Trustees annual report

2025–26

For the year ended 31 March 2026

Charity number 1183949

No one gets left behind

This report describes our activities and public benefit from 1 April 2025 to 31 March 2026, alongside the receipts and payments accounts for that period. It follows the structure of last year's report and draws on our quarterly social impact surveys and activities.

Structure, governance and management

MileShyClub is a charitable incorporated organisation registered with the Charity Commission on 18 June 2019 under charity number 1183949. It is governed by its constitution. The registered office is Bartle House, 9 Oxford Court, Manchester, M2 3WQ.

The trustees have general control and management of the charity and give their time without remuneration. The board meets with the Chief Executive, and an Operations Committee supports delivery. Day-to-day management is led by the Chief Executive, supported by a Marketing and Admin assistant, coaches, instructors and volunteers.

Trustees

Our trustees are: Bramwell Appleton (Chair), Anthony Collier (Financial Trustee), Charlotte Lyddon, Sasha Rudd, Parveen Earl and Razia Shaikh-Patel. Razia Shaikh-Patel has since resigned from the board.

Date of Razia Shaikh-Patel's resignation: 16th December 2025.

The trustees consider skills and representation when recruiting new board members and provide induction and support for their role.

Aims and objectives

MileShyClub aims to make exercise fun and accessible, especially for people who face barriers to getting active. Our beginner-friendly running and walking groups offer a welcoming place to move, make connections and build confidence. Our MileShy MeetUp groups provide free social and wellbeing activities. In planning the year's activities, the trustees had regard to the Charity Commission's guidance on public benefit.

Activities and public benefit

A year of confidence, connection and opportunity

During 2025–26, MileShyClub continued to make movement accessible to people who might otherwise feel that exercise was not for them. Our work combined beginner running, inclusive walking and free wellbeing groups with practical encouragement, friendships and opportunities to give back. The year's activities show how our ethos, "No one gets left behind", was put into practice: supporting a first session, adapting activity to individual needs and helping participants become volunteers and leaders themselves.

Beginner running and lasting participation

Our activities included fifteen community running clubs during the year, with Couch to 5K intakes in spring, autumn and January. Sessions were offered at £2 on a pay-as-you-go basis. Contactless payments were introduced across running clubs in response to member feedback, while cash continued to be accepted. Coaches supported beginners through gradual progress, and people whose course had been interrupted by illness, injury or other commitments were encouraged to return.

Graduations created a bridge into the wider running community. The spring cohort celebrated at Bramhall and Peel parkruns in June 2025; autumn graduations were arranged at Alexandra and Wythenshawe in November; and January starters celebrated at Peel and Stretford in March 2026. Experienced members returned to encourage newcomers, and volunteers supported parkrun teams. Runners who had finished stayed to cheer others across the line, making achievement a shared experience rather than a race against one another.

Continuing activity extended beyond the courses. Free Bank Holiday MileShy MashUps brought members from different clubs together on local trails, including the Riverside Ramble and Kersal Wetlands Wander. MileShyOnTour outings offered further opportunities for connection; in February 2026 the group adapted a planned Delamere visit to Northwich after a cancellation. Members also took part in events such as the Great Manchester Run and Wigan Trail 10K, with newsletters celebrating first attempts at new distances as well as established runners' achievements.

Walking, families and access to green space

Our walking provision offered a gentler route into activity and a place to meet others. In April, a new free volunteer-led walk at Wythenshawe started, following the popularity of community walks at Partington and Stretford. We delivered free Salford groups at Peel Park, Eccles, Worsley and Swinton, with approaches ranging from easygoing walking to walk-and-talk and holistic wellbeing. In winter, the Eccles offer included a free hot drink afterwards at Transcend and Tribe, extending the opportunity for social connection.

During the summer holidays, free family nature walks from The Tatton, Ordsall Community Cafe, combined local exploration with free lunch and children's colouring. Reported activities included blackberry picking. The Trafford Centre walking group's summer move to Longford Park was accompanied by an advertised programme of accessible and inclusive sports taster sessions for adults with a disability. These offers broadened the ways people could participate without needing to begin with running.

In August, MileShyClub and Voice of BME Trafford supported a countryside trip involving Muslim women from Old Trafford alongside walkers from Longsight, Swinton and the wider community. Leaders facilitated a four-mile walk from Edale. Planning included showing participants how to buy train tickets and organise their journeys, building practical confidence

to return independently. For some participants, this was their first opportunity to experience the countryside.

Longsight: adapting the offer to the community

Longsight demonstrated the importance of designing activity around local needs. The women-only group met indoors at 422 Community Hub, providing an option for women for whom cultural or personal reasons could make outdoor or mixed-gender activity difficult. Sessions supported mobility, walking fitness and progression towards gentle jogging, rather than assuming that everyone should start at the same level.

An outreach visit with Manchester Adult Education Community Learning at Longsight Library resulted in fifteen women signing up in May 2025. Instructor Irum, who also brought her BollyFit experience, helped develop a community around the sessions. In November, an indoor Couch to 5K graduation took place, and February saw friendships, arts and crafts after sessions and growing confidence to try Bollywood dancing. The group illustrates how trusted relationships and an appropriate setting can open up opportunities to move.

Mental wellbeing: sustaining Sale and expanding to Broomwood

The Sale MileShy MeetUp at Coppice Library continued to provide free weekly connection and wellbeing activities. Early in the year its funding was at risk. Run The Streets and the wider running community responded with a music run, social and quiz during Mental Health Awareness Week, raising £918.50. Donations helped sustain the group while longer-term support was sought. In June, Trafford Council confirmed it would fund the group for a further year.

The programme combined conversation with opportunities to learn and try something new. Reported activities included Chippy and Chat, nature sketching, reggae dancing, time at an allotment, affirmations and exploring the health benefits of teas. Published schedules also offered self-compassion, meditation, poetry, clay, journalling, nutrition, music and shared food. The varied drop-in format gave people different ways to connect without an obligation to attend every week. One participant described the group as a lifeline and a safe space where members supported one another.

A second free MileShy MeetUp launched at Broomwood Community Wellbeing Centre in Timperley in January 2026, supported by National Lottery Awards for All funding. The advertised Monday evening group was co-led by wellbeing practitioners Gaynor and Emily. Its early programme explored the Five Ways to Wellbeing, reflections and intentions, routine planning, chair yoga and meditation. In March, a stargazing session was delivered by a volunteer, Kyle, which moved indoors because of the weather and included learning about astronomy and handling pieces of the Moon and Mars. His donated time enabled the group to offer free homemade pizza too.

Individual journeys and tailored support

Our activities provide examples of the personal support behind participation. Tracey was referred by her Macmillan nurse and initially hesitated about attending. Personal encouragement, an offer to cover travel costs, practical advice from the administration team and support from a coach and helper enabled her to take part. She completed the June graduation at Bramhall parkrun and was connected with 5K Your Way, which supports people affected by cancer.

Owen's story highlighted the continuing support needed to make running inclusive. A longstanding member with a learning disability, he ran with buddies and built friendships through local parkruns. As his pace improved, the charity sought additional volunteers able to accompany him. This was a practical response to changing needs, helping participation continue as his confidence and ability grew.

Other members described the wider place of running in their lives. In June 2025, Emma reported completing a ten-mile trail event after beginning Couch to 5K eight months earlier and credited the community's encouragement during menopause and a period of personal change. In January 2026, Sale West runner Hope described the club's importance in her recovery from burnout and announced plans to fundraise while preparing for her first half marathon. These are members' accounts of their experiences, rather than clinical assessments or evidence that the charity alone caused the changes described.

Partnerships, outreach and public voice

MileShyClub reached people through community organisations, health settings and workplaces. During Mental Health Awareness Week we spoke at Siemens about movement and mental wellbeing. A collaboration with I AM Autism and Beyond Empower introduced participants to local activity opportunities. Jane and runner Lisa also presented at the NHS Nightingale Centre's Health and Wellbeing Day for people living with breast cancer, sharing the charity's offer and Lisa's experience of activity before, during and after treatment.

Our presence at the GM Moving Conference and Sale West's community showcase helped build local connections. At the Trafford Moving Conference, Jane contributed to panels about barriers to activity and safer, more accessible streets. She also shared the MileShyClub approach at the RunTogether Roadshow in her role as a Run Leader Mentor. Discussions with Sale Sharks Foundation explored further opportunities for collaboration and signposting.

The charity's story reached wider audiences through Great Places Housing Group's Great People podcast, a mention by Dr Punam Krishnan on the BBC Sounds Couch to 5K podcast, and Jane's TEDx Trafford talk on 29 November 2025. The talk connected lived experience, movement and community resilience. Jane and coach Gail also launched podcast 'Talk Fit 2 Me', discussing barriers and experiences around exercise. These contributions helped communicate an approachable view of activity and the role of community support.

In October 2025, MileShyClub won the Altrincham and Sale Chamber of Commerce Community Impact of the Year award. Our Salford running and walking groups also participated in Beat The Street, encouraging activity around the local area. In December, our efforts with Beat The Street resulted in first place on the running clubs leaderboard and a £200 Decathlon voucher, divided between Salford Quays and Worsley in recognition of their contribution.

Fundraising and giving back

Community fundraising helped sustain the charity's services. The Halloween headtorch run with Run The Streets attracted almost one hundred runners and raised £780 for MileShy MeetUp. The sixth annual Sale Santa Dash on 30 November raised £1,765 for the charity, with surplus sweets and chocolates donated to Sale West Food Bank. Over Christmas, Sale Community Fitness raised £645 through a festive strength-training taster session, and PayStream's ECG team donated £500 following nominations by members.

Members also supported other causes. MileShyClub took part in the Manchester 24 Hour Run Against Homelessness for a fourth year, co-hosting a preparatory run and quiz and providing volunteer run leaders during the event. A pink-themed Urmston run raised £120 for Prevent Breast Cancer through donated session fees and additional contributions. We received fundraising support from Phoenix Running, EasyFundraising and individual runners, strengthening connections between the charity and the wider community.

Developing future opportunities

In March 2026, MileShyClub announced Workplace Couch to 5K: an eight-week beginner programme delivered at or near workplaces, with additional support through community clubs and profits reinvested in charitable activity. The first advertised intake was due to begin in April 2026, so delivery belongs to the following reporting year. From January 2026, we started to deliver an indoor Couch to 5K programme inside a Manchester hotel supporting people seeking asylum.

Volunteer contribution

Volunteer recognition and progression

Volunteers remained central to delivery: welcoming newcomers, supporting individual needs, leading sessions, helping at graduations and events, and keeping wellbeing groups running. We celebrated England Athletics Leadership in Running Fitness qualifications achieved by Jen, Sarah, Emily, Meisha, Jon, Paul, Suzanne and Tanya. Five fitness professionals also took part in inclusivity training with Activity Alliance and Beyond Empower to strengthen support for disabled participants.

A monthly Volunteer Reward Scheme launched in August 2025, recognising contributions across running, walking, wellbeing groups and the trustee board. Coach Dennis received the 2025 Appreciation Award after a process that attracted sixty-six nominations; feedback was shared with all nominees. The charity also thanked Pam on her retirement after seven years of coaching and highlighted the continuing team at Partington. Members progressed into coaching, including at Sale West, which helped sustain local groups.

The trustees thank every volunteer who gave their time, patience and skills.

Achievements and performance

Across the four quarterly running-club survey reports, there were 1,500 sign-up survey records and 319 follow-up responses.

Quarter	Sign-up records	Follow-up responses	Happiness mean	Community activity mean	Weekly activity band mean
Apr–Jun 2025	448	99	3.21 → 4.27	2.26 → 3.68	3.52 → 4.76
Jul–Sep 2025	430	42	3.36 → 4.14	2.14 → 3.45	3.51 → 4.60
Oct–Dec 2025	296	69	3.47 → 4.01	2.69 → 3.36	3.55 → 4.88
Jan–Mar 2026	326	109	3.48 → 4.29	2.27 → 3.39	3.56 → 4.82

Each arrow compares separate sign-up and follow-up respondent groups within a quarter.

The surveys also helped us understand who was reached. Across the four sign-up reports, women formed the largest reported group, while respondents included men and, in the final quarter, nonbinary participants. The reports record participants across several age and ethnic categories. We will continue to use this feedback to improve access and welcome; survey responses should not be treated as a complete demographic census of all members.

Between April and March 2026, our Sale MeetUp group recorded 59 new sign-ups, with quarterly registrations rising from 9 in April–June to 14 in July–September and 17 in October–December. The January–March 2026 report lists a further 19 individuals. Throughout the year, the group provided regular opportunities for people to connect, take part in activities and support their wellbeing.

Quarterly monitoring reported higher average scores at the 12-week follow-up than at registration across all four measures: happiness, community participation, physical activity and optimism about the future.

Reported changes in average scores

Measure	Apr to Jun 2025	Jul to Sep 2025	Oct to Dec 2025	Jan to March 2026
Happiness	92%*	23%	36%	28%
Community participation	71%	82%	42%	71%
Physical activity score	70%	33%	25%	32%
Optimism about the future	71%	52%	57%	38%

*happiness levels increased this period as the group was under threat of closure but we were able to fundraise and secure funding for another year.

Financial review

The accompanying receipts and payments accounts show total receipts of £119,330 (2024–25: £61,744) and total payments of £75,950 (2024–25: £59,370), a net increase in cash funds of £43,380. Receipts included £85,572 from donations, legacies and grants, £17,356 from membership subscriptions and £9,784 from merchandise. Payments included £44,809 in salaries and £12,030 for session equipment and merchandise. These figures are cash receipts and payments, not a measure of grant awards or accrued income.

Cash funds at 31 March	2025–26	2024–25
Unrestricted	£41,955	£17,292
Restricted	£25,910	£7,193
Total	**£67,865**	**£24,485**

Restricted funds must be used for their specified purposes. At 31 March 2026, the charity held cash funds of £67,865, comprising £41,955 in unrestricted funds and £25,910 in restricted funds. Reserves help maintain services during gaps in funding, meet staffing and operating costs, and support planned recruitment

Plans for the next year

We intend to maintain accessible running and walking opportunities, support the two MileShy MeetUp groups, develop volunteers and continue to collect feedback that can guide delivery. We will manage restricted grants against their purposes and review funding for core activities.

Trustee approval

The trustees approve this report for the year ended 31 March 2026 and authorise its signature on their behalf.



Signed: _ _____ Name: Bram Appleton

Position: Chair of Trustees Date: 22nd October 2026

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
MileShyClub	1183949

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/04/2025		31/03/2026

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	17,356	-	-	17,356	15,465
Donations, legacies and grants	24,726	60,846	-	85,572	24,226
Fundraising events	4,883	-	-	4,883	4,627
Consultancy income	1,731	-	-	1,731	8,982
Merchandise income	9,784	-	-	9,784	8,444
Interest	4	-	-	4	-
	-	-	-	-	-
	-	-	-	-	-
***Sub total** (Gross income for AR)*	58,484	60,846	-	119,330	61,744
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	58,484	60,846	-	119,330	61,744
A3 Payments					
Advertising and marketing	3,139	1,467	-	4,606	3,439
Audit and accountancy fees	1,652	-	-	1,652	1,414
Bank Fees	15			15	-
Charitable and political donations	180	-	-	180	363
Computer costs	1,698	-	-	1,698	665
Cost of fundraising activities	567	-	-	567	752
General expenses	1,575	-	-	1,575	418
Insurance	147	-	-	147	103
Legal expenses	-	-	-	-	440
Printing, postage and stationery	170	-	-	170	633
Rent	961	1,244	-	2,205	1,704
Repairs & Maintenance	210	-	-	210	-
Salaries	18,716	26,093	-	44,809	34,881
Social events	158	324	-	482	102
Staff training	3,718	-	-	3,718	2,525
Subscriptions	264	-	-	264	8
Travel and subsistence	54	-	-	54	-
Goody bag and merchandise	12,030	-	-	12,030	10,883
Sundry equipment	1,261	246	-	1,507	1,020
Telephone & Internet	61	-	-	61	20
Sub total	46,576	29,374	-	75,950	59,370
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	46,576	29,374	-	75,950	59,370
Net of receipts/(payments)	11,908	31,472	-	43,380	2,374
A5 Transfers between funds	12,755	- 12,755	-	-	-
A6 Cash funds last year end	17,292	7,193	-	24,485	22,111
Cash funds this year end	41,955	25,910	-	67,865	24,485

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Cash at bank	41,955	25,910	-
		-	-	-
		-	-	-
	Total cash funds	**41,955**	**25,910**	**-**
	(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)
Inventory - Tshirt and Vests	Unrestricted	3,763	3,763
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Office eqiupment	Unrestricted	853	450
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

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	24/09/2026

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees

Charity Name
MileShyClub

On accounts for the year ended	31/03/2026	**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 / 2025.

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:		**Date:**	24/09/2026

Name: Sudipta Moore

Relevant professional qualification(s) or body (if any): FCA (ICAEW)

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