

TRUSTEES ANNUAL REPORT

Period 01/09/2023 - 31/08/2024

Thrive Dance

Charity Number 1167591

THRIVE

WWW.THRIVEDANCE.CO.UK

Thrive exists to inspire change in our communities through art, performance, and dance education.

We facilitate learning and support development of dancers and artists by enabling creative thinking and inspiring self-confidence.

Performances

We create immersive and site-specific performances looking at socially relevant issues. We perform these works across a range of venues (community centres, galleries, outdoors) to push the boundaries of how we view dance and who it can be for

Community

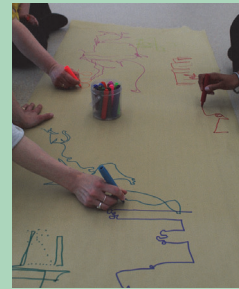
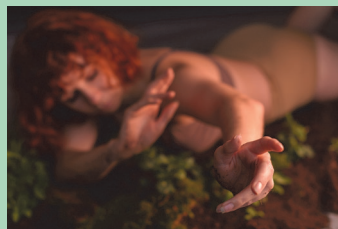
We host gatherings and co-create performances with people in our communities. We bring people together to connect them with each other as well as to local initiatives that help stimulate conversation and change

Artist Development

We help artists to develop their own work by offering mentoring. We also produce arts festivals that bring together young dancers and artists to perform, collaborate, and learn from each other

Youth Company

We host weekly classes, intensive workshops and festivals that support and inspire young people. They co-create performances which speak to their experiences as well as supporting their personal, creative and physical development



Charitable Aims & Outcomes

- To improve cultural diversity and inclusivity across the country by helping people feel more connected to their community through the arts.
- To advance knowledge, education, and training in the art, practice, and appreciation of dance
- To support young people and artists to be more creative and confident both in arts settings and in their wider communities.
- To use dance and performance arts to enliven conversation about social topics relevant to our communities.
- To bring people together to develop collaborative initiatives that build links across communities within and beyond our work.

Nigel Thorne
Trustee

Zara Rush
Trustee

Parbati Chaudhury
Trustee

Sarah Poekert
Artistic Director

Impact

This year we have...

Performance

- Performed 3 dance work co-created with 100 participants - we've brought these performances across the UK to both cultural hubs and disadvantaged areas including Bristol, Derby, Lowestoft, London and Milton Keynes
- Worked with groups of disadvantaged youth in Bristol and Milton Keynes to co-create performances they presented alongside our professional dancers.
- Performed co-created work with socially relevant themes that are reflective of our community's views (including climate change, female empowerment and what home means to different people)

Community

- Donated 8 tonnes of soil used in performances to earth friendly and sustainable charities across the UK (including Men's Shed, Fishermead Community Centre, Dame Alice Park Project and Down to Earth Derby)
- Offered 8 free dance workshops to schools in disadvantaged areas of London (Enfield and Islington)
- Hosted movement workshop exploring climate change to connect people to local climate initiatives (Men's Shed in Lowestoft and Down to Earth in Derby)

Youth Company

- Co-created & collaborated with over 40 young people to make 4 new dance works which reflect their ideas, opinions and creativity
- Engaged over 40 young people across our weekly youth company classes (including teaching dance technique, building teamwork, creativity and self-confidence, given access to individual mentoring and attended live professional performances.
- Expanded diversity in our teaching to include classes in Kathak (traditional Indian dance) and Urban Street Styles

Artist Development

- Supported over 100 young people from diverse backgrounds to attend our Youth Dance Festival in partnership with Middlesex University (including performances, workshops, networking and a chance to learn more about higher education opportunities in the arts)
- Mentored Thrive Youth Company Alumni to develop their creative voices and present their work at the Youth Festival
- Supported Youth Company members to be accepted into their first choice universities (including Northern School for Contemporary Dance and Chichester University)
- Mentored Thrive Youth Company Alumni to develop their teaching practice and become our newest youth company leader



95% of people working with Thrive report being significantly more confident
93% report feeling substantially more creative
90% felt extremely empowered
96% felt physically and mentally stronger
100% felt safe, welcomed and supported when working with Thrive

Case studies

Pookie Watson



Pookie danced in our Youth Dance Company for 3 years and, with our support, went on to gain a BA(Hons) in Dance from London Contemporary School of Dance. They have now returned as an apprentice and are receiving mentoring in dance teaching practise and training in how to co-create works with community groups. With our support, they have guided our youth company this year and helped them to make performances which have been presented at The Place and the Museum of the Home.

Pookie reports feeling significantly more confident and empowered as result of their work with Thrive.

Rosie Copp



Rosie danced in the Youth Dance Company for 5 years and went on to study at Trinity Laban Conservatory where she gained BA(hons) in Dance Studies. She then went on to become our professional company's Graduate Apprentice where she received mentoring in dance and teaching practice as well as practical career advice. She was then accepted into Map Dance at Chichester University gaining her an MA in Dance Performance. Last February she auditioned for and was invited to join our professional company as a dancer. We have also supported Rosie to undergo training to become our social media consultant as well giving her continued mentoring to develop her own choreographic work (including supporting her to present a photography installation at our youth festival this past June).

What people are saying...

"Thrive has such a wonderful youth company that really develops young people in confidence and resilience as well as developing dance technique" – Sheron, youth company parent

"What you do for young people is so important at a crucial stage in their lives - encouraging them to think of their bodies in a positive, confident way; helping them to be expressive and strong and unafraid. It's not to be underestimated, and you deserve to feel proud of the effect you have on them" -Rebecca, youth company parent

"The gathering had such powerful feeling of support from being in a space where you know everyone has a shared experience – it brings a deep collective understanding and connection" - Zara, community gathering participant

"I really enjoyed the feeling of being part of the show, I have not experienced this elsewhere and it feels so unique and important. It was thought-provoking and beautifully crafted"
- Kate, audience member

Space Clarence Mews

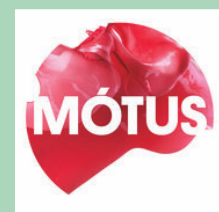
THANK YOU

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Supported using public funding by
**ARTS COUNCIL
ENGLAND**

We would like to say a huge thank
you to funders and organisations
that have supported us this year.
Without their support none
of this would be possible!



What's Next?

From our Artistic Director:

Thrive's work has always had a commitment to exploring socially relevant themes that people can relate to. We work with the belief that it is imperative that we support every citizen of the world to be creative, open & curious; to amplify our lived experiences to empower people to have conversations, make change and share knowledge. We do this through a teaching and creative practise which weaves together physical and creative learning, immersive performance, confidence building and an exploration of issues that affect and matter to people and culture today.

Thrive has a very circular way of working which aims to deeply consider each person's wellbeing and journey. Once you join us, you are family. Each person has access and involvement in each strand of our work and everything is co-created. All our performances are accompanied by community gatherings, post show discussions and/or movement workshops. Each piece is carefully researched and the process opened to members of the public in a unique co-creation process. Everyone is equal and respected within the creative process and participants are empowered to celebrate their uniqueness and share their ideas and opinions. Everything we do is a collaboration with room for play and discussion - everyone is involved in all strands and they all influence one another. We can't wait to reach new communities and connect more people next year!

Grief Gatherings

We are in the tender stages of our new project, Letting Go While Holding On. This project explores grief, following the passing of our Artistic Director Sarah's own mother. We will be sharing our creative process and connecting with other grieving people in a series of sharings and gatherings this Autumn. They will be a place for community connection and exploring playful creativity as a way to express grief. They also aim to connect people with local bereavement support. You can find more information about this upcoming project on our [website](#).

Grief Gatherings will be supported by:



Climate Initiatives for Primary School Children

We are partnering with Ludlow Assembly Rooms to offer workshops for primary school children and their grown ups to look at climate change. We will lead dance and movement exercises that explore the environment and how our bodies are connected to nature. They will delve into the world of plants and fungi and use dance to investigate how they communicate with each other through their roots by sending electrical signals. The workshop takes a fun and hopeful approach to an introduction to speaking to children about climate change. Both children and their grown-ups will discover different ways to express themselves through dance and work together on creative tasks.

Receipts and payment accounts 01/09/2023 - 31/08/2024

Expenditure		Amount
Artists/Collaborators/People		
Artistic Directors Organisational Development and Admin Duties (Sarah Poekert)	7950.00	
Artistic Directors Choreographic Work and Porject Management (Sarah Poekert)	4040.00	
Administrative Support and Project Manager (Julie Havelund-Willett)	4875.00	
Artists and Dancers for Community Outreach Delivery/Performances (Rosie Copp, Amy Foskett, Georgia Fletc	10012.00	
Producing Support (Lou Roger and Pip Sayers)	1500.00	
Trauma Support for Grief Gathering Development (Mina Aidoo)	500.00	28877.00
Travel Costs for Project Delivery (Travel, Accomodation, Per Diems)		
Travel	960.37	
Accomodation	1076.15	
Per Diems	821.50	2858.02
Marketing		
Marketing and Social Medis Support and Training	1551.63	
Marketing Materials (Design, Production Distribution and Social Media Promotion)	1050.22	
Vistaprint Flyer Order	31.39	2633.24
Charity Development		
Quickbooks (Set up, Training and x1 year Subscription)	577.80	
Insurance	503.02	
Company Emails	133.24	
Fundraising Consultant and Application Submission	1980.00	
Studio Hire	3056.00	
Materials (Costumes/Props/Office Supplies)	741.26	6991.32
Youth Company		
Safeguarding Training for Youth Company Teachers	136.00	
Youth Company Performance Trip Tickets	220.00	
The Place CAT Student Membership	650.00	
Tshirt Fundraiser	411.37	
Teaching Fees for Youth Company + Performance Trip Chaperones (Sarah Poekert and Pookie Watson)	7100.00	
Youth Festival (Teachers, Photographer, Theatre, Materials, Stage Managers)	980.32	
Youth Company Other (Performance Platform Fees, Student Per Diems for Museum of the Home Performance	241.85	
Youth Company Performance Trip Tickets 2024/2025	240.00	9979.54
	TOTAL	51339.12

Income		Amount
Performances + Community Outreach Activities		
DEDA and Derby University	1150.00	
Motus Community Centre Performance + Community Cast Workshops	3350.00	
Museum of the Home (Spring)	650.00	
Bristol Museum Performance + Work with Rise Youth Dance Company	1650.00	
Museum of the Home (Summer)	200.00	7000.00
Ticket Sales		
East Point Pavilion Performance (solo/duet) + Workshop at Lowestoft Library	160.00	160.00
Grants		
Arts Council 1	27000.00	
Arts Council 2	3000.00	
Magic Little Grant	500.00	
National Lottery	9489.00	39989.00
Youth Company		
Student Fees Term 1	4120.01	
Tshirt Fundraiser	645.80	
Student Fees Term 2	3770.00	
Student Fees Term 3	3270.00	
Youth Festival Ticket Sales	1345.36	
Youth Festival Participation Fees	180.00	
Youth Festival Profit	350.00	13681.17
Student Fees Towards Term 1 (24/25 in advance)	4124.00	4124.00
	TOTAL	64954.17
Cash increase in year in year		13615.05
Brought forward free funds 01/09/23		2747.72
Closing bank balance 31/08/2024		16362.77

Statement of Assets and Liabilities

Funds brought forward 1/9/2023	2,747.72
Increase in cash during year	13,615.05
Balance in bank at 31/08/2024	16,362.77

Bank balance consists of	
Lottery grant	9,457.61
Youth Company advance fees	4,124.00
Free reserves	2,781.16
	16,362.77

Independent examiner's report on the accounts

Report to the trustees of Thrive Dance CIO on the accounts for the year ended 31/08/2024.

Charity number 1167591

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/08/2024

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.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination 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

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.



J Webster
29/10/2024