

- Ensuring experienced volunteers are present during sessions
- Promoting safe exercise practices and injury prevention
- Maintaining appropriate insurance cover
- Monitoring expenditure and cash flow carefully

Risks are reviewed periodically as the charity develops.

9. Contribution of Volunteers

Volunteers remain central to the charity's delivery. Their contribution to session organisation, outreach, and administration has enabled the Foundation to maintain regular activity and expand engagement during the year.

The trustees acknowledge and thank all volunteers for their continued commitment.

10. Plans for the Future

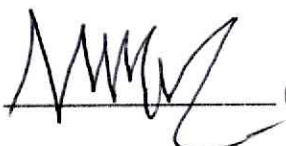
In the next financial year, the trustees intend to:

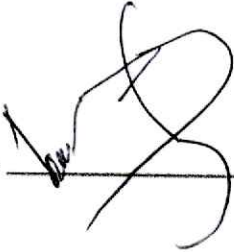
- Further expand structured community running activity
- Develop more robust participant monitoring systems
- Pursue additional grant funding opportunities
- Strengthen partnerships with local organisations and health bodies
- Continue improving financial resilience and reserves

The Foundation aims to build on the successful delivery of funded projects to increase long-term sustainability and deepen community impact.

11. Trustee Declaration

This report was approved by the trustees on 01/03/2026 and signed on their behalf by:

Signed:  (Mohammed Marzouq)

Signed:  (Ayoub El Cadi)

Signed:  (Raouf Ben Salem)



Bensalem Foundation

Financial Statements for the year ended 10 August 2025

A Charitable Company Limited by Guarantee

1. Statement of Financial Activities (SoFA)

For the year ended 10 August 2025

	Unrestricted Funds (£)	Restricted Funds (£)	Total 2025 (£)	Total 2024 (£)
Income from:				
Donations	25,940	-	25,940	35,390
Grant - The National Lottery Community Fund	-	4,500	4,500	-
Grant - Sport England	-	500	500	-
Total Income	25,940	5,000	30,940	35,390
Expenditure on charitable activities & administration	(23,575)	(5,000)	(28,575)	(35,697)
Net movement in funds	2,365	-	2,365	(307)
Funds brought forward	(7,604)	-	(7,604)	(7,297)*
Funds carried forward	(5,239)	-	(5,239)	(7,604)

2. Balance Sheet

As at 10 August 2025

	2025 (£)	2024 (£)
Current assets		
Cash at bank and in hand	1,576	415
Debtors	-	-
Total current assets	1,576	415
Creditors: amounts falling due within one year	(386)	(395)
Net current assets	1,190	20
Creditors: amounts falling due after more than one year	(6,429)	(7,624)
Total net liabilities	(5,239)	(7,604)
Funds of the charity		
Unrestricted funds	(5,239)	(7,604)
Restricted funds	-	-
Total funds	(5,239)	(7,604)

For the year ended 10 August 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board of Trustees on: 03/03/2026

Signed on behalf of the trustees: Raouf Ben Salem

Trustee: 

3. Notes to the Accounts

Note 1 – Basis of Preparation

The financial statements have been prepared under the historical cost convention in accordance with the Charities SORP (FRS 102), the Companies Act 2006, and applicable accounting standards in the United Kingdom.

The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements are presented in pounds sterling and have been prepared on an accruals basis.

Comparative figures for the year ended 10 August 2024 are included.

Note 2 – Income

Income is recognised when the charity is entitled to the funds, receipt is probable, and the amount can be measured reliably.

During the year, the charity received:

- £25,940 in unrestricted donations
- £4,500 from The National Lottery Community Fund
- £500 from Sport England

Grant income was recognised when the charity became entitled to the funding under the terms of the grant agreements.

Note 3 – Expenditure

Expenditure is recognised on an accruals basis when incurred.

Expenditure on charitable activities includes costs directly related to running session delivery, equipment purchase, promotion and publicity, travel and transport, and operational support.

All costs are allocated directly to charitable activities due to the charity's scale and structure.

Note 4 – Restricted Funds

During the year, the charity received restricted funding totalling £5,000 in support of the *Stride for a Cause: Empowering Communities Through Running* initiative.

- £4,500 from The National Lottery Community Fund
- £500 from Sport England

All restricted funds were fully expended during the financial year. No restricted funds were carried forward at 10 August 2025.

Note 5 – Fund Structure

The charity holds unrestricted and restricted funds.

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the charity's objectives.

Restricted funds are subject to specific conditions imposed by donors and grant providers.

At 10 August 2025, no restricted funds remained unspent.

Note 6 – Related Party Transactions

During the charity's initial year of operation, a director provided an interest-free loan to support establishment and operational costs.

The outstanding balance of the loan at 10 August 2025 was £6,429.

The loan has no fixed repayment date and no interest was charged during the year.

Note 7 – Company Status

The charity is a company limited by guarantee and does not have share capital.

In the event of winding up, members' liability is limited to £1 each.

Note 8 - Staff Costs

During the financial year the charity employed two part-time staff members to support the delivery of its charitable activities and operational administration. Staff costs are included within the expenditure reported in the Statement of Financial Activities.



BENSALEM FOUNDATION

England & Wales - Charity number 1203512

Accounts

Bensalem Foundation

Trustees' Annual Report for the year ending 10 August 2024

Empowering Communities, Enriching Lives

1. Introduction

This is the first annual report of the Bensalem Foundation, a registered charitable company. The Foundation was incorporated to promote public health and well-being through community participation in fitness and sport, particularly running. As a charitable company, it is governed by its Memorandum and Articles of Association and regulated by both the Charity Commission and Companies House.

2. Objectives and Activities

The objects of the charity, as set out in its governing document, are to promote community participation in healthy recreation by providing facilities and opportunities for running and fitness, particularly for people who may face barriers to participation.

To achieve these aims, the Bensalem Foundation has initiated a range of community-based activities, including:

- Setting up regular running clubs open to the public
- Conducting outreach in underrepresented neighbourhoods
- Providing volunteer-led workshops focused on safe exercise
- Building relationships with local community organisations

3. Public Benefit

The trustees confirm they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to guidance published by the Charity Commission on public benefit. Our programmes are free or low-cost, open to all, and particularly targeted at those who may face health, financial, or social barriers to fitness engagement.

4. Achievements and Performance

During our first operational year, the Foundation made substantial progress in laying the groundwork for long-term impact. We delivered:

- Regular running clubs and establishment of social media platforms
- 3 local outreach events attracting 60+ participants each
- Mentoring and basic coaching through volunteers
- Ongoing administrative and strategic development work

Over 100 individuals engaged with our sessions during the year, with positive feedback regarding the accessibility, inclusivity, and community value of our programmes.

5. Financial Review

The charity's total income for the year was £35,390, received from individual donations. Expenditure amounted to £35,697, resulting in a modest operating deficit of £307. This was expected in our first year of activity and reflects strategic investment in outreach and setup activities.

Breakdown of key spending areas:

- Wages and staffing: £33,537
- Insurance, advertising, and outreach: £692
- Professional services (accounting, legal): £929
- Other administrative costs: £539

6. Reserves Policy

The charity aims to build unrestricted reserves to cover three months' operational costs. As this was our first year, we have focused on delivering impact while maintaining tight financial control. We will review our reserves position annually.

7. Structure, Governance and Management

The Bensalem Foundation is a charitable company governed by its Memorandum and Articles of Association. The board of trustees is responsible for governance, strategic oversight, and regulatory compliance. The charity is managed day-to-day by volunteers and a small part-time team.

Trustees who served during the year:

- Mohammed Marzouq
- Ayoub El Cadi
- Raouf Ben Salem

8. Risk Management and Safeguarding

Key risks identified include volunteer dependency and safeguarding in fitness environments. The charity has taken steps to mitigate these by:

- Ensuring experienced volunteers are present at all events
- Promoting safe exercise and injury prevention
- Maintaining a safeguarding statement focused on adult health and safety

9. Contribution of Volunteers

Over 20 volunteers contributed time and expertise to our operations. Their support was central to delivering programmes, handling administration, and expanding community engagement.

10. Plans for the Future


In the next financial year, we aim to:

- Launch a new programme focused on mental well-being through movement
- Expand and continue to network with fitness groups and charities

- Apply for small foundation grants
- Formalise partnerships with local authorities and health providers

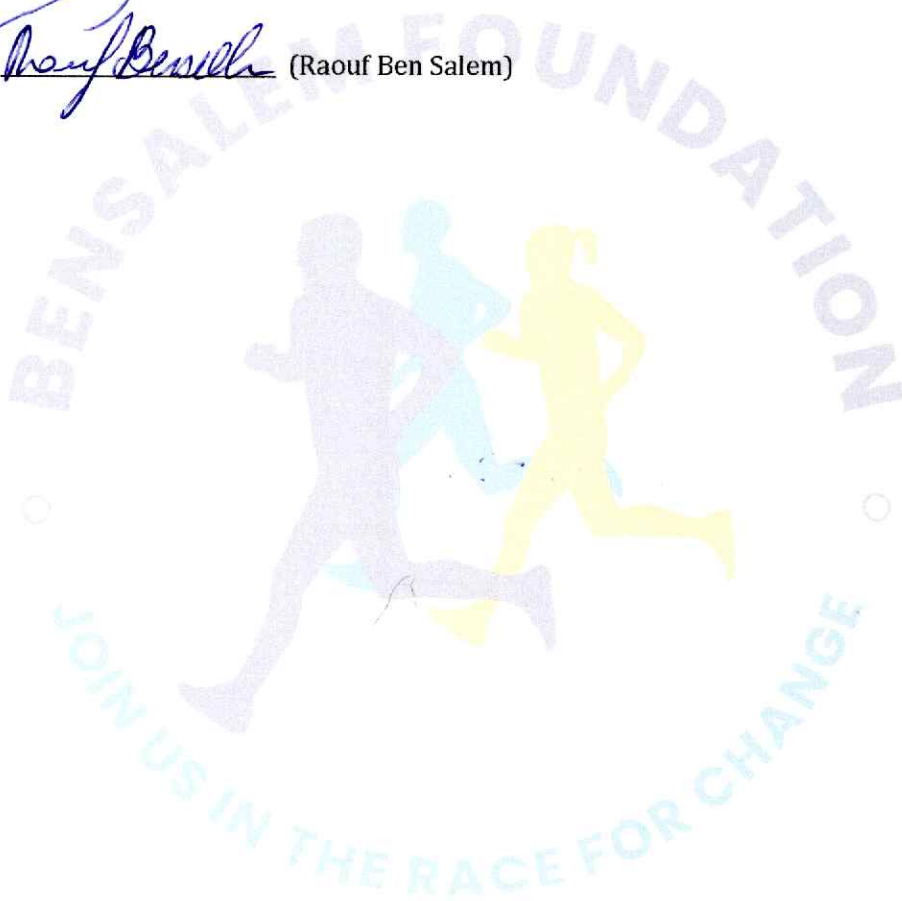
11. Trustee Declaration

This report was approved by the trustees on 06 June 2025 and signed on their behalf by:

Signed:  (Mohammed Marzouq)

Signed:  (Ayoub El Cadi)

Signed:  (Raouf Ben Salem)



Bensalem Foundation

Financial Statements for the year ended 10 August 2024 (Detailed)

A Charitable Company Limited by Guarantee

1. Statement of Financial Activities (SoFA)

Category	Unrestricted Funds (£)	Restricted Funds (£)	Total 2024 (£)
Income from donations	35,390	0	35,390
Expenditure on charitable activities:			
- Wages & Salaries	(33,537)		(33,537)
- Pension Contributions	(355)		(355)
- Accountancy Fees	(680)		(680)
- Legal & Professional Fees	(249)		(249)
- Event Fees	(96)		(96)
- General Travel Expenses	(2)		(2)
- Insurance	(241)		(241)
- Telephone, Fax & Internet	(272)		(272)
- Advertising	(179)		(179)
- Sundry Expenses	(86)		(86)
Net movement in funds	(307)	0	(307)

2. Balance Sheet as at 10 August 2024

Category	2024 (£)
Cash at bank and in hand	415
Debtors	0
Creditors due within one year	(395)
Creditors due after one year	(7,624)
Net assets	(7,604)
Funds (Reserves + P&L Account)	(7,604)

3. Notes to the Accounts

Note 1 – Basis of Preparation

These are the charity's first full-year accounts. Comparative figures for the previous year are not presented.

The accounts have been prepared under the historical cost convention in accordance with the Charities SORP (FRS 102) and the Companies Act 2006. The accounts are presented in pounds sterling and on an accruals basis.

Note 2 – Income

All income during the year was received from unrestricted donations. The charity did not receive any grant income or restricted funds during the period.

Note 3 – Expenditure

All expenditure related to charitable activities, including staffing, outreach events, insurance, professional services, and communication costs.

Note 4 – Fund Structure

All funds are unrestricted. The charity held no restricted or endowment funds during the year.

Note 5 – Related Party Transactions

A trustee, Raouf Ben Salem (Chair), provided an interest-free loan of £7,624 during the financial year to support the charity's early operations. The loan has no fixed repayment date.

Note 6 – Reserves

As of 31 August 2024, the charity had net liabilities of £7,604. The trustees are confident in the charity's future income-generating ability and plan to build reserves equivalent to three months of operating expenditure in the coming years.

Note 7 – Company Status

The charity is a company limited by guarantee and does not have a share capital. In the event of winding up, members' liability is limited to £1 each.

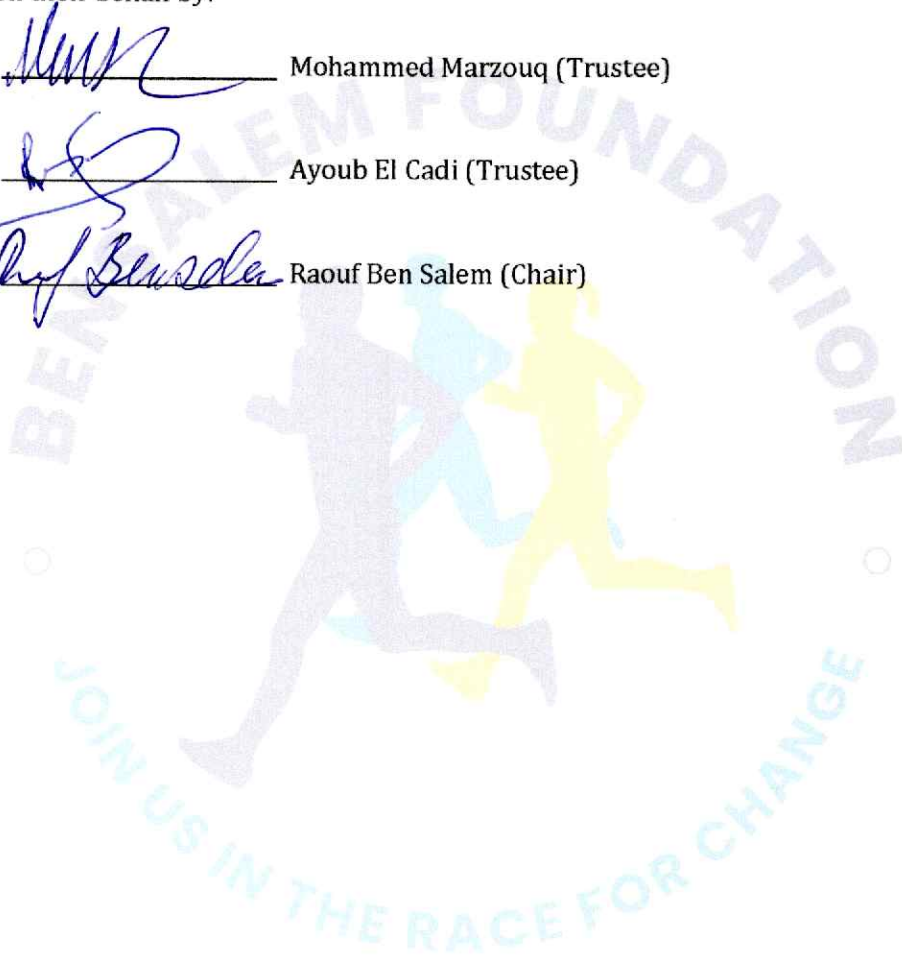
4. Trustee Approval

These financial statements were approved by the Board of Trustees on 06 June 2025 and signed on their behalf by:

Signed:  Mohammed Marzouq (Trustee)

Signed:  Ayoub El Cadi (Trustee)

Signed:  Raouf Ben Salem (Chair)



Independent Examiner's Report

To the trustees of the Bensalem Foundation

Responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. As a charitable company, these accounts must comply with the Companies Act 2006 as well as the Charities Act 2011. My role is to examine the accounts and report under section 145 of the Charities Act 2011.

Basis of independent examiner's statement

I conducted an independent examination in accordance with Charity Commission directions. An examination includes a review of accounting records and a comparison with the accounts presented. It does not constitute an audit.

Independent examiner's statement

In the course of my examination, no material issues have come to my attention which give me cause to believe the accounts have not been properly prepared in accordance with the relevant legislation.

Signed: St Mary's Services Ltd.

Name: MARY DFILI

Relevant qualification or experience: B.Sc (Acc); ACCA; MAAT

Date: 06/06/25