

Let's Get Connected!



Annual Report 2023



Chair's Report

Susanna Longley

We said a very sad goodbye in September to our original Trustee and Chair, Laura Carter. She was a dedicated and efficient Trustee, doing an incredible amount of background work to make sure the charity ran correctly and efficiently. She will be sorely missed. Laura started working for Hastings Thrives as a schools co-ordinator for the Thrive approach and she helped form Hastings Thrives Charity with Liz Miles from Silverdale Primary Academy and Jenny Jones from The Hastings Academy.

Laura was a secondary science teacher and took a role in setting up Hastings Thrives science promotion in local primary schools, bringing in a teacher trainer and supporting funding initiatives and networking events. Thanks to funding from the Magdalen and Lasher Trust we were able to produce an interactive looking at the chemical oxytocin and how it drives our connections with each other - the theme of Science Week this year.

We continued throughout the year delivering music based initiatives. This included 5 weeks of Musical Theatre holiday workshops for the Government Holiday Activities and Food Programme. And also running songwriting in schools and the community as a way of developing skills and inclusion. We made a great song "We can make the Jump' for A Town Explores A Book, which looked at Mary Seacole's book And ran several school workshops.

We welcomed a new Trustee this year, Emma Shuttleworth who specialises in Science, so she can continue the work of Laura Carter. We continue to rely on some very skilled people to deliver our work, staff who give there all, and volunteers who we are very grateful to, particularly young people and those who are neurodiverse.

I have temporarily stepped into the position of Chair, as we look for new Trustees to take the Charity forward. If you would like to play a part please feel free to contact me at achieve@hastingsthrives.org and I will get back to you.

Science Connections

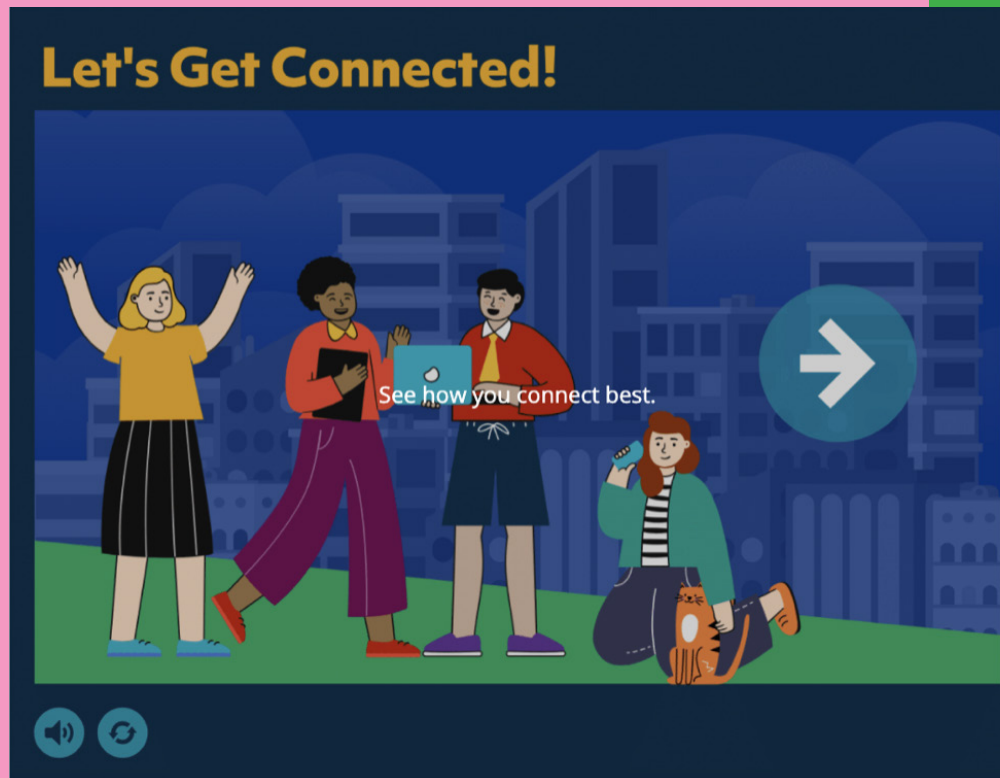
The Science Week theme for 2023 was [Connections](#).

Following up on continuing professional development teacher training in 2022, Jacky Cross ran school science network meetings in 2023.

The Magdalen and Lasher Charitable Trust continued to support Hastings Thrives science initiative by funding our interactive and money for network schools for Science Week.

The Interactive is available on Hastings Thrives website and is used by schools and professionals working with young people, enabling them to

understand how the chemical oxytocin drives our desire for connecting with people and explores healthy connect preferences. www.hastingsthives.org.



SCHOOLS IN SCIENCE WEEK

At **Silverdale Primary Academy**, each year group joined in the connections theme within their own area of learning. They bought materials and resources to build rockets, textbooks loan boxes from museum, seeds, plants, tools, materials to make egg protectors, resources and musical instruments for sounds like science theme.

Dudley Infants ran a Wild Science presentation and workshop for all children in the school.

Robsack Wood and Churchwood received funding for the year for science materials.

Hollington Primary and **The Baird** had fun with cocoa powder, balloons, string, cellotape, lolly sticks, pipe cleaners, straws and masking tape.

Musical Theatre Courses

We ran 5 musical theatre courses over 2023 for the Holiday Activities and Food Initiative. Aimed at young people on income related school benefits, as well as some other criteria, like SEND, fostered and child carers, these courses continue to be tremendously popular. We are unusual as we engage secondary school aged young people in activities.

The courses are run by the very inspiring Suzie Dunster (Drama), Becky Knight (Dance) and Emma Towner (Singing). Suzie works for New Horizons and Becky for St Richards Catholic College in Bexhill. They are part of APA, a performing arts company in Eastbourne. www.apatheatreschool.com

Classes usually start with dance, as it's easier for young people to access body movement first. As they develop confidence in the group, they work as groups and individuals to act out scenes from musicals. Sometimes a whole class may manage a solo. We concentrate on making it fun, with a focus on participation and individual achievement rather than precision.

At the end we do a mini performance to parents, carers, friends and relatives, to celebrate learning and achievement. Each person receives a personalised certificate celebrating their strengths.



This lovely quote from Billy Thompson continues to apply today.

"A brilliant way of engaging students which allowed them to explore their creative side. Students socialised brilliantly – and for our students to come out of their shells in such a short space of time was brilliant to see. There were students who would not normally engage and try out new things who got involved and thoroughly enjoyed themselves."

Billy Thompson – Assistant Head of Arts Faculty and Enrichment Coordinator at St Leonards Academy.



Easter 2023

x 14 Students

V*** thoroughly enjoyed it and says it will help him become an actor. Thank you!**

14 completed an evaluation form

Developed

Confidence x 14
Singing x 12
Dancing x 13
Acting x 13
Working in a group x 10
Creativity and having ideas x 10

Enjoyed

Making friends x 9
Playing games x 13
Learning dances x 13
Singing Songs x 12
Working in a group x 9
Rehearsing scenes x 12

Parent Feedback

"Brilliant, would highly recommend it"

"Yes, by being confident and having courage"

Yes, exciting and fun

*This course has been brilliant for I*****'s confidence and she has enjoyed it very much*

Yes, she is growing in confidence in many aspects as well as creating new friendships"

"Has done wonders for her confidence. Has helped with her coordination and physical confidence. Has encouraged her interest in musical theatre."

*"J**** thoroughly enjoyed his time at the workshop and*

Tutor feedback

All were included in the process and given opportunities to contribute to ideas, which led to the planned programme being adapted to suit their needs and interests

The majority of children had a solo moment in the final show, with many asking repeatedly to do more!

All who had lines/songs to learn went home each day and actively rehearsed them, demonstrating complete commitment to the group

By the final day the group were running warm up activities and rehearsing independently of the staff



"K was not keen on coming but after day one she was hooked!"*

July
x 13 Students

9 completed an evaluation form

Developed

Confidence x 9
Singing x 4
Dancing x 9
Acting x 8
Working in a group x 9
Creativity and having ideas x 8

Enjoyed

Making friends x 9
Playing games x 9
Learning dances x 8
Singing Songs x 7
Working in a group x 9
Rehearsing scenes x 8

Parent Feedback

"A has had a lovely time and would like to come back.*

"K was not keen on coming but after day one she was hooked!"*

"He enjoyed it all."

"Yes, they enjoyed this workshop, developed confidence and enjoyed talking about learning new dances."

"F has really enjoyed this workshop. She loves performing and being part of a group."*

"C loves coming and it's great for her confidence.*

Tutor feedback

"One child is a wheelchair user (although she didn't use it whilst in the workshop) with severe physical disabilities, and every child was considerate, ensuring the space was safe at all times. They helped her during breaks, brought her drinks when she needed it, and gave her extra space in dances so she did not feel nervous or at risk of injury."

Every child had a chance to take the lead at some point, in performance and in rehearsal. The sense of ownership was joyful to watch - they were so proud of what they produced and were so eager to perform.

Drama work was taught orally, which helped eliminate anxiety over literacy. They all ended up knowing most lines, meaning they could help each other."

Aug 2023
x 14 Students

14 completed an evaluation form

Developed

Confidence x 14
Singing x 10
Dancing x 9
Acting x 13
Working in a group x 13
Creativity and having ideas x 10

Enjoyed

Making friends x 14
Playing games x 14
Learning dances x 11
Singing Songs x 13
Working in a group x 13
Rehearsing scenes x 13

*"Absolutely blown
over by how amazingly
I* has taken to this!
Totally will be looking
out for you guys!"*

Parent Feedback

"This has been an absolute highlight of her holidays. She really looked forward to every day and enjoyed every aspect. Brilliant!"

"Great experience, building confidence and making friends."

"My child always has a positive experience, her confidence, progress and love of performing arts grows."

"Thank you, she has had the best time this week! Such a fantastic experience for her, and she adores you all. The first week of the holidays can be hard for her, and doing this has been so helpful and made such a difference."

"K has really grown in confidence attending this group, and past groups run by APA. Everyone is so kind and works together so well. We are very thankful for this opportunity!"*





Aug 2023

x 16 Students

C* comes home every day very happy and looking forward to the next day.

16 completed an evaluation form

Developed

Confidence x 15
Singing x 14
Dancing x 15
Acting x 15
Working in a group x 11
Creativity and having ideas x 13

Enjoyed

Making friends x 15
Playing games x 12
Learning dances x 15
Singing Songs x 14
Working in a group x 14
Rehearsing scenes x 12

Parent Feedback

"You made J feel part of the crew!"*

C comes home every day very happy and looking forward to the next day.*

100% yes! She has really enjoyed dancing and singing and hasn't stopped talking about it.

Definitely! O loves everything this course offers and he is really happy to learn lines and moves. He enjoys meeting people and developing new skills.*

E has had a very positive experience, she has further improved her stage presence and her confidence amongst her peers and in front of crowds.*

Tutor feedback

Many of the children had issues around social interaction (ADHD, ASD, anxiety) but were able to effectively and actively participate, using good communication skills. One girl talked openly about her autism in a group discussion and the response was respectful, kind and positive.

One child was much younger with complex needs and struggled to focus in some situations. She was prone to verbal outbursts and was overly tactile with many of the group, but she was well looked after and everyone was consistently kind. Her foster carer commented that she was astounded by her performance skills and never expected her to be able to focus and control herself so well.



Christmas 2023

x 27 Students

*"As soon as we heard you were doing another course, A**** immediately asked if she could do it! She feels really comfortable here - thank you."."*

20 completed an evaluation form

Developed

Confidence x 18

Singing x 10

Dancing x 18

Acting x 17

Working in a group x 13

Creativity and having ideas x 12

Enjoyed

Making friends x 17

Playing games x 15

Learning dances x 17

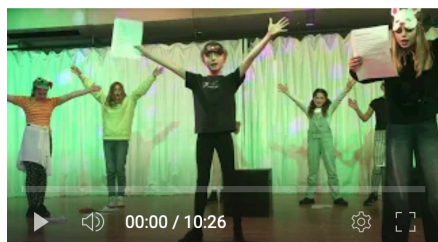
Singing Songs x 12

Working in a group x 16

Rehearsing scenes x 16

Other - "Directing, scene organising, writing and production"

"yummy food" x 5



Parent Feedback

"It's been fantastic to be able to attend the production at the end of the week. Marvellous hands-on experience for all aspects of singing, dancing and acting. 10/10 for confidence building and teamwork."

*"K***** has loved it and thoroughly enjoyed this course. I believe it has helped immensely with his confidence. Thank you so much!"*

"Yes because of the inclusive nature of the workshop."

*"N*** has struggled at times with feeling overwhelmed but has been well supported by staff and managed to stay the course. He has really enjoyed it all and grown in confidence - thank you!"*

"Yes, initial nerves/uncertainty but knew after day one she was in her element."

"Thank you for everything you do and for giving him the opportunity to shine."

*"C**** has come home happy after every day, looking forward to the next."*

"E has had a fantastic time, this has helped*

Tutor Feedback

This was the first time we have created a show with a story rather than a showcase of stand alone numbers. The group were so enthusiastic with such a range of individual talents that they were able to devise a lot of content independently. One boy was reluctant to join in with dance so was tasked with writing scripts, another was in charge of moving set - these roles ensured engagement was consistent from all, and gave the group a sense of ownership and autonomy.

Il mingled well during break and lunch times.

SongSeeds

We continued with our SongSeeds project in 2023, starting the year by exploring 'The Wonderful Adventures of Mary Seacole in Many Lands' - as part of A Town Explores a Book. And we ended the year anticipating 2024's Science Week theme of Time, creating a piece of Musical Theatre. Songseeds is funded by Youth Music.



A TOWN EXPLORES A BOOK

We joined in with the wonderful A Town Explores a Book on three occasions over the past few years. This year, they took the lead for us in schools, running songwriting sessions at The Hastings Academy, St Leonards Academy, Bexhill High and Robertsbridge Community College. We organised the community programme with Mike Willis working with young people in the holidays. One of the songs - We Can Make The Jump - was taken to a full recording. While Andy Mersh performed [Journey](#) at the Kings Road street party with a Silverdale Primary Academy after school club.

P E N G U I N



C L A S S I C S

MARY SEACOLE



We Can Make The Jump

*Do you see what I see
through the window of this train
forward in fast motion
life blurred against the pain*

*Everyone's a stranger
everyone's alone
we may share our destination
but our journey is our own*

*Here we are
open up your eyes
I will hold your hand
we can make the jump
we can make the jump
we can
we can*

*Let's be more than tourists
Let's pull the pavement up
feel the earth beneath it
it's time we re-adjust*

*Here we are
open up your eyes
I will hold your hand
we can make the jump
we can make the jump
we can
we can*

*Here we are
open up your eyes
I will hold your hand
we can make the jump
we can make the jump
we can
we can*

Students, Clara Patroa, Joe Paine and Star Ansar recording their song in YiaYia's Recording Studio, with Mike Willis, George McDonald (Kid Kapachi), James Davison and Jim Board. Song credit also to student Dylan Maynard not in photo.



Students from The Hastings Academy writing a song inspired by Mary Seacole's book, with Ruby Colley and Hannah Collinson.

1:2:1 SONGWRITING

Andy Mersh gave 1:2:1 and 1:2:2 support to neurodiverse young people.

Checkout Noah and Toby's Songs

[FIN THE FISH](#)

[OUR LITTLE SONG](#)

[FRANK THE FOX](#)

Checkout STAR's songs

[PAINTED AWAY](#)

[VISIONS](#)



SONGWRITING IN SCHOOL

Mike Willis worked with Kym East at The Hastings Academy music department to help develop students songwriting skills.

Summer Holidays

Sun is smiling
In the blue sky
People dancing
All day long

It's the season
For friendship and for freedom
Happy Summer everyone

Riding shotgun
Singing old songs
Windows rolled down
Feel the wind

Juicing lemons
Messing up the kitchen
Summers here once again

Watching Netflix
Making Tick Tocks
Staying up late
Sleeping in



IT'S TIME

The theme for Science Week 2024 was TIME, and as we were making preparations with schools, we decided to make our songwriting musical theatre course about TIME.

They did a fantastic job as they used the story of Alice In Wonderland to work with. Take a look at a film of their performance. Not only did they create songs, but also the scripts between songs and performance. What job does the rabbit want to do?



I DON'T WANT TO BE LATE

I don't want to be late
I've got an interview, an important date
I don't want to be late
I've got an interview, to make my dreams come true
I don't want to be late
(echo)
But I am already late and that's a big mistake OH NO
I don't want to be late
I'm down a rabbit hole with my best friend mole (HI)
I don't want to be late (2nd time)

NO TIME

I am lost and lonely
Without a hand to hold
I am lost and lonely
A rabbit without a mole

I said something here
You said something there
You were the tortoise
I was the hare
This is a problem that I cannot fix
Just like my broken weetabix.

WAIT (Mole)
I am here for you
And I know you're here for me
If we leave together we might be early (hopefully)

NO (rabbit)
We drew the line
When we wasted time
This job cannot be mine

We may be late
But we've got the date
The place
The Time

So we'll try our best
Put ourselves to the test
Be the best that we can be
There's no one who wants to help you more than me
I don't want to be late

I don't want to be late
I've got an interview, an important date
I don't want to be late

CHRISTMAS MUSICAL THEATRE SONGWRITING COURSE

Free / Fully inclusive / All abilities

9am - 1pm
ST LEONARDS ACADEMY

MON & TUES 18 & 19 DEC
14 - 16 yrs

with MIKE WILLIS
book at eequ.org/experience/5963

WED & THURS 20 & 21 DEC
10 - 13 yrs

with ANDY MERSH
book at eequ.org/experience/5973

Ever wanted to write a song for musical theatre? Now's your chance to learn. Easy going, fun and friendly. The theme is TIME. Don't be late!

Mini performance for family and friends on THUR @ 12.30pm

For more information contact Jenny 07597563798

Hastings Thrives Reg charity no 1170342

Funded by Youth Music

YOUTH MUSIC
ARTS COUNCIL
ENGLAND



Finances

Hastings Thrives had cash funds of £28,209 at the end of 2023, with a total income of £35,853 and expenditure of £34,372. The vast majority of income was from grants, from Government, Trusts and Companies, as we did not hold our annual major event this year.

We continue to rely on volunteers to carry out most of the administrative work of the charity, with a part-time project manager, who also volunteers. Project staff work on a freelance basis meaning our overheads are kept to a minimum.

INCOME

Grants and Company funding	£34,534
Donations	£197
Reimbursements	£1,122

EXPENDITURE

Administration	Insurance	£578
	Annual Report & Accounts	£340
	Charitable Activities	£205
Marketing & Fundraising	Fundraising	£160
	Website	£442
Project Expenditure	Science	£4,877
	Songseeds	£14,709
	Musical Theatre	£13,062

RESERVED INCOME

Restricted Income	£8,959
Unrestricted Income	£19,250

ASSETS

Hastings Thrives has no physical or financial assets.

Jenny Lozano 6 May 2024



Let's Get Connected!



When we connect in a good way, we release a feel-good chemical called **oxytocin**. This helps us feel better, do better, and manage better when difficulties come our way. So, it is really important to build good connections with the people around us.



THANK YOU

We are very grateful for funding from Youth Music and Arts Council England, Co-op Community Fund, The Magdalen and Lasher Charity, East Sussex County Council and Kiku Scene.

We are very grateful to Suzie Dunster, Becky Knight & Emma Towner for their Musical Theatre expertise. To Mike Willis and Andy Mersh for songwriting expertise. To Jacky Cross for her Science Training and support and to Kit Messenger of Changing Chances for parent support. Also to Anna Page for her continued support training songwriters.

We are also grateful to the many people, schools, organisations and companies who volunteer their time and help to make everything happen, including: Culture Shift, Kym East from The Hastings Academy, Billy Thompson from St Leonards Academy, Andy Mersh from Silverdale, Claire Burford from Christ Church, Roz Aidie from The Baird and Gail Borrow from A Town Explores A Book.



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





CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Hastings Thrives

No (if any)
1170342

Receipts and payments accounts

CC16a

For the period
from

Period start date
1/1/2023

To

Period end date
12/31/2023

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					
Balance brought forward	7,052	19,676		26,728	17,114
Grants	3,435	31,099	-	34,534	32,437
Fundraising Events			-		
Donation	197		-	197	1,180
Sponsorship			-		
Fees			-		2,643
Reimbursement		1,122	-	1,122	30
			-		
Sub total (Gross income for AR)	10,684	51,897	-	62,581	53,404
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,684	51,897	-	62,581	53,404
A3 Payments					
Cost of Charitable Activities	205	32,647	-	32,852	25,238
Governance including Trustee Expenses	-		-		40
Fundraising	160	-	-	160	160
Insurance	578		-	578	578
Annual Report and Accounts	340		-	340	300
Marketing (website)	442		-	442	360
			-		
	-	-	-		-
	-	-	-		-
Sub total	1,725	32,647	-	34,372	26,676
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	1,725	32,647	-	34,372	26,676
Net of receipts/(payments)	8,959	19,250	-	28,209	26,728
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	8,959	19,250	-	28,209	26,728

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	
	#VALUE!	Susanna Longley	20-May-24	



Section A

Independent Examiner's Report

**Report to the
trustees/directors/
members of**

Charity Name
Hastings Thrives

**On accounts for the year
ended**

31/12/2023

Charity no.:

1170342

Company no.:

Set out on pages

(remember to include the page numbers of additional sheets)

**Responsibilities and
basis of report**

I report to the charity trustees on my examination of the accounts of the Company for the year ended **31/12/2023**

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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: 25/4/2024

Name: Mrs Jo Legg

Relevant professional qualification(s) or body (if any): MAAT

Address: 9 Harlequin Gardens
St Leonards-On-Sea
East Sussex TN37 7PF

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.