

# Redway Runners

## AGM

1 May 2019

19:45 to 21:15

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# Redway Runners

## Chair's Comments (Martin Lawrence)

Another year gone, really hard to believe Redway Runners has been going for over eight years now and we just keep growing, the early days the target was 10 members to think we hit 31 March with over 2,700 members of the club and with renewals are already starting the year at over 2,300 members, one of the lines I have been saying is that Redway Runners are the biggest club in the world, allegedly, well no one has yet proved me wrong and certainly looking at the worldwide parkrun stats that is true.

But one aspect I particularly feel is important to consider is have we stuck to our club principle, which I am pretty sure we have which are

- Fun
- Social
- Value for money and
- Benefit of the runners

With the size of the club, it so much about getting people involved to help in so many ways running the club, the front end is of course the run leads, leading around 50 runs a week, each and every week, then the committee that make sure we keep moving forward in the right direction, but so much more now goes on with all our events and event teams that make them a success, to soooo many other people that help in all sorts of ways.

So next time you turn up at a Redway Runners activity, remember a lot of work goes on before you turn up then after you have gone home the work does not stop then.

Of course, from time to time we get something unexpected and we aim to manage it professionally, but we must remember the good we are doing for so many people

Below is just some of the main areas that have happened in the last club year:

### New Club runs

We have introduced several new runs during the year with:

- Friday Social pub run
- Tattenhoe Step Up run
- Thursday 830 paced run
- Gentle Friday step up
- Tattenhoe Social run
- Tuesday 730 paced run

### Special runs

We have held several 'special runs' during the year with:

- History run
- Quiz run
- Treasure Hunt

- Summer pop up runs
- 5 Lakes challenge
- Prison run
- Remembrance run

## Awards

We have again done well with awards:

- Women's Running Awards Highly commended club
- Milton Keynes Hospital, community award
- Milton Keynes inspiration awards – Local Sports team award

## Behind the scenes

- Compliance with GDPR – new admin and processes, all emails approved, and many removed as not accepted declaration
- Storage rental
- Instagram feed
- Which runs tool introduced
- Renewals processed with new database

## Events

- Furzton Relay
- Beat the Barge
- Farm Run
- Old Money run
- Funderground run
- Virtual challenge
- Santa Saunter
- Newport Pagnell Carnival
- Expo 2019

## Training

- Run lead training with LiRf and CiRf
- Track training with EA
- First aid for run leads
- Track awareness

## PR

- BBC 'Truth about Obesity'
- MKFM interview
- BBC3 Counties interview
- Look East TV for RED campaign
- Presentation to VW staff

## Club Trips

- Riga, Latvia
- Lisbon, Portugal
- Pathos, Cyprus
- Road trips, parkrun
  - Great Denham
  - Watermeadows, Towcester

## Courses

- Need for Speed
- Beginners groups
- Move up to....
- Zero to Hero
- Return to running
- Magic Mile track

## Charity / Environment

- Charity of the Year
- Litter Picks
- Food Bank

## Socials

- Christmas meals
- Post-race drinks
- BBQ
- Remembrance quiz night
- Ice Hockey

## Team Events

- Chiltern League Cross Country
- SEAA Relays
- OU relay

But that is just the highlights over what again been a very busy year and that is also a picture told by the numbers with:

- Across all our run we had 51,178 people at them
- We led 2,285 club runs
- Started 22 Redway Runners beginners' groups
- We have had 1,106 clothing orders
- The club weekly mail goes to 2,829 people every week

So, for 2019 we are planning to do a lot of the things we did in the last year, but maybe bigger and better we already have these in the plans:

- Summer Pop Up runs
- Beginners open evening concept with Up & Running and Treatment Lab
- MK24 – new 24-hour run
- Summer Ball
- Drama run

So, all in all the last year has been a great running year and next year we will run Milton Keynes again.

Of course, do not know how we will develop in the future and if we will continue with the amazing growth, we have seen but as long as we all enjoy the journey am sure all the hard work put into the club by so many will be appreciated

Anyway, none of this would have been possible without the support of the committee, the run leads and so many others who give support or help – invariably a request goes out for help and it gets filled very quickly even in areas I expect to be difficult to resolve.

Redway Runners

## Year in review

### April 2018

History run – 79 attended

Lead run for Ride High charity runners

Launch Need for Speed 2 with 4 courses

Track sessions cancelled

New Tattenhoe step up run starts

Friday social run and drink run starts

New Friday gentle step up starts

New Thursday paced run

London Marathon, 59 run, two coaches

OU Relay, 9 teams and will 240+ group win

New Thursday paced run

New Gentle Step up Friday run

Truth about Obesity with Redway Runners on BBC1

Annual accounts signed off

### May 2018

Club wins MK Hospital community award

AGM, U16 co-ordinator added to committee and Henry Allen trust as charity of the year

MK Marathon weekend, 379 RRs take part in the Rocket

Four Need for Speed courses start

Announce raise £9,793 for charity, MK Hospital Trust

GDPR confirmations for club mails, non-confirmations emails deleted

Green Wall of Fame launched.

Club trip Riga, Latvia

Quiz run – Newport Pagnell

## June 2018

Road Trip Great Denham parkrun – 39 travel

Treasure Hunt run

Redway Runners Festival of running, 5 races, new 5K

Pop Up runs start

New Wednesday gentle step up starts

Club nominated for MK Inspiration awards and Women's running reader awards

Clubs first timed track mile - 63 take part

Redway Runners win local sports team at MK Inspiration awards

First litter pick with Sunday run from Kingston

Beginners graduate at parkrun

## July 2018

Need for Speed courses graduate

Newport Pagnell Carnival

Furzton Relay, 64 teams take part

First Aid course for run leads

Run leads meeting

MGB Naked parkrun

First session of new Zero to Hero programme with meet and greet

Love your run lead week

## August 2018

Handicap run and green mile

Beat the Barge, 171 entries 155 finish

5 lakes marathon – pop up run

Climbers shop exclusive evening

First Redway Runners Farm run

Prison run, 95 take part

MK FM radio interview

Ramble and litter pick Westcroft

Under 16s pilot extended, further 24 also web page and group on PSOL

Summer BBQ – over 100 attend

### September 2018

Bedford half and 10K

Tour of MK

First Old money run, 5- and 10-mile options

Last Thursday 7pm social run

New Tattenhoe social run

NSPCC Half – Genci wins 10K manage water station

### October 2018

Start rental of storage unit

2,000<sup>th</sup> member joins

Redway Runners Funderground run

Bournemouth – lots take part

Jen Sangster represents GB at Chester Marathon

Club overseas trip Lisbon, 14 take part

First match Chiltern league cross country

Two Redway Runners appearances on BBC Three Counties radio

MK Arts centre, pedalling culture promo work

Club highly commended in the Women's running reader awards

### November 2018

Instagram launched

Virtual challenge – run to remember

Special remembrance club runs on 11/11, 170 take part

Cross country match 2 Tear Drop lakes

Remembrance Quiz and bingo night

New which club run tool launched

Beginners graduate, record MK parkrun numbers

## December 2018

Need for Speed course, second set graduate

Match 2 Cross Country, Luton

MK Winter half, first Move on up course completes

Over 30 for Lanzarote races

Christmas meal and party

Food bank MK collection

Beginners groups launched using club database for registration after joining

First Redway Runners Santa Saunter

## January 2019

Redway Runners feature on BBC Three Counties radio and BBC Look East promoting RED January for Mind

Special Track for run leads session

Beginners run leads training session on Love Admin

2,500 members

Club record Sunday run, 188

Seven new beginners' courses, good turnout percentage from bookings

Return to running / Mojo course starts

Presentation about club to VW staff

Magic mile training course on track

Cross Country training sessions

Second Redway Runners Expo, at Woughton, 50 stalls and 461 visitors

Redway Runners pacing at parkrun

## February 2019

100 attend Ice Hockey

Final Cross-Country match at Campbell Park, club promoted as winners of league 2 to league 1

New 730 run starts

## March 2019

Road Trip Water Meadows, Towcester parkrun

Club trip, Cyprus, over 100 travel, Abi wins marathon, 2<sup>nd</sup> marathon team and 3<sup>rd</sup> half team

New 6pm Thursday intervals start

New renewals process starts

Move up to half course 2 starts

MK Festival of Running

Oakley, 46 run, ladies win team trophy

Track session with EA for run leads

Beginners graduation at MK parkrun

Redway Runners



## When days do people run

### Run Statistics

The number of runners running is still growing with record numbers in Jan 2019

Here are some run highlights.....



When Do Most Members Run?



## Runners on runs

### Run Statistics

The number of runners running is still growing with record numbers in Jan 2019

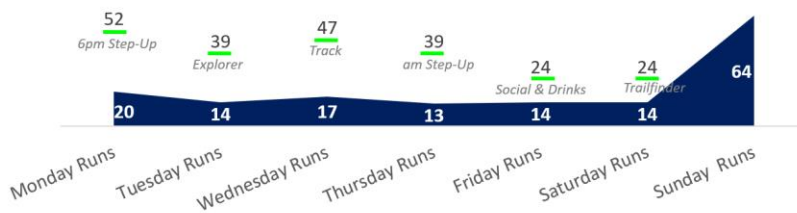
Here are some run highlights.....



Average Number of Runners on each Run

188  
Club Run

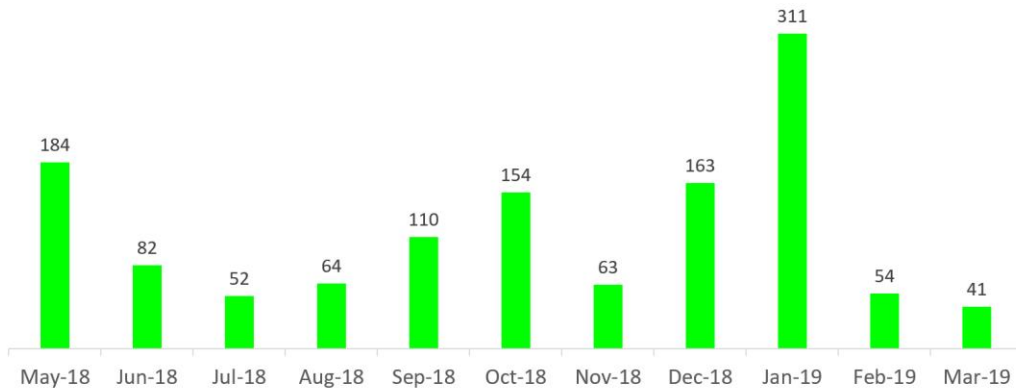
■ Average Number of Runners    ■ Record Number of Runners  
and what run was it?



## When members join

### Membership Statistics: When do new members join?

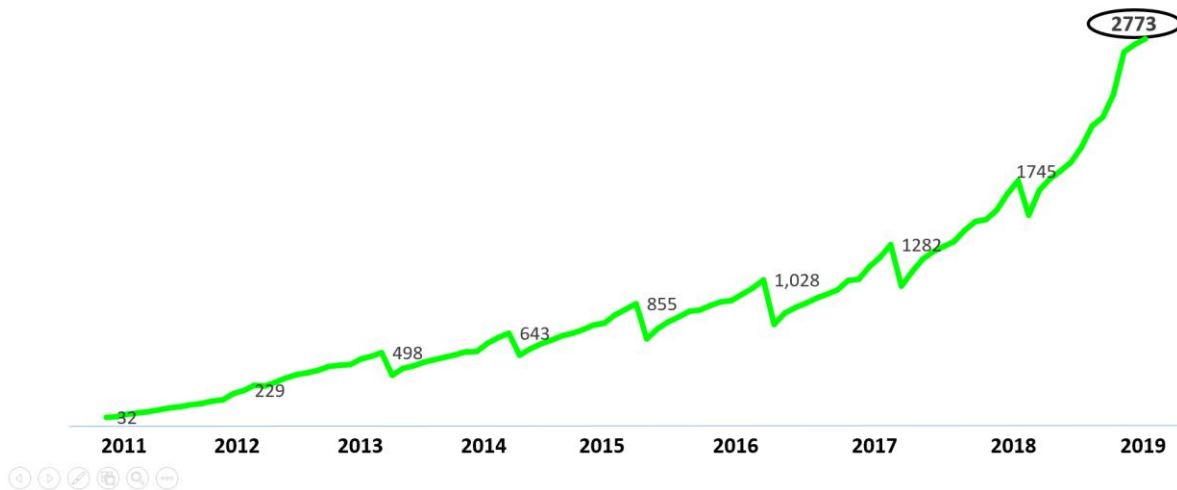
We have new members joining the club every month. The peak period for new members was January with 311 new members



## Membership grows

### Membership Statistics: Total Members

The number of club members has grown year on year peaking in March 2019 (record 2,773)



## End of year by numbers

Figures in brackets for 31 March 2018

- Paid up club members: 2,773 (1,745)
- Facebook page likes: 5,189 (4,321)
- Weekly mail goes to: 2,829 (3,196)
- parkrunners MK: 2,578 (2,018)

- Twitter followers: 1,132 (963)
- Instagram 588 (N/A)

Redway Runners

## Current membership

During 2018/2019 we used the club new membership database with Love Admin (was Pay Subs online).

This has been a major exercise for the club, converting all the data, then getting to grips with the system, it has been implemented really well and already showing major benefits in the reduction in administration time spent on managing the club and we have now rolled out using the system for managing all the club events and collection of money, therefore saving members money and reducing our reliance on third parties.

Plus, we have used it for all our course bookings, greatly improving the behind the scenes processes and ensuring we are GDPR compliant when sending out mails

### Redway Runners Membership status 31-Mar-19

To 31 March 2019

	Pre DB	Paid	Pending	Members	O/S
Standard - £5	217	1,569	0	1,786	0
Standard with EA - £20.45	74	317	0	391	0
Standard with 2nd claim - £5	4	33	0	37	0
<b>Total</b>	<b>295</b>	<b>1,919</b>	<b>0</b>	<b>2,214</b>	<b>0</b>

To 31 March 2020

		Paid	Pending	Members	O/S
Standard - £5		1,369	176	1,545	716
Standard with EA - £20.45		294	53	347	126
Standard with 2nd claim - £5		24	3	27	12
<b>Total</b>		<b>1,687</b>	<b>232</b>	<b>1,919</b>	<b>854</b>

Not renewed

31/03/2012	25
31/03/2013	121
31/03/2014	131
31/03/2015	199
31/03/2016	246
31/03/2017	287
31/03/2018	252
31/03/2019	854

*Removed form groups*

## Club reports

### Under 16s

It is now almost 12 months since we started the U16s pilot. I don't think that it could really have gone any better. The uptake was swift and we regularly have @20 participants at each of the 3 sessions. Bethan & Ryan have settled in nicely to taking care of Tuesdays. Carol has joined me for Wednesday and Sundays. With talk of Carol possibly moving, Suzy & Kelly have stepped up and said that they will help. As we move to lighter nights, we will return to a regular Thursday slot and this means that Mel will also start helping again. If we wanted to increase numbers further then doubtless a shout out via Club media would encourage greater participation, but for now we have been happy to just let it grow organically through word of mouth. Between us, we feel that we can cope with as many who want to come.

When I'm away there is now plenty of cover and lately, I haven't even asked the previous "stand in" coaches to help. All helpers are encouraged to take at least LIRF which gives them DBS and allows them to safely take sessions that we have agreed beforehand. It's fair to say that we now have about 12 regular sessions all in different locations and the regulars - athletes included know them by heart.

The U16s themselves have been a dream to Coach and success is clear for all to see. We have had no discipline issues whatsoever and we haven't even got close to asking anyone not to attend. The group pays its own way, covering both Hall Hire fees at Downs Barn and its share of Track Fees. Parents are more than happy to pay the nominal sums and feedback is that we represent very good value for money. If there is any negative it relates to the lack of a full range of kit for Children in the club colours.

The U16s parents are a good bunch, they are always happy to help, they regularly help with the Timed Mile at the Track, they help with the Tents and Tea making facilities as well as being "marshals" on various run routes. In May we hope to go out for a social drink. The U16s themselves of course had a Xmas party and in the Summer last year went to Boxend Waterpark, all of which we hope to repeat as well as of course participating in local running events like the Festival 5K, Rocket 5K, Newport Carnival 5K & Furzton Relay.

I am very grateful for being allowed to introduce this group to the Club. It was the one and only obvious thing missing in my opinion. We offer something that other Clubs don't offer and that reflects what attracts so many adults to us over more "serious" running clubs.

Thanks,

**Doug**

### Events

In 2018 the club held several running events across the year including the Furzton Relay, Beat the Barge, Treasure Hunt, and the Christmas Santa Saunter. All sold out and raised a lot of money for the Club Charity of the year.

There was also a new 5 and 10 mile 'Old Money Run' from Tattenhoe which proved very popular and will be repeated in 2019 as well as all the others mention above.

As the club continues to grow, these events tend to sell out quickly, so we will be increasing the capacity at all events and introducing a new 24 hour event, the MK24 'Midsummer Run' in June which has the capacity for large numbers to run whatever distance that want within a 24 hour period.

Both the Furzton Relay and MK24 are open to the general public to enter.

All details of our events are on the club website

**Steve**

## Equipment

The club has also invested over £2,000 in new equipment and storage facilities in 2018 with the introduction of our own inflatable Arch, Generator, P.A. system and Hot water urn. The hot water for tea and coffee certainly went down well at the Chiltern Cross Country league meetings.

It is hoped to continue buying equipment which will only increase the standard of events we organise.

**Steve**

## Beginners Groups

During the club year we have run 22 courses with 969 beginners starting the courses.

All beginners run leads have been working on providing the best experience possible for course members. This has included more encouragement to join the club and move into the step up runs after graduation. We have changed how we manage the buddying system which appears to have been successful. The recent graduation on 30 March 2019 was one of the best, we had fantastic weather, a great turn out and the whole morning was a triumph!

We have moved our bookings onto Love Admin, and this has meant less chance of errors when leaders email out to beginners as they don't have to worry about bcc'ing their emails. Email templates have been loaded on to the system, so we have a standardised approach and each run lead personalises it before it goes out. This has made part of our admin much more streamlined.

From January 2019 beginners had to join the club before they booked on a course. This was a much-discussed decision as we were concerned it may put some off joining but we hoped it may aid our retention as we now had a value to the course (albeit only the £5 membership fee). This appears to have worked as it means we can use the Love Admin system fully and there is no background admin

for Martin to do when people took up membership. Retention on January courses did appear to be better and this will continue to be monitored.

Our core beginners run lead team has been improved by more run leads coming in which means we are running more courses but with less numbers in them. We hope this means a better conversion rate to runners who continue running with the club.

(Annette Smyth)

## Zero to Hero Programme

Repeat of previous years Z2H programme incorporating learnings from 2017-18.

- Shorter training programme following feedback that it was too long. 38 weeks instead of 52.
- More participants. 40 accepted onto programme, up from 32 in previous year.
- Core classes integrated as part of programme this year.
- Marathon workshops covering various topics.
- Partnered with Body Limits to help runners with injury prevention.
- Social evenings to bond participants and keep moral and motivation high.
- Many other proven aspects of programme remained the same. Weekly sessions, mentors, Facebook communication.
- 23 participants still active on programme and due to complete one of Brighton, London and MK Marathon over next few weeks.

(Portia Simond)

## Need For Speed

Since launching in January 2018, we have successfully led 3 Need for Speed Courses. With the first course of 2019 beginning at the end of April.

January 2018 was the launch pilot programme, with 26 graduates and the average runner seeing a 3 – 4-minute improvement. The course was led by Katie, with consistent help from Sian, Rich, and Kevin who then led their own courses in the second round.

Course two ran from May – July, with 4 separate courses. Providing evening, day time and weekend courses for accessibility to all. With over 100 attending the graduation, it was a successful course, proved very popular, with great feedback. Graduation day was scorching so a few fell short of PBs, however, many graduates went to run faster parkruns in the future and seeing an overall improvement in their running and speed.

Course three ran from September – November with the same run leads and format. This course saw the introduction of a meet and greet session to manage expectations and provide a soft launch to the runners. A contract was introduced to ask for runners' commitment as this course has been oversubscribed. Again, brilliant feedback about the course, many PB's on graduation day with previous runners helping on these courses too!

2019 sees the next courses beginning in April. With most courses 75% full and lots of runners eager to begin, it should be another fantastic programme.

Katie has recently completed the CiRF course so will be implementing more technical elements to the course to help improve athlete's overall performance.

(Katie Tucker)

## EA Membership update

At 31 March 2019 470 Redway Runners affiliated with England Athletics

(Nigel Shephard)

## Cross Country 2018/2019

\*\*\*\*\* REDWAY RUNNERS, PROMOTED TO DIVISION ONE \*\*\*\*\*

- 1<sup>st</sup> year our junior teams participated
- Hot drinks available was amazing
- Volunteer network and help at venues was fantastic as always
- Club spirit was strong 😊

Position	Team Result (Division Two)
1 <sup>st</sup>	Overall club
1st	Overall Men
2nd	Overall Women
1st	Overall Seniors
6th	Overall Juniors
1 <sup>st</sup>	Senior Men
1st	Veteran Men
7th	U17 Men
8th	U15 Boys
6th	U13 Boys
5th	Senior Women
2 <sup>nd</sup>	Veteran Women
8 <sup>th</sup>	U20/U17 Women
4th	U15 Girls
3 <sup>rd</sup>	U13 Girls

## Chiltern XC League 2018/2019

### Redway Runner's Age Group Winners

- 1<sup>st</sup> Genci Pepaj (M40)
- 2<sup>nd</sup> Campbell Noon (M50)
- 3<sup>rd</sup> Maurice O'Connell (M60)

- 3<sup>rd</sup> Bob Austin (M70)
- 1<sup>st</sup> Bronwyn Tagg (Jnr Woman)

Kerry Cooper

Redway Runners

## Charity of the Year

At the AGM last year, we selected Henry Allen Trust as the club Charity of the Year, and we have raised money through the year for them with:

Pleased to say we have raised £7,606.51. A cheque for this amount will be presented to the charity soon.

Area	£
Xmas Raffle 2018 Total	£1,270.00
Santa Saunter Total	£1,233.04
Virtual run Total	£1,178.01
Old money run Total	£1,029.57
Furzton Relay Total	£988.09
Quiz Night Total	£440.00
Beat the Barge Total	£325.89
Breakfast run Total	£309.15
Treasure run donations Total	£262.12
MKM Tee donation Total	£258.19
Explorer run cakes Total	£81.55
Event Clips Total	£76.00
Donation Total	£55.00
NP Carnival parade collection Total	£43.90
Sale from Medal Hangers Total	£30.00
Farm Run Total	£25.00
Old coin donation Total	£1.00
<b>Grand Total</b>	<b>£7,606.51</b>

You can see a full list of charities nominated for the club Charity of the Year for 2019/2020 at the end of this document.

From next year the committee have agreed that a charity who has been a 'Charity of the Year' cannot be the club's charity for the next three subsequent years.

## Treasurers Report

### STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2019

REDWAY RUNNERS				
STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2019				
		2019	2018	2017
REVENUE		£	£	£
	Affiliations & Memberships	17,711	£12,186	£9,058
	Events	7,987	£13,589	£10,362
	Training grant	0	£0	£300
	Charity Events and Donations	13,240	£9,793	£4,283
	Clothing & equipment sales	19,033	£17,612	£11,444
	Other	10	£100	£340
	<b>Total revenue</b>	<b>57,981</b>	<b>0 53,280</b>	<b>0 35,787</b>
COSTS & EXPENSES				
	Charity Donations	7,606	£9,673	£4,402
	Affiliations & Memberships	8,490	£5,930	£4,937
	Events	8,497	£13,001	£9,971
	Training	3,658	£1,330	£1,646
	Charity events	5,634		
	Clothing & equipment for resale	16,865	£15,184	£9,983
	Club equipment	3,459	£308	£0
	Paypal and Direct Debit charges	2,377	£747	£449
	Administration expenses	1,343	£1,061	£976
	<b>Total costs and expenses</b>	<b>£57,929</b>	<b>£47,235</b>	<b>£32,365</b>
	<b>SURPLUS/(DEFICIT)</b>	<b>£52</b>	<b>£6,045</b>	<b>£3,421</b>
BALANCE SHEET				
		31-Mar-19	31-Mar-18	31-Mar-17
ASSETS		£	£	£
	Cash	47,813	35,372	18,865
	Deposits and prepayments	925	920	0
	Less: Creditors	-26,896	-14,502	-6,541
		-----	-----	-----
	Net assets	21,842	21,790	12,324
		-----	-----	-----
REPRESENTED BY				
	Surplus b/f	21,790	15,745	9,881
	This year's surplus/(deficit)	52	6,045	2,443
		-----	-----	-----
	Total reserves	21,842	21,790	12,324
		-----	-----	-----

## Balance Sheet

Balance Sheet @ 31 Mar 2019

	01 April 2018	31 March 2019
Bank	£31,717.28	£40,676.54
Cash	£145.00	£20.00
PayPal	£3,510.37	£7,116.12
<b>Total</b>	<b>£35,372.65</b>	<b>£47,812.66</b>

## Accruals & Creditors

Estimates of costs due

• Charity payment	£ 7,606.51
• Clothing payment	£ 2,450.41
• Annual fees inc EA Fees	£ 4,635.00
• Membership pre-payments	£ 8,200.00
• Track Fees	£ 330.00
• Coach Fees VLM	£ 1,168.57
• Summer Ball	£ 1,170.00
• MK24	£ 1,336.00
• <b>TOTAL</b>	<b>£ 26,896.00</b>

Deposits and Pre-Payments:

• Furzton Relay (Bufs)	£ 925.19
• <b>TOTAL</b>	<b>£ 925.19</b>

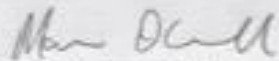
Redway Runners

## Independent Examiner's Report - on club accounts

### Independent Examiner's Report

I confirm I have examined the accounts of Redway Runners for the year to 31 March 2019.

The examination included a review of the accounting records kept by the club and a comparison of the accounts presented with these records. In my opinion the accounts present a true and fair view of the income and expenditure of the club for the year to 31 March 2019.



Maurice O'Connell CIMA

23 April 2019

## Charity of the year nominations 2019/2020

Following Charities have been nominated by paid club members

Redway Runners

## St. Francis' Children's Society (SFCS)

Registered Charity 211670

[www.sfcs.org.uk](http://www.sfcs.org.uk)

SFCS are a registered, voluntary adoption agency providing pre-and post-adoption support to families and children.

They are a local charity based in Woolstone, RR often run past their office in Newport Road.

My family were fortunate to have SFCS's support when adopting 3 children in 2010, and more recently using their post-adoption support services, they are an organization very close to our hearts and for this reason I raise monies for SFCS when running the MK Marathon and other events.

There are more than 70,000 children in the UK care system, every child deserves the security of a 'forever family', SaaS are one such local charity that helps make this happen.

Steve Quinnell

Redway Runners

## Willen Hospice

Willen provided a fantastic service to my Dad and us as a family. My dad had a terminal brain tumour, diagnosed in 2013 and passed away in 2015.

I think we managed to use all of Willen's services; we had nurses tend to him at home, he went to well being sessions once per week, my mum and I attended the Carers cafe and my dad spent his final days within the Hospice with me and my mum also staying on site in the relatives room.

The care and support we were shown was phenomenal. Everyone we encountered there was so pleasant. In order to maintain their services Willen have to raise the equivalent of £9 per minute - millions of pounds every year. They rely heavily on donations from the community and I would ask that you please consider them as the Charity of the Year for our club for the forthcoming year.

Charity registered number 270194.

Izzy Smith

Redway Runners

## Thrombosis UK.

My cousin lost her daughter 4yrs ago just 5 days after her 23rd birthday, her daughter had just celebrated her first wedding anniversary as well. Thrombosis also took the life of her granddaughter.

We then 2 years ago lost a cousin to thrombosis, at Christmas time he had just got back from taking his young kids to Lapland he past away two days after his return.

Thrombosis UK is a registered charity in England ([1090540](#)).

A company limited by guarantee.

Registered company in England (4354472).

Gemma Holt

Redway Runners

## MK Act

MK Act are a domestic abuse services charity who have been established in the Milton Keynes area for over 40 years and are in constant need of financial support from donations to keep their services running.

They are a charity close to my heart after I myself experienced years of domestic violence as a child, from my step father, in which I saw my mum abused physically, emotionally, financially, psychologically and sexually ending in her death.

MK Act offer families suffering abuse a chance to be free and being safe again, something my mum never achieved.

I hope we can run our events (literally!) to help families become safe and free this year.

Thank you for considering my nomination.

### **MK Act offers:**

Accommodation and Follow-up Services

Emergency refuge accommodation for 28 families

Specialist support for children in the accommodation service

Volunteer counselling service in the refuge

Crisis Intervention Service: a single point of referral which ensure clients tell their story only once.

Specialist advisors offer information as well as emotional support. Access to health, housing and legal advice and further support from other parts of the service.

IDVA (Independent Domestic Violence Advisor) Service offers specialist court support.

A local charity that provides quality support services to families experiencing domestic abuse.

Registered Charity No: 1011284

Company No: 2249151

Chris Kingsman

## Brain Tumour Research

The reason for this is that brain tumours kill more young people and adults under the age of 40 than any other cancer and yet only 1% of the money raised by national Cancer Research UK goes towards finding a cure for brain cancer.

16,000 people a year are diagnosed with brain cancer and less than 20% survive beyond 5 years after their diagnosis whereas 86% of breast cancer and 56% of leukaemia patients survive beyond 5 years. This charity currently funds 4 research centres who are conducting vital research to try and find a cure for this devastating disease.

I have worked for this charity for a year and am at times overwhelmed by the bravery of some of our patients, humbled by the dedication of our volunteers and so proud of the tireless work of our supporters.

The number is 1153487 (England and Wales), SC046840 (Scotland)

Jane Jeyes

Redway Runners

## **Milton Keynes Hospital Charity**

I particularly would like RR to support their appeal for the new Cancer Centre. Currently patients from MK need to travel to Northampton Bedford

or Oxford to be treated. It is quite likely, sadly that a lot of us will be affected by cancer in some way and this facility will provide a much needed service for MK Residents.

Charity Registered number 1048297

Judith Cumino

Redway Runners

## Diabetes UK

(charity number 215199)

1. There are a number of members of Redway Runners who are either diabetic themselves or have family members with diabetes
2. Diabetes UK fund groundbreaking diabetes research, campaign for equality of care and support for all people affected by diabetes.
3. Their vision is a world where diabetes can do no harm. They are leading the fight against the UK's biggest and growing health crisis.
4. More people than ever have diabetes. More people than ever are at risk of Type 2 diabetes. If nothing changes, more than five million people will have diabetes in the UK by 2025 so prevention and early awareness is part of the charities activities.

Paul Billington

Helen Vaughan

Redway Runners

## Milton Keynes Winter Night Shelter

Charity Reference No. 1149480

Registered Company No. 08232340

We all know that homelessness exists. It's in large town and small cities, overt and hidden. In MK, we have all run past tents, shelters, rough sleepers and those begging. That split second glance often produces a longer negative thought though...it's their own fault, they are on drugs/drink...

Well I know for a fact that is not always the case.

At the end of last year, I found myself getting involved in trying to assist my daughter look for something to volunteer to do as part of her D of E course-this ultimately led to us both volunteering with a Sikh based group who, each Friday, make and serve hot, nutritious food to those on the street. After making enquiries and finding out a bit more about the help available to those on the streets, I came across MK Winter Night Shelter.

MKWNS open up at what was the old bus station (the 'Buzzy') from Nov-end of March each year and every single night take in those who need a bed. They have a rotation of venues that clients are taken to and hot meals, washing facilities, and breakfast the next morning are all provided. A chat to a lady from the charity on the phone, and low and behold I find myself on the rota for night shift (covering 9.30pm-6.30am) where we make sure everyone is safe, has a bed, or has some company in the small hours if they can't sleep.

On average there are 15-25 people per night that use these facilities-and what may surprise some is that they are not all what you might expect. A lot are working-yes working. Zero hours contracts though mean irregular income and that means some weeks you can't pay the rent. You still have work but where do you live? Domestic violence also features-you leave to escape but where do you go? Just left prison-now where? A death in the family of your father, you live with them, but the Council don't have an obligation to house you-where do you go?

MKWNS help not only in the short term-they assist in the long term too. Assistance with form filling, tracing information on behalf of the client like passports, job interviews too - even sourcing a suit and a haircut!

No one sleeping in a doorway is doing it as a choice, and those who have committed to getting off drugs or drink (if they have such issues) and others who apply for a space at MKWNS have already taken a step towards help.

We run in the cold and rain for fun-imagine having no choice and sleeping out in it, with no chance of a warm shower at the end. Can we match their step towards help with steps of our own?

I'm very passionate about this charity as it has opened my eyes to just how fragile some people's lives really are, and more to the point how easily it is just to fall into such a predicament. Nothing can be more scary that not having anywhere to live. As a result I'm doing what scares me most. A jump into the unknown-just like those on the streets of our own home city.

Jennifer Wallis

## EMILY'S STAR

Registered Charity Number [1152520](#)

One of our members Katie Elmer is Emily's Mum. She set up this charity after Emily died of Trisomy 18 or Edwards Syndrome.

Katie is an amazing lady who has progressed from a beginner runner not so long ago to doing the London Marathon this year for her charity and I'm so proud of her. She is an inspiring lady.

A little bit about her charity Emily's Star:

### Our Objectives

1) To grant wishes to families who have a child or children with any life limiting or life threatening illness & are supported by a Children with Complex needs nursing team within Milton Keynes  
Our wishes are to help families make memories & we carry this out in various ways.

2) To raise awareness of Trisomy 18 also known as Edwards Syndrome, the UK's second most common syndrome.

We also wish to increase the use of the wording "life limiting" when a Trisomy 18 diagnosis is given instead of "incompatible with life"

3) To provide neonatal boxes to local neonatal units, which include items for both mum and premature or underweight babies. These boxes are called "Emily's gift"

Your support will help us achieve our objectives & help to keep Emily's Star shining brightly for years to come.

Sponsoring one of the Neonatal boxes costs £40 & helps a family in need.

Since 2012 Emily's Star has donated over 5,000 boxes to families in the UK!

I think this is a really worthwhile charity based in Milton Keynes and I would love Katie to be awarded this honour of nominated charity of the year for 2019.

Many thanks for your consideration.

Victoria Hodges

## Medical Detection Dogs (MDD)

Founded in 2008, Medical Detection Dogs works with the powerful scenting ability of dogs to help detect disease or assist with managing life threatening medical conditions.

As a charity they solely rely upon the public's generosity and goodwill and receive no government funding.

There are two sides to the charity; Bio detection and medical alert assistance.

The Bio detection dogs are trained to detect odours associated with cancers and other diseases in blood or urine samples in laboratory conditions. This includes prostate and colorectal cancers, Parkinson's disease and malaria.

The medical alert assistance dogs are trained to support individuals with complex health conditions who often have no awareness of an impending life threatening medical event. The dogs can identify minute odour changes omitted prior to an emergency and alert the person to take preventative action. They are currently assisting individuals with diabetes, Addison's disease, POTS, seizures and severe nut allergies. This reduces paramedic call outs and hospital admissions (and associated costs) and allows people to retain some normality in their daily lives.

MDD have a 'no kennels' policy, which means all of their dogs live with a foster family. This is a temporary home for puppies being socialised and medical alert dogs during their initial training before being partnered with their individual and a more permanent home for the Bio detection dogs, whose family drop the dogs in to 'work' at the MDD centre.

The MDD centre is in Great Horwood and a large majority of the charity's support network come from the Milton Keynes area and there are a few foster families and supporters within the local area, including other club members.

I'd love you to consider MDD as the club's charity for the forthcoming year. It does amazing and pioneering work and is continuing to grow and achieve more and more, changing and saving lives but cannot do this without sufficient funding.

Abi Gooch

## MacIntyre

Registered number 250840 -

Established in Bedfordshire in 1966 by Kenneth Newton Wright, the parent of a disabled child, MacIntyre has grown to become a leading national charity, highly respected and committed to setting standards and increasing choice.

Fast forward 53 years and MacIntyre are proud to support over 1,500 children, young people and adults, but our roots are very much here in the local community with over 250 people here in Milton Keynes that we support of all ages plus our Head office and of course our 2 amazing coffee shops!

We are passionate about offering opportunities to all, not only to those who need our support but also to the local communities that we are in, whether that be working for us, volunteering, fundraising for us or supporting us in some way. Our Vision is for all people with a learning disability to live a life that makes sense to them

Lorraine Devereux

Redway Runners

## Different Strokes

In the UK around 100,000 people have a stroke each year. In 2016, stroke caused almost twice as many deaths in women as breast cancer and 5,000 more deaths in men than prostate cancer. Around one in four strokes happen to people of working age and this is increasing year on year. Stroke is a leading cause of disability but, in addition to physical disabilities, survivors are often left with cognitive and emotional problems. A third of stroke survivors experience depression after having a stroke and 45% of stroke survivors feel abandoned when leaving hospital. Younger survivors require specific support such as returning to work or education, caring for a young family and financially providing. This is where the charity I work for, Different Strokes, steps in to provide peer support, resources and information to survivors and their wider family and friends to help them reclaim their lives. We have personal experience of life after stroke. Most of the staff, volunteers and trustees at Different Strokes are stroke survivors, family members, or have a close personal connection to strokes. We recognise that younger stroke survivors and family members are the experts in stroke recovery and rehabilitation. We consult with them regularly to make sure that our services are relevant and personalised. For every £1 invested in Different Strokes we provide £4 in benefit for our beneficiaries. As a small charity we can be agile in providing unique services to younger survivors reacting constantly to their needs. For example our focus this year is to provide enhanced resources for teenagers and young adults and we would love Redway Runners to help us support this. As a member of Redway Runners I have found it to be the friendliest and most welcoming running club, where everyone is encouraged and supported on their running journey. There is something for everyone who wants to be active, no-one gets left behind and the peer support that each and every member offers is quite simply outstanding. For a running club to support a charity with so many similar core values would make such a difference to us, helping us to increase awareness and provide much needed support to survivors. Stroke really can happen at any age and I would like to share some comments from some of our beneficiaries as stroke is too often only associated with our older generation. Nigel – Stroke aged 46 “Unbeknown to me, strokes don't just happen to older people and can happen at any age. I will be completing my local ParkRun this year. I had run it 56 times before last April. This time will be a little slower, no target time and I will walk. Immediately after my stroke, I couldn't walk and it has been a long process. In the days following my stroke, my family were given the details of a charity, Different Strokes, which helps younger stroke survivors reclaim their lives through active peer support. I can honestly say they have helped me rationalise the whole experience and have been a great support over the last 10 months. I hold the charity in the highest regard”. Bailey – Stroke aged 3 now aged 15 “Once I knew that I was not alone, I came out of my shell, and became my own person. Now I am accepting myself and the stroke, and I try to think positively about the whole situation. I am now working towards helping other children, who are going through the same thing as me, to accept themselves and to let them know they are not alone”. Bethany – Stroke aged 17 "I was asked if I had taken drugs or was intoxicated. When I got to A & E none of the doctors knew what was going on. They assumed it wasn't neurological because of my age so the whole time I was getting worse, with no proper intervention". Registered Charity in England and Wales 1092168 and Scotland SC044190

Caroline Saunders

## Sport and Arts in the Community (SpArC) South West Shropshire

I grew up in a very rural location with the closest swimming pool being over 20 miles away, in the late 70's the local community raised enough money to build a swimming pool. Since 2016 the pool has been under threat of closure due to lack of funds, local people as well as those who have moved away from the area but have strong ties to the pool, have set up a charity and have been busy fund raising.

The campaign started in 2016 in response to fears that the leisure centre might close. Shropshire council announced that they would be withdrawing funding for leisure services across Shropshire. Bishops Castle and district residents persuaded them to change their mind and designate SpArC as one of only two 'Rural Hubs' in the whole county to escape the axe. It took almost a year to form a registered charity – Sport and Arts in the Community (SpArC) South West Shropshire ([Reg.no. 1170997](#)), which, if not the snappiest name in the world, is now up and running and has raised £150,000 to date, with the enthusiastic efforts of trustees, volunteers and residents from the whole district.

Discussions continue with Shropshire Council as to how SpArC may operate in the future. In the meantime, it has confirmed its £80k annual subsidy up to 2020 although the future is by no means certain. In 2018 Shropshire Council allocated £100,000 for urgently needed repairs to the changing rooms and other parts of the pool building.

Children and adults in rural communities do not have access to the types of leisure facilities that we are so lucky to have in Milton Keynes. The community has all pulled together to keep the leisure centre open. Every year they hold numerous sporting events, one of those being Tandem Triathlon, it would be great if Redway runners could support it and take part. (see link:<http://www.tandemtriathlon.org.uk/>) This is a really unique event that is fun and in a beautiful part of the country.

Whilst I recognise it isn't a charity within Milton Keynes, it encourages children to take up sport which will stay with them for life.

Mary Love

**\*\*END REPORT\*\***

**Redway Runners**