Annual Report and Financial Statement of Epsom & Ewell Health Walks

for the year ended 31st March 2025

A small Charity established April 2011 and
Registered with HMRC No XT 37422

Management Committee

Chairman	Vacant
Minutes / Health Walk Programme Coordinator	Susan Anderson
Treasurer	Denis Fenton
Data Analysis Officer	Keith Childs
Member without Portfolio	Jacqueline Suckling
Independent Examiner	Vacant

Volunteers to fill the post of Chairman would be most welcome as would anyone willing to join the Committee in any role including as an additional Member without Portfolio.

Walk Leaders

Throughout 2024-25 we scheduled one walk leader and one back marker for each walk.

One walk leader (Rosalind Fenton) resigned in May 2024 and another (David Smithson) became inactive in February 2025 due to ill health. Two back markers (Kay and Roger Matthews) were inactive in 2024-25 but three people (Derek Eade, Mark Hodge and Chris Meineck) started to back mark regularly.

During 2024-25 7 people led walks on a regular basis; 4 other people led between 1 and 5 walks each. 9 other people acted as regular volunteer back markers and 6 others back marked between 1 and 4 walks each.

More back markers and walk leaders are needed if we are to continue with our full programme of walks.

Programmes

During 2024-25 we produced programmes covering two months at a time, put them on our web site and distributed them by E-mail to all our walkers for whom we held an E-mail address. We hold E-mail addresses for 98% of those who walked with us in 2024-25 or for their spouses. We did not produce any printed programmes this year.

Structure and Management

The Group has an elected Management Committee; it did not meet face to face in 2024-25 but communicated by E-mail, as required. Similarly communications with walk leaders and back markers were conducted by E-mail. E-mail was used rather than face to face meetings to save time for the limited number of Committee members.

An AGM was held on 29 May 2024.

The method of election to the Management Committee is set out in the Constitution, and all Group members are encouraged to stand for election.

Aims and Objectives

To offer regular, informal, and friendly Health/Wellbeing Walks within the community.
To promote the Group and encourage a healthy and physically active lifestyle, while exercising a duty of care to all walkers.

Treasurer's Report

Apart from a generous donation of £40 from one of our walkers the only activity has been payment of our necessary Admin. Expenses. Our insurance increased in line with the general insurance market and we are already aware that our good value website fees will increase by approximately £12 in 2025/26.

Denis Fenton (Treasurer)

Walkers and Attendance

In total 50 one hour Wednesday walks (and one half hour Wednesday walk prior to the AGM), 45 half hour Monday walks and 48 one hour Sunday walks were held in the year ending 31 March 2025 (one further Monday walk was cancelled as no leader was available and two Monday walks and 1 Sunday walk were cancelled due to bad weather) – a total of 144 compared to 140 in 2023-24.

Walk locations are graded 1 (relatively flat), 2 (some small hills) or 3 (some hills). The grading is shown after each location below.

The regular one hour Wednesday walks took place at 13 different locations:
Ashtead Common (1), Banstead Heath (3), Banstead Woods (3), Chipstead Road (2), Epsom Common (1), Epsom Downs (3), Headley Heath (3), Horton Country Park (1), Langley Vale Wood (2), Nonsuch Park (1), Oxshott Heath (2), Princes Coverts (2) and Poole Road (1).

Sunday walks took place at 12 different locations (the above 13 less Princes Coverts and Poole Road plus Ewell Court (1)).

The grade 1 walks are more popular than the grade 2 or 3 walks and so we include them in each 2 month programme whereas the grade 2 and 3 walks are included less often.

The half hour Monday walks took place at 9 different locations:
Castle Hill (1), Epsom Common (1), Epsom Downs (3), Horton Country Park (1), Langley Vale Wood (2), Nonsuch Park (1), Nork Park (3), Poole Road (1) and Priest Hill (1).

Castle Hill and Langley Vale Wood were new locations in 2023-24. There is no car park at Castle Hill and on street parking is limited. Langley Vale Wood has a new Woodland Trust Car Park opened in May 2023 but there is a charge of £2 for up to 2 hours and payment can only be made by Contactless card or RINGO. We dropped Ashtead Common as a location for half hour walks in 2024-25 as it was less popular than the other locations in 2023-24.

Generally numbers of walkers and attendances in 2024-25 were a little down on 2023-24 as set out below.

Around 130 people came on one or more of these walks (compared to 140 in 2023-24), averaging 15.4 attendances each (compared to 15.2). Nearly three quarters of these lived in Epsom and Ewell, nearly all the others lived in adjoining boroughs.

65% were female (compared to 69% in 2023-24). 2% attended more than 50 walks (up from 1% in 2023-24), 37% attended more than 20 but not more than 50 (up from 31%), 10% attended more than 10 but not more than 20 (down from 21%), 12% (up from 11%) attended more than 5 but not more than 10, 22% (up from 15%) attended more than 1 but not more than 5 and 17% (down from 21%) attended just 1 walk.

64% came on 1 hour walks only (compared to 58% in 2023-24), 27% came on half hour walks only (compared to 24%) and 9% came on some of each (compared to 18%).

There were 19 new walkers in 2024-25 (compared to 25 in 2023-24). For 4 of these their first walk was on a Wednesday (compared to 7 for 2023-24), for 13 it was a Sunday (compared to 11) and for 2 a Monday (compared to 7). 9 (47%) of them had been on at least one further walk by 31 March 2025; the comparable percentage for 2023-24 was similar at 56%. All those who did not come on a further walk did their first walk on a Sunday. 6 lived in the Epsom and Ewell postcodes of KT17, KT18 and KT19, 4 lived in KT4 (Worcester Park), 4 in KT20 (Kingswood/Tadworth/Walton on the Hill), 2 in KT6 (Surbiton) and 1 each in KT9 (Chessington), KT21 (Ashtead) and SM7 (Banstead). 5 of the 19 new walkers said that they found out about us by word of mouth from an existing walker, 11 from the Internet (7 from an Internet search, 2 from Nextdoor, 1 from the Epsom and Ewell Borough Council web site and 1 from the National Walking for Health web site) and 3 in some other way (2 by a chance meeting in the Car Park at the start of a walk).

The 144 walks that took place clocked up a total attendance of 2,020 (compared with 2,260 for 140 walks in 2023-24).

The average attendance on Wednesdays was 15 (compared with 17 in 2023-24). Attendances mostly ranged from 6 to 23. 27 walked at Nonsuch Park on 5 June and 25 walked at Epsom Common on 29 January. Only 4 walked at Poole Road on 18 December.

The average attendance on Sundays was 11 (compared with 13 in 2023-24). Attendances mostly ranged from 3 to 21. Only 1 walked at Ashtead Common on 8 December.

The average attendance on Mondays was 16 (compared with 19 in 2023-24). Attendances mostly ranged from 8 to 23. Only 6 walked at Priest Hill on 23 December and only 3 walked at Langley Vale Wood on 6 January and at Horton Country Park on 27 January.

Most of the low attendances reflect bad weather.

Keith Childs (Data Analysis Officer)

Epsom & Ewell Health Walks

Financial Statement for the year ended 31st March 2025

Receipts and Payments	**2025**	**2024**
Receipts		
Donation RWH Travel	**0**	**10**
Epsom & Ewell BC (1)	**0**	**299**
Donation from Member	**40**	**0**
Total Receipts	**£40**	**£309**
Payments		
Website Fees	**44**	**44**
AGM	**25**	**25**
Admin Supplies	**0**	**16**
Insurance	**90**	**73**
Total Payments	**£159**	**£158**
Excess of Receipts over Payments	**(119)**	**151**
Cash Funds		
Total Current Account	**£1,290**	**£1,409**

Treasurer's Notes

Note (1) **In May 2023 we received a payment of £299 from E&E BC as delayed contribution to cover the cost of the Hi Viz Jackets and First Aid Kits purchased in 2022/2023**

The Financial Statement of Epsom and Ewell Health Walks has been prepared using Charity Commission recommendations for Small Charities on a Receipts and Payments basis

The details have been approved by the Management Committee but the Accounts have not been Examined

Treasurer ***Denis Fenton*** ***1st April 2025***