

Trustees' Annual Report for the period

From 1/4/23 Period start date To 31/03/24 Period end date

Charity name: East Durham Running Club

Charity registration number: 1203843

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are: (3.1) for the public benefit generally but with particular reference to the inhabitants of Easington colliery and its surrounding areas; (3.2) to promote community participation in healthy recreation by providing: (1) opportunities for athletics and running. (2) other related activities capable of improving fitness, health, and wellbeing; and (3) coaching, competition and all other services to support these activities.
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	<p>Activities include weekly running sessions for different abilities including a drills and skills session, a weekly family fun session in partnership with ParkPlay and several 10-week couch to 5km courses offered at different times throughout the year. All activities are delivered in Easington and the surrounding towns and villages for the inhabitants of East Durham.</p> <p>Grant funding was awarded by Sport England The Together Fund with a total of £4,930 going into the income of the club in 2022.</p> <p>2 team captains have been nominated to help lead and support runners in competitions and achieve personal running goals.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes we have sought guidance from the charity commission with regard on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	EDRC actively keeps its eyes open for possible grants to apply for funding to help deliver some of its objectives such as recruitment and couch to 5km programmes.
Policy on social investment including program related investment	Para 1.38	The club offers fundraising activities in the form of food bank donations and opportunities to volunteer at the local VCS. EDRC also raises money via bonus balls and football cards to raise funds to donate to the VCS also.
Contribution made by volunteers	Para 1.38	The volunteers associated with the club offer a range of expertise and knowledge to help the club run effectively. Run leaders are the main volunteers as without them we could not deliver sessions to cater for all abilities. EDRC also has a social lead and fund-raising lead to help with non-running activities.
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	<p>EDRC have successfully achieved the following objectives for this year:</p> <ul style="list-style-type: none"> • Developed 5 or more weekly running sessions for different abilities. • Delivered 1 couch to 5km 10-week course for beginner runners. • Trained 10 volunteers to become LIRF's. • Increased membership of the club. • Developed a successful partnership with the national charity ParkPlay to be able to offer members of the club and their families weekly family fun sessions to promote health and wellbeing. • Competed in numerous competitions and races. <p>The benefits of the above to society as a whole include improvements in physical and mental health, a reduction in isolation issues, improved running performance and increase in members confidence and self-esteem.</p>

		<p>The social benefits of belonging to a running club can significantly impact members' mental health by fostering a sense of belonging, providing social support, increasing motivation, reducing stress and anxiety, boosting self-esteem, offering a healthy coping mechanism, providing accountability and structure, and facilitating peer learning and advice.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Explain how we have met:</p> <p>The objects of the CIO are: (3.1) for the public benefit generally but with particular reference to the inhabitants of Easington colliery and its surrounding areas; (3.2) to promote community participation in healthy recreation by providing: (1) opportunities for athletics and running. (2) other related activities capable of improving fitness, health, and wellbeing; and (3) coaching, competition and all other services to support these activities.</p> <p>3.1- EDRC specifically targets residents of East Durham and 100% of its participants live in the area.</p> <p>3.2- The Club offers over 5 running sessions per week and a family fun session every Saturday for its members to take part in. EDRC also encourages competitions and signposts runners to take part in local races such as The Durham City 5KM and 10KM and Ultra races and The Great North Run.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>To achieve certain objectives, The Club have been successful in obtaining funding from Sport England The Together Fund to enable them to deliver couch to 5km programmes and winter indoor sessions to keep momentum during the colder months and to increase membership numbers.</p>

Investment performance against objectives	Para 1.41	Any funding and donations have helped us achieve our objectives by enabling us to have money to be able to train volunteers in the relevant qualifications, pay for run leaders to deliver more sessions and pay for club equipment and merchandise to reward graduates from the couch to 5km programmes and give them a club t shirt and give them that sense of belonging.
Other		EDRC arrange a number of social events throughout the year including pub quiz, end of the month pint, 1 st Birthday get together and Christmas party.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The annual accounts of all the income and expenditure have been reviewed by all trustees and signed off at the AGM.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The financial position was explained at the end of the year and in the quarterly meeting explaining what reserves were in the account and what they were ear marked for.
Amount of reserves held	Para 1.22	£2,753.41
Reasons for holding zero reserves	Para 1.22	None
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	The club's principal source of funding is through monthly subs £5pp and grant funding where applicable.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

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	Trustees were appointed on a volunteer basis to set the Charity up. Future trustees will be appointed at the AGM and a vote held from existing trustees. The trustees held at the minute are the first 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	<p>Formal introduction, charity objectives and explanation of roles and procedures and signed code of conduct.</p> <p>Go through the Club's volunteer induction checklist as a group or on an individual basis and cover the following topics:</p> <ul style="list-style-type: none"> • About the club • Keeping everyone safe • Policies and procedures • About the volunteer & their role <p>A DBS pre check will be carried out with the Club's welfare officer and references on request where we see fit.</p>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<p>The charity is made up of a board of Trustees including Chair, Treasurer, Secretary, and Membership secretary.</p> <p>The committee includes: Jill Bridges Chair Kaye Stephenson- treasurer Lisa Willis - Lead Welfare Officer Nasreen Phillips- Welfare Officer Adam Bridges - Welfare Officer Sara Kirk Saul - Secretary Marie Barker - Membership Officer</p> <p>The sessions are delivered by qualified run leaders in LIRF's on a voluntary basis.</p> <p>EDRC is a member of the local Authority's Club Durham programme and affiliated with England Athletics.</p>

Relationship with any related parties	Para 1.51	EDRC has a close working relationship with the national Charity ParkPlay in particular Easington Colliery ParkPlay and a lot of members attend the session with their families. ParkPlay refers runners into the club and vice versa.
Other		

Reference and Administrative details

Charity name	East Durham Running Club
Other name the charity uses	EDRC
Registered charity number	1203843
Charity's principal address	Parklands Seaside Lane South Easington Colliery Co. Durham SR8 3PN

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	Jill Bridges		4/7/22- present	
2	Kaye Stephenson		4/7/22- present	
3	Marie Barker		4/7/22- present	
4	Sara Jade Kirk - Saul		4/7/22- present	
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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)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

<p>The trustees declare that they have approved the trustees' report above.</p> <p>Signed on behalf of the charity's trustees</p>		
Signature(s)	<p><i>J Bridges</i></p> <p><i>K Stephenson</i></p>	<p><i>S Kirk-Saul</i></p>
Full name(s)	<p>Jill Bridges</p> <p>Kaye Stephenson</p>	<p>Sara Kirk-Saul</p> <p>Marie Barker</p> <p><i>MB</i></p>
Position (eg Secretary, Chair, etc)	<p>Chair</p> <p>Treasurer</p>	<p>Secretary</p> <p>Membership Secretary</p>
Date	29/8/24	29/8/24.

Cashflow for 2023/ 2024 East Durham Running Club

2023/ 2024														
Actual running totals		Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Totals
Income														
Membership Fees	£68.00	£109.00		£17.50	£17.00	£34.00	£34.00	£0.00	£0.00	£0.00			£39.50	£319.00
Fundraising Events	£4.00	£12.00		£4.00	£4.00	£6.00	£0.00	£0.00	£4.00	£8.00	£15.00	£30.00	£14.00	£111.00
Subs	£32.00	£41.50		£211.00	£330.50	£737.66	£414.66	£766.50	£292.50	£264.00	£513.00	£262.50	£218.00	£4,083.82
Merchandise sales	£24.50	£32.00		£64.50	£87.50	£73.00	£77.50	£44.00	£40.00	£0.00	£42.00		£28.00	£513.00
Misc													£67.50	£67.50
Other	£124.19			£10.00	£30.00						£0.00			£164.19
Donations						£1,800.00								£1,800.00
Grants														
Total Income	£252.69	£194.50		£307.00	£479.00	£2,650.66	£526.16	£810.50	£771.50	£272.00	£570.00	£292.50	£2,000.00	£2,435.00
Cumulative Income	£252.69	£447.19		£754.19	£1,233.19	£3,883.85	£4,410.01	£5,220.51	£5,992.01	£6,264.01	£6,834.01	£7,126.51	£9,493.51	£9,493.51
Expenditure														
Insurance	£150.00													£213.34
Affiliations	£153.00	£119.00			£17.00	£68.00	£85.00	£34.00	£34.00	£0.00			£17.00	£527.00
Coach fees				£0.00	£2,300.00									£2,300.00
Venue hire														£0.00
Equipment	£43.98	£22.17		£76.96	£33.15	£521.88	£8.99	£355.64	£25.13	£43.99			£30.00	£1,161.89
Clothing	£12.00	£795.00		£114.00	£62.00	£638.86	£103.00	£591.00	£32.00	£54.00	£689.00			£3,090.86
Marketing														£0.00
Training														£0.00
Race entries							£116.00		£935.00				£60.00	£995.00
Volunteer expenses														£116.00
Social				£54.15	£0.00	£34.60	£97.20	£0.00	£305.50	£80.00		£231.35	£131.93	£934.73
Others/Misc/ transport		£25.00		£8.54	£220.00	£224.48	£0.00	£16.58	£9.00	£200.00	£28.80	£11.99	£82.34	£826.73
Total Expenditure	£358.98	£961.17		£253.65	£2,632.15	£1,551.16	£410.19	£1,009.82	£1,340.63	£377.99	£717.80	£243.34	£321.27	£10,178.15
Cumulative Expenditure	£358.98	£1,320.15		£1,573.80	£4,205.95	£5,757.11	£6,167.30	£7,177.12	£8,517.75	£8,895.74	£9,613.54	£9,856.88	£10,178.15	
Bank Balance	£3,331.76	£2,565.09		£2,618.44	£465.29	£1,564.79	£1,680.76	£1,481.44	£912.31	£806.32	£658.52	£815.98		£2,753.41

(taking on the last day of the month)

Balance brought forward	£3 438.05
1st April 23	

Signatures (Witnesses)	Name	Signature:	Date:
	Kaye Stephenson	<i>K Stephenson</i>	3/12/24
	Jill Bridges	<i>J Bridges</i>	3/12/24
	Marie Barker	<i>MBR</i>	3/12/24
	Sara Kirk-Saul	<i>SKS</i>	3/12/24