

THRIVE MANCHESTER

England & Wales · Charity number 1183084

Details

Status Registered

Legal form CIO

Registered 2019-04-24

Register [View on the Charity Commission register](#)

Contact

Address Benchill Community Centre
Benchill Road
Manchester
M22 8EJ

Phone 07921291093

Email colette@thrivemanchester.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF PEOPLE IN GREATER MANCHESTER BY:(A) RAISING AWARENESS AND EDUCATING THE PUBLIC ABOUT PHYSICAL AND MENTAL HEALTH, AND;(B) CARRYING OUT ACTIVITIES THAT HAVE A BENEFICIAL EFFECT ON PHYSICAL AND MENTAL HEALTH.

Activities: Work in health prevention and support

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Bolton
- Bury
- Manchester City
- Oldham
- Rochdale
- Salford City
- Stockport
- Tameside
- Trafford
- Wigan

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£144,152	£122,484	-	-
2024-03-31	£103,144	£98,160	-	-
2023-03-31	£80,900	£87,927	-	-
2022-03-31	£51,082	£66,188	-	-
2021-07-31	£125,726	£99,700	-	-

Trustees

Name	Role	Appointed
Charlotte Chilvers	Chair	2023-09-05
Kyle Caddick		2025-04-17
Muhammad Zain Ghumra		2025-03-10
Victoria Lopez		2021-08-28

THRIVE MANCHESTER

England & Wales - Charity number 1183084

Accounts

Charity Registration Number : 1183084



THRIVE MANCHESTER

A CHARITABLE INCORPORATED ORGANISATION (CIO)
TRUSTEES' REPORT
AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2025

THRIVE MANCHESTER

LEGAL AND ADMINISTRATIVE INFORMATION

FOR THE YEAR ENDED 31 MARCH 2025

Trustees

Charlotte Chilvers
Vinay Jalla
Kyle Caddick
Natasha Hunter Hunter
Victoria Lopez
Muhammad Zain Ghumra

Charity Number

1183084

Registered Office

Benchill Community Centre
Benchill Road
Manchester
M22 8EJ

Thrive Manchester Trustees Report 2024 - 2025
Charity Number - 1183084

The trustees present their annual report and financial statements of the charity for the period ended 31st March 2025 which are also prepared to meet the requirements for the trustees reports and accounts for Companies Act purposes.

Objectives and Activities

Charitable Objects:

The objects of Thrive Manchester are:

To promote and protect the physical and mental health of all people in Greater Manchester by:

- (a) raising awareness and educating the public about physical and mental health, and;
- (b) carry out activities that have a beneficial effect on physical and mental health.

Thrive Manchester is a charitable Incorporated Organisation based in Wythenshawe, Manchester. We began in 2011 as Fit-tastic but became a charity and changed our name to Thrive Manchester in April 2019. Our work began when we noticed that some people in the community were really struggling with everyday life. Things such as meeting with friends, walking to the shops and going to school seemed to be a challenge for some people. Recognising that these are all things that can contribute to us feeling healthy, we decided to see how we could support people to take control of their own health in a way that suited them. We are on a journey to explore a broader view of how small things can make a big difference in helping us all to enjoy life a little more.

At Thrive Manchester we want to:

- Recognise that being healthy can mean different things to different people. Things such as being physically active, having friends and feeling safe are all examples of what can help people feel positive about their health. So, when we talk about health, we think of it in this broad sense
- Stop treating physical and mental health separately. The brain is a physical part of the body too
- Recognise that experiences we may have had in the past, both good and bad, impact our behaviour and wellbeing today
- Provide opportunities and activities that benefit our health and wellbeing
- Work with people in Manchester to have more control over their own health and life
- Help people to live well for longer and have a fulfilling life

We value:

- Putting people first – not numbers or targets
- Building relationships and creating conversations
- Listening, learning, and responding to people
- Recognising the strengths of others and working together
- We can't promise that we won't make mistakes, but we'll always try to learn and do better
- Everyone, regardless of their gender identity, sex, sexual orientation, age, race, ethnicity, nationality, religion, language, or disability, should be treated with fairness and respect
- Equity rather than equality. We appreciate that every person is an individual with their own needs, and everyone deserves to have what they need to succeed
- Remembering that we are all human beings

Raising awareness about the impact of Adverse Childhood Experiences (ACEs) and trauma and striving to work in a trauma responsive way is the foundation of our work. We work closely with organisations across Manchester to help them understand the impact of ACEs and trauma and explore together how to work in a trauma responsive way. We have built new connections with local people and other organisations over the last year and are creating a strong network of people that are committed to working together to reduce the impact that of ACEs and trauma in our community. Organisations that we have worked with include high schools and primary schools, Greater Manchester Police, Manchester City Council, Manchester Local Care Organisation, Manchester Ward Councillors, GP Practices, Bolton Council Wythenshawe Community Housing Group, The Big Life Group, Factory International, independent businesses such as Boxx2Boxx Coffee and local social enterprise Catalyst Psychology. We also work closely with the people who access the services that we deliver so that they are involved in driving new services and giving valuable feedback.

Our work has included the following over the last twelve months:

- **Wellbeing Walks** - We organise short, accessible walks in Wythenshawe that are open to anybody over the age of 18. In the last year we have delivered three weekly walks and have been joined by many new people accessing the walks for the first time. Participants tell us that the walks have helped improve their mental and physical health, increased their social networks and encouraged them to walk more outside the group.

"I just wanted to express my gratitude for being able to join in the walks.

I am very isolated and have an autoimmune disease.

The walk has given me something to look forward to.

Seeing other people being able to join in has helped me enormously.

The chance to walk in the outside with company & chat.

The end of the walk is perfect with the opportunity to further social contact while enjoying a coffee in a very upbeat environment of the local cafe.

Thank you & all the thrive team for making this happen"

Walking group participant

- **Training** - We continue to be commissioned by Manchester City Council and Bolton Council to support them on their work around ACEs and trauma. This includes training for people across Manchester for residents and professionals, developing trauma workshops, looking at practical ways to be trauma-responsive. We work with health professionals in hospitals and the community, education, housing, safeguarding, judges, barristers, GMP, community groups and charities.

"I found it extremely informative and took away some useful information about how I can incorporate this into my day to day working life"

Training participant

- **Sensory Integration Therapy** - We are able to offer therapy to children with sensory processing differences. Sensory integration therapy is an evidence-informed approach that supports children who experience difficulties processing sensory information such as sound, touch and movement. These challenges can significantly impact learning, communication, and mental health. Over the last year we have continued to work with a small number of families to support children's sensory needs. Due to staffing and funding constraints this has been a very reduced service. Families tell us that access to therapy and ongoing support is something that they struggle to access and so we hope to be able to continue this service next year.

"I was so isolated. I had no other adults to talk to, and my daughter struggled so much. It was a lifeline to talk through some of the challenges and understand that my daughter was reacting in a normal way to a difficult situation. Hearing that other families had similar challenges was a comfort and helped me stop judging myself as a parent and know that it wasn't my fault."

Parent

- **Trauma & Resilience Workshops** – The Trauma Workshops are an eight-week course looking at what trauma is, the impact it can have on people, the way we respond and react to situations and low-level activities people can do to help them when they are struggling the most. This is not a form of therapy or an opportunity for recovery but is to support people to understanding more about themselves. These workshops have taken place across Manchester with different community groups.

"I have a better understanding of how trauma affects me in my daily life. I feel a deeper sense of self-empowerment, wisdom, and motivation moving forward in all areas of my life."

Workshop participant

- **Art Therapy** – We have a trainee Art Therapist working with us who is on a long-term placement from the University of Chester. The trainee therapist has been delivering one-to-one and group therapy sessions that have mainly been accessed by individuals who have accessed our other services. We hope to secure funding so that we can offer art therapy as a permanent service as it has been invaluable.

“I have enjoyed being able to express myself freely. I have found doing art therapy has helped me express myself better and become more self-aware”

Art therapy participant

- **GMMH Living Well** – We are working in partnership with Greater Manchester Mental Health NHS Foundation Trust (GMMH) and have employed a Mental Health Link Worker who is seconded over to work as part of the multidisciplinary Living Well team in South Manchester. This staff member has been working with in the local community with individuals who need more support with their mental health than the GP can offer.
- **Community** - We continue to be involved in Wythenshawe Games and other shorter term community projects. We have worked with other organisations across Greater Manchester, such as Wythenshawe Community Housing Group, GMP, Corpus Christi Catholic Academy Trust, Manchester Mind, Healthy Me, Healthy Communities, Manchester Adult Education Service, Factory International, Big Life Group and Manchester Art Gallery.

The trustees of Thrive Manchester are satisfied that all activities that have been undertaken are of a charitable purpose and for the public benefit.

Financial Review

During the year, the charity generated total income of £144,151, of which £26,000 related to restricted funds and £118,151 to unrestricted funds. Income was primarily used to support the charity's charitable activities in line with its stated objectives.

Total expenditure for the year amounted to £122,484, including £7,231.95 of restricted fund expenditure. The remaining expenditure related to unrestricted activities and core operating costs.

As at the year end, the charity held total funds of £30,381, comprising £3,093 of unrestricted funds and £27,288.05 of restricted funds. Restricted funds are held in accordance with the terms of the relevant funding agreements and will be applied to their specific purposes in future periods.

The trustees consider the charity's financial position to be stable and continue to monitor income, expenditure, and cash flow carefully to ensure the charity remains financially sustainable while delivering its charitable objectives.

Structure, Governance and Management

Thrive Manchester is a Charitable Incorporated Organisation.

The following persons served as trustees during the year:

Charlotte Chilvers – Chair

Kate Simpson (resigned 7 June 2024)

David Fassioms (resigned 3 September 2024)

Sidri Ali (resigned 21 October 2024)

Charlotte Harris (resigned 20 January 2025)

Chris Fletcher (resigned 05 February 2025)

Victoria Lopez

Lisa Wilson (appointed 03 February 2025; resigned 01 October 2025)

Elizabeth Hibberd (appointed 02 December 2024; resigned 03 November 2025)

Muhammad Zain Ghumra (appointed 10 March 2025)

Vinay Jalla (appointed 28 March 2025)

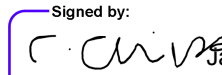
Due to health issues, and family and work commitments, several trustees had to resign during the year. We recruited additional trustees chosen based on their desire to support the growth of the CIO, their past experiences and the specific skills that they would bring. This includes working in schools, funding, living within the local community, other roles within the VCFSE sector, lived experience and previous experience of being a board member. Trustees are elected at board meetings by a majority vote in accordance with our governing document. No one other person or external body is entitled to appoint one or more of the charity trustees.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature: C. Chilvers

Signed by:  January 26, 2026
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Full Name: Charlotte Chilvers

Position: Chair of Trustees

Independent Examiner's Report for the year ending 31/03/2025

Independent Examiner's Report to the Trustees of Thrive Manchester

I report to the Charity Trustees on my examination of the accounts of the charity for the year ended 31/03/2025 which consists of the statement of financial activities, balance sheet and the related notes

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

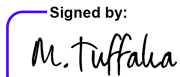
Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- The accounting records were not kept in accordance with section 130 of the Charities Act; or
- The accounts did not accord with the accounting records; or
- The accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn

Signed by:



119507BD8889432.....
Mr M.H Tuffaha AFA

Associate Member – Institute of Financial Accountants

Sterling Gate Accountants

3rd Floor, 86-90 Paul Street, London, England, EC2A 4NE

January 26, 2026

THRIVE MANCHESTER**STATEMENT OF FINANCIAL ACTIVITIES**

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	Total Funds 2025 £	Total Funds 2024 £
Income and endowments from:					
Donations and legacies	2	832.11	-	832.11	6,794.00
Charitable activities	3	117,319.43	26,000.00	143,319.43	96,350.00
Total		118,151.54	26,000.00	144,151.54	103,144.00
Expenditure on:					
Raising funds	4	-	-	-	153.00
Charitable activities	5	115,252.23	7,231.95	122,484.18	98,007.00
Total		115,252.23	7,231.95	122,484.18	98,160.00
Net income		2,899.31	18,768.05	21,667.36	4,984.00
Net movement in funds		2,899.31	18,768.05	21,667.36	4,984.00
Reconciliation of funds:					
Total funds brought forward		194.00	8,520.00	8,714.00	3,730.00
Total funds carried forward		3,093.31	27,288.05	30,381.36	8,714.00

THRIVE MANCHESTER**BALANCE SHEET**

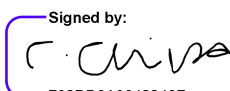
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Total Funds 2025 £	Total Funds 2024 £
Fixed assets			
Tangible assets	7	689.00	2,219.00
Total fixed assets		689.00	2,219.00
Current assets			
Debtors	8	-	299.00
Cash at bank and in hand	9	31,392.36	10,323.00
Total current assets		31,392.36	10,622.00
Creditors: amounts falling due within one year	10	1,700.00	4,127.00
Net current assets/(liabilities)		29,692.36	6,495.00
Total net assets		30,381.36	8,714.00
Funds of the Charity			
Unrestricted funds	11	3,093.31	194.00
Restricted funds	11	27,288.05	8,520.00
Endowment funds	11	-	-
Total funds		30,381.36	8,714.00

The financial statements were approved by the trustees and signed on its behalf by:

Charlotte Chilvers
Chair

Signed by:



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January 26, 2026

THRIVE MANCHESTER

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1. Accounting Policies

The principal accounting policies adopted by the Charity, which is a public benefit entity, in the preparation of the accounts are as follows.

194.0 Basis of preparation

These accounts have been prepared under the historical cost convention, as modified by the inclusion of charitable properties and fixed asset investments and investment properties at valuation.

These accounts have been prepared in accordance with “Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)” (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

These accounts are presented in pounds sterling and rounded to the nearest pound.

1.2 Going concern

The Trustees have prepared financial projections, taking into consideration the current economic conditions and have, at the time of approving these accounts, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus they continue to adopt the going concern basis of accounting in preparing the accounts.

2. Income from Donations and Legacies

Analysis	Unrestricted funds	Total funds 2025	Total funds 2024
	£	£	£
Donation and gifts	832.11	832.11	6,794.00
Total	832.11	832.11	6,794.00

3. Income from Charitable Activities

Analysis	Unrestricted funds	Restricted funds	Total funds 2025	Total funds 2024
	£	£	£	£
Charitable Activities	117,319.43	26,000.00	143,319.43	96,350.00
Total	117,319.43	26,000.00	143,319.43	96,350.00

4. Expenditure on Raising Funds

Analysis	Total funds 2024 £
Raising Funds	153.00
Total	153.00
Support Costs	-
	153.00

5. Expenditure on Charitable Activities

Analysis	Unrestricted funds £	Restricted funds £	Total funds 2025 £	Total funds 2024 £
Printing and stationery	-	-	-	46.00
Equipment and resources	67.83	-	67.83	321.00
Food and Drink expenses	292.20	480.00	772.20	2,748.00
Insurance	1,169.95	-	1,169.95	908.00
Computer and Internet	2,131.48	-	2,131.48	777.00
Legal and Professional	5,197.87	-	5,197.87	4,184.00
Office/General administrative expenses	579.66	-	579.66	727.00
Phone Costs	326.66	-	326.66	271.00
Rent	7,053.04	1,400.01	8,453.05	8,147.00
Subscription	489.30	-	489.30	239.00
Training	4,387.97	-	4,387.97	1,567.00
Travel & Accommodation	149.98	-	149.98	248.00
Wages & Salaries	90,176.29	5,351.94	95,528.23	71,372.00
Cost of Living Grant	-	-	-	310.00
Depreciation	1,530.00	-	1,530.00	2,747.00
Pension	-	-	-	2,025.00
Sundry	-	-	-	98.00
Employer National Insurance	-	-	-	290.00
Total	113,552.23	7,231.95	120,784.18	97,025.00
Support Costs	1,700.00	-	1,700.00	982.00

115,252.23	7,231.95	122,484.18	98,007.00
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6. Support Costs

	Total funds 2025	Total funds 2024
	£	£
Analysis		
Support Costs		
Governance Costs		
Independent examiners fees	1,700.00	982.00
	1,700.00	982.00

7. Tangible Fixed Assets

	Plant & Machinery	Computer Equipment
	£	£
7.1 Cost or valuation		
At 01 April 2024	7,304.00	3,134.00
Additions	-	-
Disposals	-	-
Revaluations	-	-
Transfers	-	-
At 31 March 2025	7,304.00	3,134.00

7.2 Depreciation and impairments

At 01 April 2024	6,695.00	1,524.00
Charge for the year	609.00	921.00
Disposals	-	-
Revaluations	-	-
Transfers	-	-
At 31 March 2025	7,304.00	2,445.00

7.3 Net book value

At 01 April 2024	609.00	1,610.00
At 31 March 2025	-	689.00

8. Debtors: Amounts falling due within one year

	Total funds 2024
	£
Prepayments & accrued income	299.00
Total	299.00

9. Cash at bank and in hand

	Total funds 2025	Total funds 2024
	£	£
Cash at bank and in hand	31,392.36	10,323.00
Total	31,392.36	10,323.00

10. Creditors: Amounts falling due within one year

	Total funds 2025	Total funds 2024
	£	£
Trade creditors	1,700.00	4,127.00
Total	1,700.00	4,127.00

11. Charity funds**11.1 Details of material funds held and movements during the CURRENT reporting period**

Fund names	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted funds						
	194.00	118,151.54	115,252.23	-	-	3,093.31
Restricted funds						
	8,520.00	26,000.00	7,231.95	-	-	27,288.05
Total	8,714.00	144,151.54	122,484.18	-	-	30,381.36

11.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund names	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted funds						
	948.00	61,446.00	62,200.00	-	-	194.00
Restricted funds						
	2,782.00	41,698.00	35,960.00	-	-	8,520.00
Total	3,730.00	103,144.00	98,160.00	-	-	8,714.00

	Balance B/F	Incoming Resources	Resources expended	Transfer	Closing Balance
Restricted Funds					
Cycle and Stride	£3,963.00	-	-£3,317.76	-	£645.24
NIF	£648.00	-	-	-	£648.00
Living Well	£1,590.00	£5,000.00	-£2,914.18	-	£3,675.82
NHS Living Well	£2,319.00	-	-	-	£2,319.00
National Lottery Award For All	-	£20,000.00	-	-	£20,000.00
Forever Manchester	-	£1,000.00	-£1,000.00	-	£0.00
Total restricted funds	£8,520.00	£26,000.00	-£7,231.94	£0.00	£27,288.06

Trustees' Remuneration, Benefits and Expenses

No trustee received any remuneration or other benefits from the charity during the financial year (prior year: nil).

No expenses were paid or reimbursed to trustees during the year (prior year: nil). All trustees served on a voluntary basis in accordance with the provisions of the charity's governing document.

Related Party Transactions

The charity entered into no related party transactions during the financial year (prior year: nil). The trustees confirm that appropriate procedures are in place to identify, disclose and manage any potential conflicts of interest.

Employees Earning Over £60,000

The charity had no employees receiving remuneration in excess of £60,000 during the financial year (prior year: nil).

THRIVE MANCHESTER

England & Wales - Charity number 1183084

Accounts

Registered charity number
1183084

Thrive Manchester
(A Charitable Incorporated Organisation)
Trustees' Report and Financial Statements

31 March 2024

Thrive Manchester
Report and accounts
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Thrive Manchester

Reference and Administrative Details

Trustees

Chris Fletcher
Rachel Harding (resigned 8 March 2024)
Victoria Lopez
Chris Smail (resigned 5 November 2023)
Gary Stretton (resigned 15 June 2023)
Helen Wilson (resigned 7 September 2023)
David Fassioms (appointed 10 October 2023; resigned 3 September 2024)
Kate Simpson (appointed 4 July 2023; resigned 7 June 2024)
Bethan Marshall (appointed 29 September 2023)
Sidri Ali (appointed 22 September 2023; 21 October 2024)
Charlotte Harris (appointed 8 August 2023)
Charlotte Chilvers (Chair) (appointed 5 September 2023)

Independent examiners

S.E.A Accountancy Limited
Shaw House
1 Shaw Street
Ashton-under-Lyne
OL6 6QJ

Registered office

Benchill Community Centre
Benchill Road
Manchester
M22 8EJ

Registered charity number

1183084

Thrive Manchester
Registered number:
Trustees' Report

1183084

The Trustees present their report and financial statements of the charity for the year ended 31 March 2024.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Charitable Objects:

The objects of Thrive Manchester are:

To promote and protect the physical and mental health of all people in Greater Manchester by:

- (a) raising awareness and educating the public about physical and mental health, and;
- (b) carry out activities that have a beneficial effect on physical and mental health

Thrive Manchester is a charity based in Wythenshawe, Manchester. We began in 2011 as Fit-tastic but became a charity and changed our name to Thrive Manchester in April 2019. Our work began when we noticed that some people in the community were really struggling with everyday life. Things such as meeting with friends, walking to the shops and going to school seemed to be a challenge for some people. Recognising that these are all things that can contribute to us feeling healthy, we decided to see how we could support people to take control of their own health in a way that suited them. We are on a journey to explore a broader view of how small things can make a big difference in helping us all to enjoy life a little more.

At Thrive Manchester we want to:

- Recognise that being healthy can mean different things to different people. Things such as being physically active, having friends and feeling safe are all examples of what can help people feel positive about their health. So, when we talk about health, we think of it in this broad sense
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- Building relationships and creating conversations
- Listening, learning, and responding to people
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- Equity rather than equality. We appreciate that every person is an individual with their own needs, and everyone deserves to have what they need to succeed
- Remembering that we are all human beings

Raising awareness about the impact of Adverse Childhood Experiences (ACEs) and trauma and striving to work in a trauma responsive way is the foundation of our work.

We work closely with organisations across Manchester to help them understand the impact of ACEs and trauma and explore together how to work in a trauma responsive way. We have built new connections with local people and other organisations over the last year and are creating a strong network of people that are committed to working together to reduce the impact that of ACEs and trauma in our community.

Thrive Manchester
Registered number:
Trustees' Report

1183084

Organisations that we have worked with include high schools and primary schools, Greater Manchester Police, Manchester City Council, Manchester Local Care Organisation, Manchester Ward Councillors, GP Practices, Bolton Council Wythenshawe Community Housing Group, The Big Life Group, Factory International, independent businesses such as Boxx2Boxx Coffee and local social enterprise Catalyst Psychology. We also work closely with the people who access the services that we deliver so that they are involved in driving new services and giving valuable feedback.

The trustees of Thrive Manchester are satisfied that all activities that have been undertaken are of a charitable purpose and for the public benefit.

Achievements and performance

Our work has included the following over the last twelve months:

- Wellbeing Walks - We organise and lead walks in Wythenshawe for people struggling with their mental health or low mood. These are walks that vary in length based on the needs of the people attending the walks, helping improve mental and physical health and allowing people to improve their social networks. We are currently delivering three walks in Wythenshawe and have worked with local people to establish the best locations and times for these. We work in partnership with various organisations across Wythenshawe such as the NHS and the Big Life Group to promote the walks.

"It is great having a place to talk about my day and hear from others, but there's also a significant amount of people in the group who are more than happy to talk about more serious topics like mental health. Getting to know so many new people and having a space to talk about such topics has been amazing for me. I have so much progress on my struggles with anxiety and PTSD over the past few months of attending the walk."

Walking group participant

- Emotional Trauma - we continue to be commissioned by Manchester City Council to support them on their work around emotional trauma. We have now started the same work with Bolton Council. This includes training for people across Manchester and a range of residents and professionals, leading a Trauma Network, developing trauma workshops, looking at practical ways to be trauma-responsive, and helping people understand the impact of trauma on people's lives. We work with health professionals in hospitals and the community, education, housing, safeguarding, judges, barristers, GMP, community groups and charities. We have also helped deliver train-the-trainer opportunities so that more people can deliver our foundational training courses.

Our contract with the council will continue until at least June 2025 and there will be a huge undertaking of work in that period of time, as we look to take the principles of training and ensure that the practicalities of trauma-informed practice become a reality across Manchester. We have also been working with Manchester Art Gallery to look at what it means to be a trauma-informed gallery. This work continues. A book group has also started that is focused on a range of books about trauma.

"The session was fantastic, thoughtful and engaging. I came away from this session with increased confidence on how I can become more trauma informed and how to mediate the effect of adverse childhood events. This session has given me hope and has inspired me that even when life has treated somebody bad, our service can mediate some of the risk for that person by empowering and connecting with them. I found the slide on the protective factors very helpful."

Attendee at Training

- Sensory Integration Therapy - We are able to offer therapy to children with sensory processing difficulties. Over the last year we have continued to work with a very small number of families to support children's sensory needs. Due to staffing and funding constraints this has been a very reduced service. Families tell us that access to therapy and ongoing support is something that they struggle to access and so we hope to be able to expand this service next year.

"I was so isolated. I had no other adults to talk to, and my daughter struggled so much. It was a lifeline to talk through some of the challenges with Colette and understand that my daughter was reacting in a normal way to a difficult situation. Hearing that other families had similar challenges was a comfort and helped me stop judging myself as a parent and know that it wasn't my fault."

Parent

- Community - We continue to be involved in Wythenshawe Games and other shorter term community projects. We have worked with other organisations across Greater Manchester, such as Wythenshawe Community Housing Group, GMP, Corpus Christi Catholic Academy Trust, Manchester Mind, Healthy Me, Healthy Communities, Manchester Adult Education Service, Factory International, Big Life Group and Manchester Art Gallery.

- Trauma & Resilience Workshops – These workshops have taken place across Manchester throughout the last 12 months. We have worked closely with different community groups including the Corpus Christi Academy Trust in Wythenshawe and Healthy Me, Healthy Communities in Gorton. We have also received funding from Be Well to enable us to deliver sessions in Gorton, Wythenshawe and Longsight. The Trauma Workshops are an eight-week course looking at what trauma is, the impact it has on people, the way we respond and react to situations and low-level activities people can do to help them when they are struggling the most. This is not a form of therapy or an opportunity for recovery but is to support people through understanding about what is happening to themselves.

"I have benefited a lot from this course. It has given me a better understanding of how to be safe and what I can do to help myself through each day. I have a better understanding of how my body reacts to the trauma that I am going through."

Participant in Understanding Your Trauma & Building Resilience workshop

- Art Therapy – We have a trainee Art Therapist working with us who is on placement from the University of Chester. The trainee therapist has been delivering one-to-one sessions that have mainly been accessed by individuals who have taken part in the trauma and resilience workshops first. We hope to secure funding in the next year so that we can offer art therapy as a permanent service as it has been invaluable.

"Art therapy has been very helpful regarding my thoughts and feelings. I came in hurt and angry however I was able to channel my feelings onto paper, the hurt, the anger, and the loss. I feel so much better now as I have released the pressure, leaving me feeling able to face the world without acting out! Using art to process past experiences in ways words could not, has allowed me to let go and move on. Once working through some complex emotions it has become really therapeutic and puts me at ease."

Participant accessing Art Therapy

- GMMH Living Well – we are working in partnership with GMMH and have employed a Mental Health Link Worker who is seconded over to work as part of the Living Well team in South Manchester. This worker has been working with in the local community with individuals who are between primary and secondary mental health care.

Thrive Manchester
Registered number:
Trustees' Report

1183084

Financial review

At 31 March 2024, the Charity held £8,714 in reserves (2023: £3,730), of which £8,520 was restricted (2023: £2,782).

Despite the difficulties experienced during the year, and having considered their expectations and intentions for the next twelve months and the availability of working capital, the Trustees consider the Charity to be a going concern. A cashflow forecast has been prepared and the Trustees continue to monitor the position closely.

Structure, governance and management

The Charity is a Charitable Incorporated Organisation, registered on 24 April 2019.

The trustees were chosen based on their desire to support the growth of the CIO, their past experiences and the specific skills that they would bring. This includes working in schools, funding, living within the local community, lived experience and previous experience of being a trustee. Trustees are elected at board meetings by a majority vote in accordance with our governing document. No one other person or external body is entitled to appoint one or more of the charity trustees. We hope to recruit new trustees and are particularly keen to appoint someone with a background in finance by approaching people with the necessary skill sets and experience.

Trustees

The following persons served as Trustees during the year:

Chris Fletcher
Rachel Harding (resigned 8 March 2024)
Victoria Lopez
Chris Smail (resigned 5 November 2023)
Gary Stretton (resigned 15 June 2023)
Helen Wilson (resigned 7 September 2023)
David Fassioms (appointed 10 October 2023; resigned 3 September 2024)
Kate Simpson (appointed 4 July 2023; resigned 7 June 2024)
Bethan Marshall (appointed 29 September 2023)
Sidri Ali (appointed 22 September 2023; 21 October 2024)
Charlotte Harris (appointed 8 August 2023)
Charlotte Chilvers (Chair) (appointed 5 September 2023)

Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

Thrive Manchester
Registered number:
Trustees' Report

1183084

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to independent examiner

Each person who was a Trustee at the time this report was approved confirms that:

- so far as he is aware, there is no relevant information of which the charity's independent examiner is unaware; and
- he has taken all the steps that he ought to have taken as a Trustee in order to make himself aware of any relevant audit information and to establish that the charity's independent examiner is aware of that information.

This report was approved by the board on 18 November 2024 and signed by its order.

Charlotte Chilvers
18 November 2024
Trustee

Thrive Manchester
Independent examiner's report
to the members of Thrive Manchester

I report on the unaudited financial statements of Thrive Manchester for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Statement of Financial Position and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

Having satisfied myself that the accounts of the charity 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 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.

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

I am qualified to undertake the examination, being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records, comply with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102)

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Stephanie Stevens
for and on behalf of
S.E.A Accountancy Limited
Independent examiner
18 November 2024

Shaw House
1 Shaw Street
Ashton-under-Lyne
Lancashire
OL6 6QJ

Thrive Manchester
Statement of Financial Activities (Incorporating an Income and Expenditure Account)
for the year ended 31 March 2024

	Notes	Unrestricted £	Restricted £	2024 Total £	2023 Total £
Donations and legacies	4	6,794	-	6,794	6,627
Charitable activities	5	54,652	41,698	96,350	74,273
Total income		61,446	41,698	103,144	80,900
Expenditure on:					
Raising funds	6	153	-	153	1,204
Charitable activities	7	61,065	35,960	97,025	84,959
Other expenditure	8	982	-	982	1,764
Total expenditure		62,200	35,960	98,160	87,927
Net expenditure		(754)	5,738	4,984	(7,027)
Net movement in funds		(754)	5,738	4,984	(7,027)
Total funds brought forward	17	948	2,782	3,730	10,757
Total funds carried forward	17	194	8,520	8,714	3,730

The statement of financial activities includes all gains and losses recognised in the

All activities derive from continuing operations.

Thrive Manchester
Statement of Financial Position
as at 31 March 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	12	2,219	2,685
Current assets			
Debtors	13	299	978
Cash at bank and in hand		10,323	5,938
		<u>10,622</u>	<u>6,916</u>
Creditors: amounts falling due within one year	14	<u>(4,127)</u>	<u>(5,871)</u>
Net current assets		6,495	1,045
Net assets		<u>8,714</u>	<u>3,730</u>
Funds			
Unrestricted funds			
General funds	17	194	948
Restricted funds	17	8,520	2,782
Total funds		<u>8,714</u>	<u>3,730</u>

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

The trustees have acknowledged on the balance sheet as at 31 March 2024 their responsibilities for complying with the requirements of the Charities Act 2011 with respect to accounting records and the preparation of accounts.

Charlotte Chilvers
Trustee

Approved by the board on 18 November 2024

**Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2024**

1 Summary of significant accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)' and Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received, and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of specified services is deferred until the criteria for income recognition is met.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Individual items over £100 are treated as capital for the purposes of these accounts. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Plant and machinery	over 4 years
Computer equipment	over 3 years

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2024

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Pensions

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate. Costs are apportioned in line with the activity that the employee is assigned to. Pension costs are only allocated to restricted funds if this is stipulated in the grant agreement.

Legal status of the charity

The charity is a Charitable Incorporated Organisation.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Net income/ (expenditure)			2024	2023
			£	£
Net income/(expenditure) is stated after charging/(crediting):				
Depreciation of owned fixed assets			2,747	2,182
Independent examiners' remuneration for independent examination services			911	828
Other accountancy services			71	936
4 Donations and legacies	Unrestricted	Restricted	Total 2024	2023
	£	£	£	£
Donations	1,094	-	1,094	1,427
Grants	5,700	-	5,700	5,200
	6,794	-	6,794	6,627
Grants received, included in the above, are as follows:			Total 2024	2023
			£	£
Factory International			5,000	5,000
Living Well			-	200
Southpaw			700	-
			5,700	5,200

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2024

5 Charitable activities	Unrestricted £	Restricted £	Total 2024 £	2023 £
Grants	-	41,698	41,698	19,554
Service delivery	54,652	-	54,652	54,719
	<u>54,652</u>	<u>41,698</u>	<u>96,350</u>	<u>74,273</u>
Grants received, included in the above, are as follows:			Total 2024 £	2023 £
Awards for All Family Support			-	6,976
Cycle and Stride			4,796	833
Arnold Clark			-	2,000
Benchill Community Centre			-	2,030
Greater Manchester Walking Fund			-	3,612
Groundwork			368	1,103
NIF			1,956	1,000
Living Well			-	2,000
Be Well			14,000	-
Peter Kershaw Trust			2,000	-
NHS Living Well			18,578	-
			<u>41,698</u>	<u>19,554</u>
6 Raising funds	Unrestricted £	Restricted £	2024 £	2023 £
Raising funds	153	-	153	1,204
	<u>153</u>	<u>-</u>	<u>153</u>	<u>1,204</u>
7 Charitable activities costs	Unrestricted £	Restricted £	2024 £	2023 £
Computer and internet	-	777	777	112
Cost of living grant	-	310	310	100
Depreciation	2,747	-	2,747	2,182
Equipment and resources	321	-	321	165
Food and drink expenses	1,180	1,568	2,748	1,531
Insurance	908	-	908	1,436
Office/General Administrative Expenses	467	260	727	132
Other Professional Services	3,784	400	4,184	2,784
Pension	1,688	337	2,025	1,739
Phone costs	241	30	271	371
Printing, postage and stationery	36	10	46	76
Rent	7,157	990	8,147	8,000
Repairs and maintenance	-	-	-	95
Subscriptions	239	-	239	592
Sundry	98	-	98	360
Training	1,567	-	1,567	402
Travel and accommodation	248	-	248	941
Wages and salaries	40,094	31,278	71,372	63,941
	<u>61,065</u>	<u>35,960</u>	<u>97,025</u>	<u>84,959</u>
8 Other expenditure	Unrestricted £	Restricted £	2024 £	2023 £
Accountancy	982	-	982	1,764
	<u>982</u>	<u>-</u>	<u>982</u>	<u>1,764</u>

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2024

9 Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the period ended 31 March 2024 (2023 : nil).

Trustees' expenses

No trustees' were paid expenses for the period ended 31 March 2024 (2023 : nil).

10 Staff costs	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Wages and salaries	40,094	31,278	71,372	63,941
Employers national insurance	290	-	290	-
Pension	1,688	337	2,025	1,739
	<u>42,072</u>	<u>31,615</u>	<u>73,687</u>	<u>65,680</u>

Average number of employees during the year

	Number	Number
Service delivery	3	4
	<u>3</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

11 Government grants

Income from government grants comprises of grants made by local authorities to fund projects in line with the charity's objectives. See 'income from charitable activities' for details of these funds and any restrictions over their use.

12 Tangible fixed assets

	Plant and machinery At cost £	Computer equipment At cost £	Total £
Cost or valuation			
At 1 April 2023	7,304	1,288	8,592
Additions	-	2,281	2,281
Disposals	-	(435)	(435)
At 31 March 2024	<u>7,304</u>	<u>3,134</u>	<u>10,438</u>
Depreciation			
At 1 April 2023	4,869	1,038	5,907
Charge for the year	1,826	921	2,747
On disposals	-	(435)	(435)
At 31 March 2024	<u>6,695</u>	<u>1,524</u>	<u>8,219</u>
Carrying amount			
At 31 March 2024	<u>609</u>	<u>1,610</u>	<u>2,219</u>
At 31 March 2023	<u>2,435</u>	<u>250</u>	<u>2,685</u>

13 Debtors

	2024 £	2023 £
Prepayments	<u>299</u>	<u>978</u>

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2024

14 Creditors: amounts falling due within one year			2024	2023
			£	£
Other taxes and social security costs			1,781	1,461
Accruals			1,867	4,410
Deferred income			-	-
			<u>4,127</u>	<u>5,871</u>
15 Movement in deferred income - prior year	2022	Released	Deferred	2023
	£	£	£	£
Benchill Community	2,030	(2,030)	-	-
Awards for All	6,976	(6,976)	-	-
Cycle and Stride	833	(833)	-	-
	<u>9,839</u>	<u>(9,839)</u>	<u>-</u>	<u>-</u>
16 Analysis of net assets between funds	Unrestricted	Restricted	2024	2023
	£	£	£	£
Fixed assets	2,219	-	2,219	2,685
Current assets	2,102	8,520	10,622	6,916
Current liabilities	(4,127)	-	(4,127)	(5,871)
	<u>194</u>	<u>8,520</u>	<u>8,714</u>	<u>3,730</u>
17 Movement in total funds	At 1 April 2023	Net movement	Transfers	At 31 March
	£	in funds	between funds	2024
		£	£	£
Unrestricted funds				
General fund	948	(754)	-	194
Total unrestricted funds	948	(754)	-	194
Restricted funds				
Cycle and Stride	-	3,963	-	3,963
Greater Manchester Walking Fund	882	(882)	-	-
NIF	-	648	-	648
Living Well	1,900	(310)	-	1,590
NHS Living Well	-	2,319	-	2,319
Total restricted funds	2,782	5,738	-	8,520
Total funds	3,730	4,984	-	8,714
18 Purpose of funds				
Unrestricted funds	These funds are held for meeting the objectives of the charity and to provide reserves for future activities. Subject to charity legislation, they are free from all restrictions on their use.			
Cycle and Stride	The funding was awarded to us to develop existing mental wellbeing walks by employing a member of staff.			
Greater Manchester Walking Fund	To support walks in Wythenshawe.			
NIF	To provide food and drinks on walks.			
Living Well	To help with cost of living.			
Be Well	To deliver wellbeing walks and trauma workshops			
Peter Kershaw Trust	To enable us to continue to support families in Wythenshawe			
NHS Living Well	To employ a mental health Link worker to work as part of GMMH's Living Well			

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2024

19	Net movement in funds		Incoming resources £	Resources expensed £	Movement in funds £
	General fund		61,446	(62,200)	(754)
	Total unrestricted funds		61,446	(62,200)	(754)
	Restricted funds				
	Cycle and Stride		4,796	(833)	3,963
	Greater Manchester Walking Fund		-	(882)	(882)
	Groundwork		368	(368)	-
	NIF		1,956	(1,308)	648
	Living Well		-	(310)	(310)
	Be Well		14,000	(14,000)	-
	Peter Kershaw Trust		2,000	(2,000)	-
	NHS Living Well		18,578	(16,259)	2,319
	Total restricted funds		41,698	(35,960)	5,738
	Total funds		103,144	(98,160)	4,984
20	Comparative movement in total funds	At 1 April 2022 £	Net movement in funds £	Transfers between funds £	At 31 March 2023 £
	Unrestricted funds				
	General fund	8,367	(7,419)	-	948
	Total unrestricted funds	8,367	(7,419)	-	948
	Restricted funds				
	Awards for All Family Support	2,390	(2,390)	-	-
	Greater Manchester Walking Fund	-	882	-	882
	Living Well	-	1,900	-	1,900
	Total restricted funds	2,390	392	-	2,782
	Total funds	10,757	(7,027)	-	3,730
21	Comparative net movement in funds		Incoming resources £	Resources expensed £	Movement in funds £
	Unrestricted funds				
	General fund		61,346	(68,765)	(7,419)
			61,346	(68,765)	(7,419)
	Restricted funds				
	Awards for All Family Support		6,976	(9,366)	(2,390)
	Cycle and Stride		833	(833)	-
	Arnold Clark		2,000	(2,000)	-
	Benchill Community Centre		2,030	(2,030)	-
	Greater Manchester Walking Fund		3,612	(2,730)	882
	Groundwork		1,103	(1,103)	-
	NIF		1,000	(1,000)	-
	Living Well		2,000	(100)	1,900
			19,554	(19,162)	392
	Total funds		80,900	(87,927)	(7,027)

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2024

22 Presentation currency

The financial statements are presented in Sterling.

23 Legal form of entity

Thrive Manchester is a Charitable Incorporated Organisation registered in England.

24 Principal place of operation

The address of the charity's principal place of operation is:

Benchill Community Centre
Benchill Road
Manchester
M22 8EJ

Thrive Manchester
Detailed Statement of Financial Activities
for the year ended 31 March 2024

This schedule does not form part of the statutory accounts

	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
INCOME AND ENDOWMENTS				
Donations and legacies				
Donations	1,094	-	1,094	1,427
Grants	5,700	-	5,700	5,200
	6,794	-	6,794	6,627
Charitable activities				
Grants	-	41,698	41,698	19,554
Service delivery	54,652	-	54,652	54,719
	54,652	41,698	96,350	74,273
Total income	61,446	41,698	103,144	80,900
EXPENDITURE				
Raising funds				
Raising funds	153	-	153	1,204
Charitable activities costs				
Computer and internet	-	777	777	112
Cost of living grant	-	310	310	100
Depreciation	2,747	-	2,747	2,182
Equipment and resources	321	-	321	165
Food and drink expenses	1,180	1,568	2,748	1,531
Insurance	908	-	908	1,436
Office/General Administrative Expenses	467	260	727	132
Other Professional Services	3,784	400	4,184	2,784
Pension	1,688	337	2,025	1,739
Phone costs	241	30	271	371
Printing, postage and stationery	36	10	46	76
Rent	7,157	990	8,147	8,000
Repairs and maintenance	-	-	-	95
Subscriptions	239	-	239	592
Sundry	98	-	98	360
Training	1,567	-	1,567	402
Travel and accommodation	248	-	248	941
Wages and salaries	40,094	31,278	71,372	63,941
	61,065	35,960	97,025	84,959
Other expenditure				
Accountancy	982	-	982	1,764
	982	-	982	1,764
Total expenditure	62,200	35,960	98,160	87,927
Net income/ (net expenditure)	(754)	5,738	4,984	(7,027)

THRIVE MANCHESTER

England & Wales - Charity number 1183084

Accounts

Registered charity number
1183084

Thrive Manchester
(A Charitable Incorporated Organisation)
Trustees' Report and Financial Statements

31 March 2023

Thrive Manchester
Report and accounts
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Thrive Manchester
Reference and Administrative Details

Trustees

Chris Fletcher
Rachel Harding
Victoria Lopez
Chris Smail
Gary Stretton (resigned 15 June 2023)
Helen Wilson
Karla Barlow (appointed 20 October 2021; resigned 24 November 2022)

Independent examiners

S.E.A Accountancy Limited
Shaw House
1 Shaw Street
Ashton-under-Lyne
OL6 6QJ

Registered office

Benchill Community Centre
Benchill Road
Manchester
M22 8EJ

Registered charity number

1183084

Thrive Manchester

Registered number: 1183084

Trustees' Report

The Trustees present their report and financial statements of the charity for the year ended 31 March 2023.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Charitable Objects:

The objects of Thrive Manchester are:

To promote and protect the physical and mental health of all people in Greater Manchester by:

- (a) raising awareness and educating the public about physical and mental health, and;
- (b) carry out activities that have a beneficial effect on physical and mental health

Thrive Manchester is a charity based in Wythenshawe, Manchester. We began in 2011 as Fit-tastic but became a charity and changed our name to Thrive Manchester in April 2019. Our work began when we noticed that some people in the community were really struggling with everyday life. Things such as meeting with friends, walking to the shops and going to school seemed to be a challenge for some people. Recognising that these are all things that can contribute to us feeling healthy, we decided to see how we could support people to take control of their own health in a way that suited them. We are on a journey to explore a broader view of how small things can make a big difference in helping us all to enjoy life a little more.

At Thrive Manchester we want to:

- Recognise that being healthy can mean different things to different people. Things such as being physically active, having friends and feeling safe are all examples of what can help people feel positive about their health. So, when we talk about health, we think of it in this broad sense
- Stop treating physical and mental health separately. The brain is a physical part of the body too
- Recognise that experiences we may have had in the past, both good and bad, impact our behaviour and wellbeing today
- Provide opportunities and activities that benefit our health and wellbeing
- Work with people in Manchester to have more control over their own health and life
- Help people to live well for longer and have a fulfilling life

We value:

- Putting people first – not numbers or targets
- Building relationships and creating conversations
- Listening, learning, and responding to people
- Recognising the strengths of others and working together
- We can't promise that we won't make mistakes, but we'll always try to learn and do better
- Everyone, regardless of their gender identity, sex, sexual orientation, age, race, ethnicity, nationality, religion, language, or disability, should be treated with fairness and respect
- Equity rather than equality. We appreciate that every person is an individual with their own needs, and everyone deserves to have what they need to succeed
- Remembering that we are all human beings

Raising awareness about the impact of Adverse Childhood Experiences (ACEs) and trauma and striving to work in a trauma responsive way is the foundation of our work. We work closely with organisations across Manchester to help them understand the impact of ACEs and trauma and explore together how to work in a trauma responsive way.

Thrive Manchester

Registered number: 1183084

Trustees' Report

We have built new connections with local people and other organisations over the last year and are creating a strong network of people that are committed to working together to reduce the impact that of ACEs and trauma in our community. Organisations that we have worked with include high schools and primary schools, Greater Manchester Police, Manchester City Council, Manchester Local Care Organisation, Manchester Ward Councillors, GP Practices, Wythenshawe Community Housing Group, The Big Life Group, Factory International, independent businesses such as Boxx2Boxx Coffee and local social enterprise Catalyst Psychology.

We also work closely with our service users and local residents and meet monthly with people who access the services that we deliver so that they are involved in driving new services and giving valuable feedback on current services.

The trustees of Thrive Manchester are satisfied that all activities that have been undertaken are of a charitable purpose and for the public benefit.

Achievements and performance

Our work has included the following over the last twelve months:

- Wellbeing Walks - we organise and lead walks in Wythenshawe for people who struggle with their mental health or low mood. These are walks that vary in length based on the needs of the people attending the walks, helping improve mental and physical health as well as allowing people to improve their social networks. We are able to offer a free hot or cold drink at the end of some walks due to our partnership with a local wellbeing coffee shop. We are currently delivering three walks in Wythenshawe, working with local people to establish the best locations and times to have these walks. Our staff member and volunteers lead the weekly walks across Wythenshawe. We work in partnership with various organisations across Wythenshawe such as the NHS and the Big Life Group so that people can access the walks to improve their wellbeing.

"I really enjoy the walks I attend with the group. They give me the opportunity to talk in a totally non judgemental environment about any issues and have improved how I feel about myself. I feel comfortable discussing things I have bottled up for many years. I go on these walks regardless of the weather, which shows how much I get out of them"

Walking group participant

- ACEs and Trauma - we continue to be commissioned by Manchester City Council to lead on their ACEs (Adverse Childhood Experiences) and Trauma. This includes training for people across Manchester and a range of residents and professionals, leading a Trauma Network, developing trauma workshops, looking at practical ways to be trauma responsive and helping people understand the impact of ACEs and trauma on people's lives. We work with health professionals in hospitals and the community, education, housing, safeguarding, judges, barristers, GMP, community groups and charities. We have also helped deliver train-the-trainer opportunities so that more people can deliver our foundational training courses. Our contract with the council will continue until at least June 2025 and there will be a huge undertaking of work in that period of time, as we look to take the principles of training and ensure that the practicalities of trauma-informed practice become a reality across Manchester.

- Sensory Integration Therapy - We are able to offer therapy to children with sensory processing difficulties. Over the last year we have continued to work with a small number of families to assess children's sensory needs and deliver interventions, but due to staffing and funding constraints this has been a very reduced service. Families tell us that access to therapy and ongoing support is something that they struggle to access and so we hope to be able to expand this service next year.

Thrive Manchester

Registered number: 1183084

Trustees' Report

"I was so isolated. I had no other adults to talk to, and my daughter struggled so much. It was a lifeline to talk through some of the challenges with Colette and understand that my daughter was reacting in a normal way to a difficult situation. Hearing that other families had similar challenges was a comfort and helped me stop judging myself as a parent and know that it wasn't my fault."

Parent

- Family Support - Supporting families to address the barriers that they face that prevent them from living healthy lives. Some of these issues include poverty, poor housing and education that families need support with. As we support the families to work through some of the situations that they face, we start to address some of the health issues that are faced including mental health, the impact of trauma and the sensory needs of children.

- Community - We continue to be involved in Wythenshawe Games and other shorter term community projects. We have worked with other organisations across Greater Manchester, such as Wythenshawe Community Housing Group, GMP, Corpus Christi Catholic Academy Trust, Manchester City of Sanctuary, Big Life Group, Foodbank and Manchester Art Gallery.

- Trauma & Resilience Workshops – These workshops have taken place across Manchester throughout the last 12 months. We have worked closely with referrals from Be Well to deliver these. The Trauma Workshops are an eight-week course looking at what trauma is, the impact it has on people, the way we respond and react to situations and low-level activities people can do to help them when they are struggling the most. This is not a form of therapy or an opportunity for recovery but is to support people through understanding about what is happening to themselves.

"This course has been very helpful and reassuring to not only myself and others I have spoken to. This type of structure is so beneficial to the community. It is a lifeline. I will recommend it and tell so many who are struggling about this support for the community. I personally have benefitted so much, and I truly appreciate this type of workshop. This type of workshop and guidance is vital. I had felt so alone prior to finding out about this type of community help. It has truly helped me and how I deal with my trauma. It is vital and necessary to have these workshops in the community. This has been lifesaving and life changing to me personally"

Participant in Understanding Your Trauma & Building Resilience workshop

- Public Living Room – We have just begun a Public Living Room in Benchill Community Centre. Public Living Rooms are the idea of Camerados <https://camerados.org/> They are a space where people can get together without judgment or trying to 'fix' each other and are open to all. It's about being human together and creating connections.

- SEND Support Group - This is a peer support group for adults who look after children with special educational needs and/or disabilities (SEND). It's an informal and friendly space for families to share experiences and connect with each other. Recently, families have been asking for some additional sensory workshops to go alongside the informal support and this is something that we hope to offer next year.

Financial review

At 31 March 2023, the Charity held £3,730 in reserves (2022: £10,757), of which £948 was unrestricted (2022: £8,367).

Despite the difficulties experienced through the year, the Trustees consider the Charity to be a going concern. A cashflow forecast has been prepared and the Trustees continue to monitor the position.

Thrive Manchester**Registered number:** 1183084**Trustees' Report****Structure, governance and management**

The Charity is a Charitable Incorporated Organisation, registered on 24 April 2019.

These trustees were chosen based on their desire to support the growth of the CIO, their past experiences and specific skills that they would bring. This includes working in schools, finance and accounting, living within the local community and previous experience of being a trustee. No one other person or external body is entitled to appoint one or more of the charity trustees. We have identified the need to strengthen our trustees in number and skill set, with a need for someone with a health background. We hope to recruit more trustees through approaching people with the necessary skill sets and experience and by using resources such as the 'Reach Volunteering' website.

Trustees

The following persons served as Trustees during the year:

Chris Fletcher
Rachel Harding
Victoria Lopez
Chris Smail
Gary Stretton (resigned 15 June 2023)
Helen Wilson
Karla Barlow (appointed 20 October 2021; resigned 24 November 2022)

Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Thrive Manchester
Registered number:
Trustees' Report

1183084

Disclosure of information to independent examiner

Each person who was a Trustee at the time this report was approved confirms that:

- so far as he is aware, there is no relevant information of which the charity's independent examiner is unaware; and
- he has taken all the steps that he ought to have taken as a Trustee in order to make himself aware of any relevant audit information and to establish that the charity's independent examiner is aware of that information.

This report was approved by the board on 4 July 2023 and signed by its order.



Christopher Fletcher
4 July 2023
Trustee

Thrive Manchester
Independent examiner's report
to the members of Thrive Manchester

I report on the unaudited financial statements of Thrive Manchester for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Statement of Financial Position and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

Having satisfied myself that the accounts of the charity 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 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.

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

I am qualified to undertake the examination, being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records, comply with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102)

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Stephanie Stevens

for and on behalf of
S.E.A Accountancy Limited
Independent examiner
4 July 2023

Shaw House
1 Shaw Street
Ashton-under-Lyne
Lancashire
OL6 6QJ

Thrive Manchester
Statement of Financial Activities (Incorporating an Income and Expenditure Account)
for the year ended 31 March 2023

				12 months to 31 March 2023 Total £	8 months to 31 March 2022 Total £
	Notes	Unrestricted £	Restricted £		
Donations and legacies	4	6,627	-	6,627	8,296
Charitable activities	5	54,719	19,554	74,273	42,786
Total income		61,346	19,554	80,900	51,082
Expenditure on:					
Raising funds	6	1,204	-	1,204	140
Charitable activities	7	65,441	19,162	84,603	64,344
Other expenditure	8	2,120	-	2,120	1,704
Total expenditure		68,765	19,162	87,927	66,188
Net expenditure		(7,419)	392	(7,027)	(15,106)
Net movement in funds		(7,419)	392	(7,027)	(15,106)
Total funds brought forward	18	8,367	2,390	10,757	25,863
Total funds carried forward		948	2,782	3,730	10,757

The statement of financial activities includes all gains and losses recognised in the

All activities derive from continuing operations.

Thrive Manchester
Statement of Financial Position
as at 31 March 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	12	2,685	4,714
Current assets			
Debtors	13	978	707
Cash at bank and in hand		5,938	18,892
		<u>6,916</u>	<u>19,599</u>
Creditors: amounts falling due within one year	14	<u>(5,871)</u>	<u>(13,556)</u>
Net current assets		1,045	6,043
Net assets		<u>3,730</u>	<u>10,757</u>
Funds			
Unrestricted funds			
General funds	18	948	8,367
Restricted funds	18	2,782	2,390
Total funds		<u>3,730</u>	<u>10,757</u>

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

The trustees have acknowledged on the balance sheet as at 31 March 2023 their responsibilities for complying with the requirements of the Charities Act 2011 with respect to accounting records and the preparation of accounts.

Christopher Fletcher
Trustee



Approved by the board on 4 July 2023

**Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2023**

1 Summary of significant accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)' and Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received, and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of specified services it is deferred until the criteria for income recognition is met.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Individual items over £100 are treated as capital for the purposes of these accounts. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Plant and machinery	over 4 years
Computer equipment	over 3 years

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2023

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Pensions

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate. Costs are apportioned in line with the activity that the employee is assigned to. Pension costs are only allocated to restricted funds if this is stipulated in the grant agreement.

Legal status of the charity

The charity is a Charitable Incorporated Organisation.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3	Net income/ (expenditure)			2023	2022
				£	£
	Net income/(expenditure) is stated after charging/(crediting):				
	Depreciation of owned fixed assets			2,182	1,469
	Independent examiners' remuneration for independent examination services			828	828
	Other accountancy services			936	624
4	Donations and legacies	Unrestricted	Restricted	Total 2023	2022
		£	£	£	£
	Donations	1,427	-	1,427	5,796
	Grants	5,200	-	5,200	2,500
		6,627	-	6,627	8,296
	Grants received, included in the above, are as follows:				
				Total 2023	2022
				£	£
	Big Life Group			-	1,000
	Manchester Quakers			-	1,500
	Factory International			5,000	-
	Living Well			200	-
				5,200	2,500

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2023

5	Charitable activities	Unrestricted £	Restricted £	Total 2023 £	2022 £
	Grants	-	19,554	19,554	12,691
	Service delivery	54,719	-	54,719	30,095
		<u>54,719</u>	<u>19,554</u>	<u>74,273</u>	<u>42,786</u>
	Grants received, included in the above, are as follows:			Total 2023 £	2022 £
	Awards for All Family Support			6,976	3,024
	Cycle and Stride			833	4,167
	Young Manchester Summer Walks			-	5,500
	Arnold Clark			2,000	-
	Benchill Community Centre			2,030	-
	Greater Manchester Walking Fund			3,612	-
	Groundwork			1,103	-
	NIF			1,000	-
	Living Well			2,000	-
				<u>19,554</u>	<u>12,691</u>
6	Raising funds	Unrestricted £	Restricted £	2023 £	2022 £
	Raising funds	1,204	-	1,204	140
		<u>1,204</u>	<u>-</u>	<u>1,204</u>	<u>140</u>
7	Charitable activities costs	Unrestricted £	Restricted £	2023 £	2022 £
	Computer and internet	112	-	112	49
	Cost of living grant	-	100	100	-
	Depreciation	1,826	-	1,826	1,217
	Employers national insurance	-	-	-	452
	Equipment and resources	165	-	165	102
	Food and drink expenses	271	1,260	1,531	-
	Insurance	1,436	-	1,436	828
	Office/General Administrative Expenses	132	-	132	89
	Other Professional Services	2,784	-	2,784	2,799
	Pension	1,739	-	1,739	1,268
	Phone costs	213	158	371	462
	Printing, postage and stationery	76	-	76	49
	Rent	1,517	6,483	8,000	5,373
	Repairs and maintenance	95	-	95	351
	Session costs	-	-	-	1,531
	Subscriptions	592	-	592	128
	Sundry	360	-	360	15
	Training	402	-	402	3,061
	Travel and accommodation	941	-	941	256
	Wages and salaries	52,780	11,161	63,941	46,314
		<u>65,441</u>	<u>19,162</u>	<u>84,603</u>	<u>64,344</u>
8	Other expenditure	Unrestricted £	Restricted £	2023 £	2022 £
	Accountancy	1,764	-	1,764	1,452
	Depreciation	356	-	356	252
		<u>2,120</u>	<u>-</u>	<u>2,120</u>	<u>1,704</u>

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2023

9 Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the period ended 31 March 2023 (2022 : nil).

Trustees' expenses

No trustees' were paid expenses for the period ended 31 March 2023 (2022 : nil).

10 Staff costs	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
Wages and salaries	52,780	11,161	63,941	46,314
Employers national insurance	-	-	-	452
Pension	1,739	-	1,739	1,268
	<u>54,519</u>	<u>11,161</u>	<u>65,680</u>	<u>48,034</u>

Average number of employees during the year

	Number	Number
Service delivery	4	5
	<u>4</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

11 Government grants

Income from government grants comprises of grants made by local authorities to fund projects in line with the charity's objectives. See 'income from charitable activities' for details of these funds and any restrictions over their use.

12 Tangible fixed assets

	Plant and machinery At cost £	Computer equipment At cost £	Total £
Cost or valuation			
At 1 April 2022	7,304	1,135	8,439
Additions	-	153	153
At 31 March 2023	<u>7,304</u>	<u>1,288</u>	<u>8,592</u>
Depreciation			
At 1 April 2022	3,043	682	3,725
Charge for the year	1,826	356	2,182
At 31 March 2023	<u>4,869</u>	<u>1,038</u>	<u>5,907</u>
Carrying amount			
At 31 March 2023	<u>2,435</u>	<u>250</u>	<u>2,685</u>
At 31 March 2022	<u>4,261</u>	<u>453</u>	<u>4,714</u>

13 Debtors	2023 £	2022 £
Prepayments	<u>978</u>	<u>707</u>

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2023

14 Creditors: amounts falling due within one year	2023	2022
	£	£
Other taxes and social security costs	1,461	1,710
Other creditors	-	381
Accruals	4,410	1,626
Deferred income	-	9,839
	<u>5,871</u>	<u>13,556</u>

15 Movement in deferred income

Income is deferred based on the service delivery of projects.

The movement in deferred income is below:

	2022	Released	Deferred	2023
	£	£	£	£
Benchill Community	2,030	(2,030)	-	-
Awards for All	6,976	(6,976)	-	-
Cycle and Stride	833	(833)	-	-
	<u>9,839</u>	<u>(9,839)</u>	<u>-</u>	<u>-</u>

16 Movement in deferred income - prior year	2021	Released	Deferred	2022
	£	£	£	£
MCC Trauma Bank	3,334	(3,334)	-	-
Train the trainer	1,500	(1,500)	-	-
Benchill Community	-	-	2,030	2,030
Awards for All	-	-	6,976	6,976
Cycle and Stride	-	-	833	833
	<u>4,834</u>	<u>(4,834)</u>	<u>9,839</u>	<u>9,839</u>

17 Analysis of net assets between funds	Unrestricted	Restricted	2023	2022
	£	£	£	£
Fixed assets	2,685	-	2,685	4,714
Current assets	2,318	4,598	6,916	19,599
Current liabilities	(4,055)	(1,816)	(5,871)	(13,556)
	<u>948</u>	<u>2,782</u>	<u>3,730</u>	<u>10,757</u>

18 Movement in total funds	At 1 April 2022	Net movement in funds	Transfers between funds	At 31 March 2023
	£	£	£	£
Unrestricted funds				
General fund	8,367	(7,419)	-	948
Total unrestricted funds	8,367	(7,419)	-	948
Restricted funds				
Awards for All Family Support	2,390	(2,390)	-	-
Greater Manchester Walking Fund	-	882	-	882
Living Well	-	1,900	-	1,900
Total restricted funds	2,390	392	-	2,782
Total funds	10,757	(7,027)	-	3,730

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2023

19 Purpose of funds

Unrestricted funds	These funds are held for meeting the objectives of the charity and to provide reserves for future activities. Subject to charity legislation, they are free from all restrictions on their use.
Our Manchester Wellbeing Walks	Working in partnership with Wythenshawe Waste Warriors we employed a walk leader for six months to lead walks across Wythenshawe for people with mental health difficulties, struggling with loneliness or looking to become more physically active. Our partnership meant that we could map the walks and make them available to people to do without having to join a walk.
Awards for All Family Support	This project aims to tackle: food poverty, fuel poverty, housing, education - especially post-COVID disruption, isolation and loneliness, struggling with children aged under 3 because services have not re-opened in the same way.
Cycle and Stride	The funding was awarded to us to develop existing mental wellbeing walks by employing a member of staff.
Young Manchester Summer Walks	We will be delivering 12 walks specifically aimed at any children, young people and their families in Manchester who have Special Educational Needs and Disabilities.
Arnold Clark	To run sensory support sessions.
Benchill Community Centre	Towards room hire.
Greater Manchester Walking Fund	To support walks in Wythenshawe.
NIF	To provide food and drinks on walks.
Living Well	To help with cost of living.

20 Net movement in funds

	Incoming resources £	Resources expensed £	Movement in funds £
General fund	61,346	(68,765)	(7,419)
Total unrestricted funds	61,346	(68,765)	(7,419)
Awards for All Family Support	6,976	(9,366)	(2,390)
Cycle and Stride	833	(833)	-
Arnold Clark	2,000	(2,000)	-
Benchill Community Centre	2,030	(2,030)	-
Greater Manchester Walking Fund	3,612	(2,730)	882
Groundwork	1,103	(1,103)	-
NIF	1,000	(1,000)	-
Living Well	2,000	(100)	1,900
Total restricted funds	19,554	(19,162)	392
Total funds	80,900	(87,927)	(7,027)

21 Comparative movement in total funds

	At 1 August 2021 £	Net movement in funds £	Transfers between funds £	At 31 March 2022 £
Unrestricted funds				
General fund	22,304	(15,253)	1,316	8,367
Total unrestricted funds	22,304	(15,253)	1,316	8,367
Restricted funds				
Our Manchester Wellbeing Walks	3,409	(3,409)	-	-
We Love Manchester - Bears	150	(150)	-	-
Awards for All Family Support	-	2,390	-	2,390
Young Manchester Summer Walks	-	1,316	(1,316)	-
Total restricted funds	3,559	147	(1,316)	2,390
Total funds	25,863	(15,106)	-	10,757

Thrive Manchester
Notes to the Accounts
for the year ended 31 March 2023

22 Comparative net movement in funds	Incoming resources £	Resources expensed £	Movement in funds £
Unrestricted funds			
General fund	38,391	(53,644)	(15,253)
	38,391	(53,644)	(15,253)
Our Manchester Wellbeing Walks	-	(3,409)	(3,409)
We Love Manchester - Bears	-	(150)	(150)
Awards for All Family Support	3,024	(634)	2,390
Cycle and Stride	4,167	(4,167)	-
Young Manchester Summer Walks	5,500	(4,184)	1,316
	12,691	(12,544)	147
Total funds	51,082	(66,188)	(15,106)

23 Presentation currency

The financial statements are presented in Sterling.

24 Legal form of entity

Thrive Manchester is a Charitable Incorporated Organisation registered in England.

25 Principal place of operation

The address of the charity's principal place of operation is:

Benchill Community Centre
 Benchill Road
 Manchester
 M22 8EJ

Thrive Manchester
Detailed Statement of Financial Activities
for the year ended 31 March 2023
This schedule does not form part of the statutory accounts

	Unrestricted £	Restricted £	12 months to 31 March Total 2023 £	8 months to 31 March Total 2022 £
INCOME AND ENDOWMENTS				
Donations and legacies				
Donations	1,427	-	1,427	5,796
Grants	5,200	-	5,200	2,500
	6,627	-	6,627	8,296
Charitable activities				
Grants	-	19,554	19,554	12,691
Service delivery	54,719	-	54,719	30,095
	54,719	19,554	74,273	42,786
Total income	61,346	19,554	80,900	51,082
EXPENDITURE				
Raising funds				
Raising funds	1,204	-	1,204	140
Charitable activities costs				
Computer and internet	112	-	112	49
Cost of living grant	-	100	100	-
Depreciation	1,826	-	1,826	1,217
Employers national insurance	-	-	-	452
Equipment and resources	165	-	165	102
Food and drink expenses	271	1,260	1,531	-
Insurance	1,436	-	1,436	828
Office/General Administrative Expenses	132	-	132	89
Other Professional Services	2,784	-	2,784	2,799
Pension	1,739	-	1,739	1,268
Phone costs	213	158	371	462
Printing, postage and stationery	76	-	76	49
Rent	1,517	6,483	8,000	5,373
Repairs and maintenance	95	-	95	351
Session costs	-	-	-	1,531
Subscriptions	592	-	592	128
Sundry	360	-	360	15
Training	402	-	402	3,061
Travel and accommodation	941	-	941	256
Wages and salaries	52,780	11,161	63,941	46,314
	65,441	19,162	84,603	64,344
Other expenditure				
Accountancy	1,764	-	1,764	1,452
Depreciation	356	-	356	252
	2,120	-	2,120	1,704
Total expenditure	68,765	19,162	87,927	66,188
Net income/ (net expenditure)	(7,419)	392	(7,027)	(15,106)

THRIVE MANCHESTER

England & Wales - Charity number 1183084

Accounts

Registered charity number
1183084

Thrive Manchester
(A Charitable Incorporated Organisation)
Trustees' Report and Financial Statements

31 March 2022

Thrive Manchester
Report and accounts
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Thrive Manchester
Reference and Administrative Details

Trustees

Karla Barlow (appointed 20 October 2021; resigned 24 November 2022)
Chris Fletcher
Rachel Harding
Victoria Lopez (appointed 28 August 2021)
Chris Smail
Gary Stretton
Helen Wilson

Independent examiners

S.E.A Accountancy Limited
Shaw House
1 Shaw Street
Ashton-under-Lyne
OL6 6QJ

Registered office

Benchill Community Centre
Benchill Road
Manchester
M22 8EJ

Registered charity number

1183084

Thrive Manchester

Registered number: 1183084

Trustees' Report

The Trustees present their report and financial statements of the charity for the period ended 31 March 2022.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Charitable Objects:

The objects of Thrive Manchester are:

To promote and protect the physical and mental health of all people in Greater Manchester by:

- (a) raising awareness and educating the public about physical and mental health, and;
- (b) carry out activities that have a beneficial effect on physical and mental health

Thrive Manchester is a charity based in Wythenshawe, Manchester. We began in 2011 as Fit-tastic but became a charity and changed our name to Thrive Manchester in April 2019. Our work began when we noticed that some people in the community were really struggling with everyday life. Things such as meeting with friends, walking to the shops and going to school seemed to be a challenge for some people. Recognising that these are all things that can contribute to us feeling healthy, we decided to see how we could support people to take control of their own health in a way that suited them. We are on a journey to explore a broader view of how small things can make a big difference in helping us all to enjoy life a little more.

At Thrive Manchester we want to:

- Recognise that being healthy can mean different things to different people. Things such as being physically active, having friends and feeling safe are all examples of what can help people feel positive about their health. So, when we talk about health, we think of it in this broad sense
- Stop treating physical and mental health separately. The brain is a physical part of the body too
- Recognise that experiences we may have had in the past, both good and bad, impact our behaviour and wellbeing today
- Provide opportunities and activities that benefit our health and wellbeing
- Work with people in Manchester to have more control over their own health and life
- Help people to live well for longer and have a fulfilling life

We value:

- Putting people first – not numbers or targets
- Building relationships and creating conversations
- Listening, learning, and responding to people
- Recognising the strengths of others and working together
- We can't promise that we won't make mistakes, but we'll always try to learn and do better
- Everyone, regardless of their gender identity, sex, sexual orientation, age, race, ethnicity, nationality, religion, language, or disability, should be treated with fairness and respect
- Equity rather than equality. We appreciate that every person is an individual with their own needs, and everyone deserves to have what they need to succeed
- Remembering that we are all human beings

The challenges that we have faced in this eight-month period have been linked to the end of COVID restrictions. Finances continue to be a challenge to us. However, we have continued to try to make a positive difference in the health of people across Manchester. Our work during this period has included:

Thrive Manchester**Registered number:**

1183084

Trustees' Report

- Fit-tastic. This is the name of our school and community work with families of children aged 2 - 11. We run a series of programmes looking again at the social, emotional and physical development of a child and the importance of the main caregiver in that. It is a twelve-week programme using a range of equipment to help develop balance, agility, coordination, fine and gross motor skills, spatial awareness and judging distances. Adults attend these sessions with the children to understand what we are doing, why we are doing it and how it helps the child. We started this programme for children aged 2-5 and their families partnering with school, nurseries and Barnardo's. We also do interventions in schools with children who are recognised as having additional needs to help them develop skills such as a balance, coordination and fine motor skills. We have run these sessions for several years across Manchester working in schools with approximately 600 children. Schools and community organisations pay for this work. This work was difficult through lockdown, but we tried to engage families through videos and online sessions. We have now been able to deliver sessions for families in schools in Wythenshawe once again.

- Wellbeing Walks. We organise and lead walks in Wythenshawe for people who struggle with their mental health or low mood. These are walks that vary in length based on the needs of the people attending the walks, helping improve mental and physical health as well as allowing people to improve their social networks. We are able to offer a free hot or cold drink at the end of some walks due to our partnership with a local wellbeing coffee shop. We are currently delivering three walks in Wythenshawe, working with local people to establish the best locations and times to have these walks. Our staff member and volunteers lead the weekly walks across Wythenshawe. We work in partnership with various organisations across Wythenshawe such as the NHS and the Big Life Group so that people can access the walks to improve their wellbeing.

- ACEs and Trauma. We continue to be commissioned by Manchester City Council to lead on their ACEs (Adverse Childhood Experiences) and Trauma. This includes training for people across Manchester and a range of residents and professionals, leading a Trauma Network, developing trauma workshops, looking at practical ways to be trauma responsive and helping people understand the impact of ACEs and trauma on people's lives. We work with health professionals in hospitals and the community, education, housing, safeguarding, judges, barristers, GMP, community groups and charities. We have also helped deliver train-the-trainer opportunities so that more people can deliver our foundational training courses. Our contract with the council will continue until at least June 2022 and there will be a huge undertaking of work in that period of time, as we look to take the principles of training and ensure that the practicalities of trauma-informed practice become a reality across Manchester.

- Sensory Processing Therapy. As a result of having an Advanced Sensory Processing Therapist, we are able to offer therapy to children with sensory needs as well as support for families and school. Assessments were carried out which led to specific interventions for the children. At the request of parents we have started up a regular SEND group for adults supporting children with additional needs and disabilities. This developed from the sensory support sessions that we originally started during lockdown. This group is supported by 2 parent volunteers that have lived experience of parenting children with additional needs.

- Family Support. Supporting families to address the barriers that they face that prevent them from living healthy lives. Some of these issues include poverty, poor housing and education that families need support with. As we support the families to work through some of the situations that they face, we start to address some of the health issues that are faced including mental health, the impact of trauma and the sensory needs of children

- Community. We continue to be involved in Wythenshawe Games and other shorter term Community projects. We have worked with other organisations across Greater Manchester, such as Wythenshawe Community Housing Group, GMP, Corpus Christi Catholic Academy Trust, Manchester City of Sanctuary, Big Life Group, Foodbank and Manchester Art Gallery.

Thrive Manchester

Registered number: 1183084

Trustees' Report

- Trauma Workshops. These workshops have taken place across Manchester throughout the last eight months. We have worked closely with referrals from Be Well to deliver these. The Trauma Workshops are an eight-week course looking at what trauma is, the impact it has on people, the way we respond and react to situations and low-level activities people can do to help them when they are struggling the most. This is not a form of therapy or an opportunity for recovery but is to support people through understanding about what is happening to themselves.

- Public Living Room. We have just begun a Public Living Room in Benchill Community Centre. Public Living Rooms are the idea of Camerados <https://camerados.org/> They are a space where people can get together without judgment or trying to 'fix' each other and are open to all. It's about being human together and creating connections.

The trustees of Thrive Manchester are satisfied that all activities that have been undertaken are of a charitable purpose and for the public benefit.

Achievements and performance

We are pleased to have continued connecting with local people and other organisations over the last eight months. Partnerships achieve more than we could achieve working on our own. Organisations include high schools and primary schools, Greater Manchester Police, Manchester City Council, Manchester Local Care Organisation, Manchester Ward Councillors, Northwood Housing, Wythenshawe Community Housing Group, The Big Life Group independent businesses such as Boxx2Boxx and local social enterprises such as Catalyst Psychology.

We have raised awareness through training and everyday conversations to local residents and organisations about the impact of Adverse Childhood Experiences (ACEs) and trauma can have on the physical and mental health of individuals and the steps that we can take to prevent this. We have created a strong network of people that are committed to working together to reduce the impact that of ACEs and trauma in our community. The trauma workshops that we have written have had a positive impact on the lives of so many people who have attended, helping people understand themselves better. One parent who attended our trauma workshops said:

"The trauma workshop has brought me and my family closer together and we all understand each other a lot better than we ever have. We have a family discussion every week and we talk and tell each other where we are at and how we can change things. The workshops have helped me to be a better parent."

The walking groups continue to grow and are contributing to improving peoples physical and mental wellbeing, building connections with others, reducing isolation, as well as providing an opportunity to be able to signpost to other services and groups. One member of the group said:

"I just want to express my gratitude for being able to join in the walks. I'm isolated and have an autoimmune disease. The walk gives me something to look forward to. Seeing other people and being able to join in has helped me enormously. It's a chance to walk outside with company and chat. The end of the walk is perfect with the opportunity to further social contact while enjoying a coffee!"

We've tried to create opportunities for flow between different groups. For example, the Public Living Room runs directly after the SEND support group and directly after one of the walking sessions. People that join one group have started to explore other groups and create a wider social circle and try something new. Building relationships creates safety and allows people to explore and access other things. One person that comes along to the Public Living Room recently said:

"This is the first time I've had friends. I've actually got some friends that look forward to seeing every week."

Thrive Manchester**Registered number:** 1183084**Trustees' Report**

It was a big step for this person to go along to the Public Living Room but from there they also went on to try one of the walks too. Small things can make a big impact on somebody's life and we are passionate about investing time and resources to support these changes. As an organisation we're not driven by trying to work with large numbers of people, but by supporting meaningful change in the lives of fewer people.

We look forward to exploring more ways in which we can grow and develop over the coming years guided by the people we work with.

Financial review

At 31 March 2022, the Charity held £10,757 in reserves (2021: £25,863), of which £8,367 was unrestricted (2021: £22,304).

Despite the difficulties experienced through the period, the Trustees consider the Charity to be a going concern. A cashflow forecast has been prepared and the Trustees continue to monitor the position.

Structure, governance and management

The Charity is a Charitable Incorporated Organisation, registered on 24 April 2019.

These trustees were chosen based on their desire to support the growth of the CIO, their past experiences and specific skills that they would bring. This includes working in schools, finance and accounting, living within the local community and previous experience of being a trustee. No one other person or external body is entitled to appoint one or more of the charity trustees. We have identified the need to strengthen our trustees in number and skill set, with a need for someone with a health background. We hope to recruit more trustees through approaching people with the necessary skill sets and experience and by using resources such as the 'Reach Volunteering' website.

Trustees

The following persons served as Trustees during the period:

Karla Barlow (appointed 20 October 2021; resigned 24 November 2022)
Chris Fletcher
Rachel Harding
Victoria Lopez (appointed 28 August 2021)
Chris Smail
Gary Stretton
Helen Wilson

Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the Trustees are required to:

Thrive Manchester**Registered number:** 1183084**Trustees' Report**

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to independent examiner

Each person who was a Trustee at the time this report was approved confirms that:

- so far as he is aware, there is no relevant information of which the charity's independent examiner is unaware; and
- he has taken all the steps that he ought to have taken as a Trustee in order to make himself aware of any relevant audit information and to establish that the charity's independent examiner is aware of that information.

This report was approved by the board on 19 January 2023 and signed by its order.



Christopher Fletcher
19 January 2023
Trustee

Thrive Manchester
Independent examiner's report
to the members of Thrive Manchester

I report on the unaudited financial statements of Thrive Manchester for the period ended 31 March 2022 which comprise the Statement of Financial Activities, the Statement of Financial Position and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

Having satisfied myself that the accounts of the charity 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 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.

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

I am qualified to undertake the examination, being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records, comply with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102)

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Stephanie Stevens

for and on behalf of
S.E.A Accountancy Limited
Independent examiner
19 January 2023

Shaw House
1 Shaw Street
Ashton-under-Lyne
Lancashire
OL6 6QJ

Thrive Manchester
Statement of Financial Activities (Incorporating an Income and Expenditure Account)
for the period from 1 August 2021 to 31 March 2022

				8 months to 31 March 2022	12 months to 31 July 2021
	Notes	Unrestricted £	Restricted £	Total £	Total £
Donations and legacies	4	8,296	-	8,296	6,203
Charitable activities	5	30,095	12,691	42,786	119,523
Total income		38,391	12,691	51,082	125,726
Expenditure on:					
Raising funds	6	140	-	140	-
Charitable activities	7	51,800	12,544	64,344	97,726
Other expenditure	8	1,704	-	1,704	1,974
Total expenditure		53,644	12,544	66,188	99,700
(Net expenditure)/net income		(15,253)	147	(15,106)	26,026
Transfers between funds	23	1,316	(1,316)	-	-
Net movement in funds		(13,937)	(1,169)	(15,106)	26,026
Total funds brought forward	18	22,304	3,559	25,863	(163)
Total funds carried forward		8,367	2,390	10,757	25,863

The statement of financial activities includes all gains and losses recognised in the year.

All activities derive from continuing operations.

Thrive Manchester
Statement of Financial Position
as at 31 March 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	12	4,714	6,183
Current assets			
Debtors	13	707	2,063
Cash at bank and in hand		18,892	28,519
		<u>19,599</u>	<u>30,582</u>
Creditors: amounts falling due within one year	14	<u>(13,556)</u>	<u>(10,902)</u>
Net current assets		6,043	19,680
Net assets		<u>10,757</u>	<u>25,863</u>
Funds			
Unrestricted funds			
General funds	18	8,367	22,304
Restricted funds	18	2,390	3,559
Total funds		<u>10,757</u>	<u>25,863</u>

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

The trustees have acknowledged on the balance sheet as at 31 March 2022 their responsibilities for complying with the requirements of the Charities Act 2011 with respect to accounting records and the preparation of accounts.



Christopher Fletcher
Trustee

Approved by the board on 19 January 2023

Thrive Manchester
Notes to the Accounts
for the period from 1 August 2021 to 31 March 2022

1 Summary of significant accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)' and Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received, and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of specified services is deferred until the criteria for income recognition is met.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Individual items over £100 are treated as capital for the purposes of these accounts. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Thrive Manchester
Notes to the Accounts
for the period from 1 August 2021 to 31 March 2022

Plant and machinery	over 4 years
Computer equipment	over 3 years

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Pensions

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate. Costs are apportioned in line with the activity that the employee is assigned to. Pension costs are only allocated to restricted funds if this is stipulated in the grant agreement.

Legal status of the charity

The charity is a Charitable Incorporated Organisation.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Net income/ (expenditure)		2022	2021
		£	£
Net income/(expenditure) is stated after charging/(crediting):			
Depreciation of owned fixed assets		1,469	2,204
Independent examiners' remuneration for independent examination services		828	828
Other accountancy services		624	768
4 Donations and legacies		Total 2022	2021
	Unrestricted	£	£
	£	£	£
Donations	5,796	5,796	1,203
Grants	2,500	2,500	5,000
	8,296	8,296	6,203
Grants received, included in the above, are as follows:		Total 2022	2021
		£	£
Wythenshawe Community Housing Group		-	5,000
Big Life Group		1,000	-
Manchester Quakers		1,500	-
		2,500	5,000

Thrive Manchester
Notes to the Accounts
for the period from 1 August 2021 to 31 March 2022

5	Charitable activities	Unrestricted £	Restricted £	Total 2022 £	2021 £
	Grants	-	12,691	12,691	91,716
	Service delivery	30,095	-	30,095	27,807
		<u>30,095</u>	<u>12,691</u>	<u>42,786</u>	<u>119,523</u>
	Grants received, included in the above, are as follows:			Total 2022 £	2021 £
	Awards for All - Playpacks			-	4,000
	Covid Impact Fund			-	10,000
	Forever Manchester Trauma Workshop			-	5,000
	GMMH Buzz Fund			-	500
	Lottery COVID 19			-	33,000
	Our Manchester Wellbeing Walks			-	7,750
	Our Mcr Early Days			-	28,966
	Young Manchester Easter Walks 2021			-	2,500
	Awards for All Family Support			3,024	-
	Cycle and Stride			4,167	-
	Young Manchester Summer Walks			5,500	-
				<u>12,691</u>	<u>91,716</u>
6	Raising funds	Unrestricted £	Restricted £	2022 £	2021 £
	Raising funds	140	-	140	-
		<u>140</u>	<u>-</u>	<u>140</u>	<u>-</u>
7	Charitable activities costs	Unrestricted £	Restricted £	2022 £	2021 £
	Computer and internet	49	-	49	474
	Depreciation	1,217	-	1,217	1,826
	Employers national insurance	452	-	452	1,666
	Equipment and resources	36	66	102	-
	Insurance	828	-	828	1,409
	Office/General Administrative Expenses	89	-	89	839
	Other Professional Services	2,799	-	2,799	444
	Pension	1,268	-	1,268	1,290
	Phone costs	462	-	462	604
	Printing, postage and stationery	49	-	49	50
	Rent	5,373	-	5,373	7,862
	Repairs and maintenance	192	159	351	747
	Session costs	513	1,018	1,531	1,034
	Subscriptions	128	-	128	404
	Sundry	15	-	15	66
	Training	3,061	-	3,061	1,263
	Travel and accommodation	256	-	256	1,498
	Wages and salaries	35,013	11,301	46,314	76,250
		<u>51,800</u>	<u>12,544</u>	<u>64,344</u>	<u>97,726</u>
8	Other expenditure	Unrestricted £	Restricted £	2022 £	2021 £
	Accountancy	1,452	-	1,452	1,596
	Depreciation	252	-	252	378
		<u>1,704</u>	<u>-</u>	<u>1,704</u>	<u>1,974</u>

Thrive Manchester
Notes to the Accounts
for the period from 1 August 2021 to 31 March 2022

9 Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the period ended 31 March 2022 (2021 : nil).

Trustees' expenses

No trustees' were paid expenses for the period ended 31 March 2022 (2021 : nil).

10 Staff costs	Unrestricted £	Restricted £	Total 2022 £	Total 2021 £
Wages and salaries	35,013	11,301	46,314	76,250
Employers national insurance	452	-	452	1,666
Pension	1,268	-	1,268	1,290
	<u>36,733</u>	<u>11,301</u>	<u>48,034</u>	<u>79,206</u>

Average number of employees during the year

	Number	Number
Service delivery	5	4
	<u>5</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

11 Government grants

Income from government grants comprises of grants made by local authorities to fund projects in line with the charity's objectives. See 'income from charitable activities' for details of these funds and any restrictions over their use.

12 Tangible fixed assets

	Plant and machinery At cost £	Computer equipment At cost £	Total £
Cost or valuation			
At 1 August 2021	7,304	1,135	8,439
At 31 March 2022	<u>7,304</u>	<u>1,135</u>	<u>8,439</u>
Depreciation			
At 1 August 2021	1,826	430	2,256
Charge for the period	1,217	252	1,469
At 31 March 2022	<u>3,043</u>	<u>682</u>	<u>3,725</u>
Carrying amount			
At 31 March 2022	<u>4,261</u>	<u>453</u>	<u>4,714</u>
At 31 July 2021	<u>5,478</u>	<u>705</u>	<u>6,183</u>

13 Debtors

	2022 £	2021 £
Trade debtors	-	300
Prepayments	707	1,346
Accrued income	-	417
	<u>707</u>	<u>2,063</u>

Thrive Manchester
Notes to the Accounts
for the period from 1 August 2021 to 31 March 2022

14 Creditors: amounts falling due within one year	2022 £	2021 £
Other taxes and social security costs	1,710	4,479
Other creditors	381	365
Accruals	1,626	1,224
Deferred income	9,839	4,834
	<u>13,556</u>	<u>10,902</u>

15 Movement in deferred income

Income is deferred based on the service delivery of projects.

The movement in deferred income is below:

	2021 £	Released £	Deferred £	2022 £
MCC Trauma Bank	3,334	(3,334)	-	-
Train the trainer	1,500	(1,500)	-	-
Benchill Community	-	-	2,030	2,030
Awards for All	-	-	6,976	6,976
Cycle and Stride	-	-	833	833
	<u>4,834</u>	<u>(4,834)</u>	<u>9,839</u>	<u>9,839</u>

16 Movement in deferred income - prior year

	2020 £	Released £	Deferred £	2021 £
MCC Trauma Bank	3,350	(3,350)	3,334	3,334
Awards for All Playpacks	4,000	(4,000)	-	-
Forever Manchester Trauma Workshops	5,000	(5,000)	-	-
Calm Connections Training and Support	1,000	(1,000)	-	-
Early Days	11,466	(11,466)	-	-
Train the trainer	-	-	1,500	1,500
	<u>24,816</u>	<u>(24,816)</u>	<u>4,834</u>	<u>4,834</u>

17 Analysis of net assets between funds

	Unrestricted £	Restricted £	2022 £	2021 £
Fixed assets	4,714	-	4,714	6,183
Current assets	7,370	12,229	19,599	30,582
Current liabilities	(3,717)	(9,839)	(13,556)	(10,902)
	<u>8,367</u>	<u>2,390</u>	<u>10,757</u>	<u>25,863</u>

18 Movement in total funds

	At 1 August 2021 £	Net movement in funds £	Transfers between funds £	At 31 March 2022 £
Unrestricted funds				
General fund	22,304	(15,253)	1,316	8,367
Total unrestricted funds	22,304	(15,253)	1,316	8,367
Restricted funds				
Awards for All Family Support	-	2,390	-	2,390
Young Manchester Summer Walks	-	1,316	(1,316)	-
Total restricted funds	3,559	147	(1,316)	2,390
Total funds	25,863	(15,106)	-	10,757

Thrive Manchester
Notes to the Accounts
for the period from 1 August 2021 to 31 March 2022

19 Purpose of funds

Unrestricted funds	These funds are held for meeting the objectives of the charity and to provide reserves for future activities. Subject to charity legislation, they are free from all restrictions on their use.
Our Manchester Wellbeing Walks	Working in partnership with Wythenshawe Waste Warriors we employed a walk leader for six months to lead walks across Wythenshawe for people with mental health difficulties, struggling with loneliness or looking to become more physically active. Our partnership meant that we could map the walks and make them available to people to do without having to join a walk.
Our Mcr Early Days	Ongoing project to look at the impact of attachment on the first 1001 days of a child's life from conception to the age of 2 years.
Young Manchester Easter Walks 2021	These were walks in three parks in South Manchester for children who are autistic and their families during the school Easter holidays. We also gave every child a gift and every walker a free drink.
Awards for All Family Support	This project aims to tackle: food poverty, fuel poverty, housing, education - especially post-COVID disruption, isolation and loneliness, struggling with children aged under 3 because services have not re-opened in the same way. The project will run March 2022 - February 2023.
Cycle and Stride	The funding was awarded to us to develop existing mental wellbeing walks by employing a member of staff.
Young Manchester Summer Walks	We will be delivering 12 walks specifically aimed at any children, young people and their families in Manchester who have Special Educational Needs and Disabilities.

20 Net movement in funds

	Incoming resources £	Resources expensed £	Movement in funds £
General fund	38,391	(53,644)	(15,253)
Total unrestricted funds	38,391	(53,644)	(15,253)
Our Manchester Wellbeing Walks	-	(3,409)	(3,409)
We Love Manchester - Bears	-	(150)	(150)
Awards for All Family Support	3,024	(634)	2,390
Cycle and Stride	4,167	(4,167)	-
Young Manchester Summer Walks	5,500	(4,184)	1,316
Total restricted funds	12,691	(12,544)	147
Total funds	51,082	(66,188)	(15,106)

21 Comparative movement in total funds

	At 1 August 2020 £	Net movement in funds £	Transfers between funds £	At 31 July 2021 £
Unrestricted funds				
General fund	(718)	15,042	7,980	22,304
Total unrestricted funds	(718)	15,042	7,980	22,304
Restricted funds				
GMMH Buzz Fund	-	500	(500)	-
Lottery COVID 19	-	7,000	(7,000)	-
Our Manchester Wellbeing Walks	-	3,889	(480)	3,409
We Love Manchester - Bears	240	(90)	-	150
Total restricted funds	555	10,984	(7,980)	3,559
Total funds	(163)	26,026	-	25,863

Thrive Manchester
Notes to the Accounts
for the period from 1 August 2021 to 31 March 2022

22 Comparative net movement in funds	Incoming resources £	Resources expensed £	Movement in funds £
Unrestricted funds			
General fund	34,010	(18,968)	15,042
	34,010	(18,968)	15,042
Restricted funds			
Awards for All - Playpacks	4,000	(4,000)	-
Covid Impact Fund	10,000	(10,000)	-
Forever Manchester Trauma Workshop	5,000	(5,000)	-
GMMH Buzz Fund	500	-	500
Lottery COVID 19	33,000	(26,000)	7,000
Our Manchester Wellbeing Walks	7,750	(3,861)	3,889
Our Mcr Early Days	28,966	(29,281)	(315)
We Love Manchester - Bears	-	(90)	(90)
	89,216	(78,232)	10,984
Total funds	123,226	(97,200)	26,026

23 Transfers between funds			
From fund	To fund	Reason	Amount £
Young Manchester Summer Walks 2021	Unrestricted	Transfer to unrestricted as agreed with funder	1,316
			<u>1,316</u>

24 Presentation currency

The financial statements are presented in Sterling.

25 Legal form of entity

Thrive Manchester is a Charitable Incorporated Organisation registered in England.

26 Principal place of operation

The address of the charity's principal place of operation is:

Benchill Community Centre
 Benchill Road
 Manchester
 M22 8EJ

Thrive Manchester
Detailed Statement of Financial Activities
for the period from 1 August 2021 to 31 March 2022
This schedule does not form part of the statutory accounts

	Unrestricted £	Restricted £	8 months to 31 March Total 2022 £	12 months to 31 July Total 2021 £
INCOME AND ENDOWMENTS				
Donations and legacies				
Donations	5,796	-	5,796	1,203
Grants	2,500	-	2,500	5,000
	8,296	-	8,296	6,203
Charitable activities				
Grants	-	12,691	12,691	91,716
Service delivery	30,095	-	30,095	27,807
	30,095	12,691	42,786	119,523
Total income	38,391	12,691	51,082	125,726
EXPENDITURE				
Raising funds				
Raising funds	140	-	140	-
Charitable activities costs				
Computer and internet	49	-	49	474
Depreciation	1,217	-	1,217	1,826
Employers national insurance	452	-	452	1,666
Equipment and resources	36	66	102	-
Insurance	828	-	828	1,409
Office/General Administrative Expenses	89	-	89	839
Other Professional Services	2,799	-	2,799	444
Pension	1,268	-	1,268	1,290
Phone costs	462	-	462	604
Printing, postage and stationery	49	-	49	50
Rent	5,373	-	5,373	7,862
Repairs and maintenance	192	159	351	747
Session costs	513	1,018	1,531	1,034
Subscriptions	128	-	128	404
Sundry	15	-	15	66
Training	3,061	-	3,061	1,263
Travel and accommodation	256	-	256	1,498
Wages and salaries	35,013	11,301	46,314	76,250
	51,800	12,544	64,344	97,726
Other expenditure				
Accountancy	1,452	-	1,452	1,596
Depreciation	252	-	252	378
	1,704	-	1,704	1,974
Total expenditure	53,644	12,544	66,188	99,700
Net income/ (net expenditure)	(15,253)	147	(15,106)	26,026

THRIVE MANCHESTER

England & Wales - Charity number 1183084

Accounts



Registered charity number
1183084

Thrive Manchester
(A Charitable Incorporated Organisation)
Trustees' Report and Financial Statements

31 July 2021

Thrive Manchester
Report and accounts
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Thrive Manchester Charity Information

Trustees

Karla Barlow (appointed 20 October 2021)

Chris Fletcher

Rachel Harding (appointed 17 May 2021)

Victoria Lopez (appointed 28 August 2021)

Malcolm Montgomery Rae (appointed 24 April 2019; resigned 2 November 2020)

Chris Smail

Gary Stretton (appointed 9 March 2021)

Helen Wilson

Independent Examiner

Stephanie Stevens

S.E.A Accountancy Limited

Shaw House

1 Shaw Street

Ashton-under-Lyne

OL6 6QJ

Registered office

Benchill Community Centre

Benchill Road

Manchester

M22 8EJ

Charity number

1183084

Thrive Manchester
Registered number:
Trustees' Report

The trustees present their report and financial statements for the year ended 31 July 2021.

Objectives and activities

Charitable Objects:

The objects of Thrive Manchester are:

To promote and protect the physical and mental health of all people in Greater Manchester by:

- (a) raising awareness and educating the public about physical and mental health, and;
- (b) carry out activities that have a beneficial effect on physical and mental health.

Thrive Manchester is a charity based in Wythenshawe, Manchester. We began in 2011 as Fit-tastic but became a charity and changed our name to Thrive Manchester in April 2019. Our work began when we noticed that some people in the community were really struggling with everyday life. Things such as meeting with friends, walking to the shops and going to school seemed to be a challenge for some people. Recognising that these are all things that can contribute to us feeling healthy, we decided to see how we could support people to take control of their own health in a way that suited them. We are on a journey to explore a broader view of how small things can make a big difference in helping us all to enjoy life a little more.

At Thrive Manchester we want to:

- Recognise that being healthy can mean different things to different people. Things such as being physically active, having friends and feeling safe are all examples of what can help people feel positive about their health. So, when we talk about health, we think of it in this broad sense
- Stop treating physical and mental health separately. The brain is a physical part of the body too
- Recognise that experiences we may have had in the past, both good and bad, impact our behaviour and wellbeing today
- Provide opportunities and activities that benefit our health and wellbeing
- Work with people in Manchester to have more control over their own health and life
- Help people to live well for longer and have a fulfilling life

We value:

- Putting people first - not numbers or targets
- Building relationships and creating conversations
- Listening, learning and responding to people
- Recognising the strengths of others and working together
- We can't promise that we won't make mistakes, but we'll always try to learn and do better
- Everyone, regardless of their gender identity, sex, sexual orientation, age, race, ethnicity, nationality, religion, language or disability, should be treated with fairness and respect
- Equity rather than equality. We appreciate that every person is an individual with their own needs and everyone deserves to have what they need to succeed
- Remembering that we are all human beings

Once again this year, we have experienced a range of challenges as a result of the COVID-19 pandemic and changes in rules regarding how we could work. However, we have yet again been able to adapt our work to respond to the needs of the community around us. Our work during this year has included:

Thrive Manchester
Registered number:
Trustees' Report

- Fit-tastic - this is the name of our school and community work with families of children aged 2 - 11. This hasn't been able to happen since lockdown. We run a series of programmes looking again at the social, emotional and physical development of a child and the importance of the main caregiver in that. We run a twelve-week programme using a range of equipment to help develop balance, agility, coordination, fine and gross motor skills, spatial awareness and judging distances.

Adults attend these sessions with the children to understand what we are doing, why we are doing it and how it helps the child. We started this programme for children aged 2-5 and their families partnering with school, nurseries and Barnardo's. We also do interventions in schools with children who are recognised as having additional needs to help them develop skills such as a balance, coordination and fine motor skills. We have run these sessions for several years across Manchester working in schools with approximately 300 children. Schools and community organisations pay for this work. This work was difficult through lockdown, but we tried to engage families through videos and online sessions. As more restrictions were lifted, we were able to engage more sessions face to face.

- Wellbeing Walks - we organise and lead walks in Wythenshawe for people who struggle with their mental health or low mood. These are walks that vary in length based on the needs of the people attending the walks, helping improve mental and physical health as well as allowing people to improve their social networks. We are able to offer a free hot or cold drink at the end of each walk due to our partnership with a local wellbeing coffee shop. More walks have been added and trialled. We have tried to meet the needs of local people, running a Saturday morning walk through the winter to address the issues of loneliness that lockdown has created. We have brought in a new staff member, and they will be leading several walks a week across Wythenshawe. We have developed partnerships to mean that walks can be available to all residents across Wythenshawe through maps that are being developed.

- ACEs and Trauma - we are commissioned by Manchester City Council to lead on their ACEs (Adverse Childhood Experiences) and Trauma. This includes training for people across Manchester and a range of residents and professionals, leading a Trauma Network, developing trauma workshops, looking at practical ways to be trauma responsive and helping people understand the impact of ACEs and trauma on people's lives. We work with health professionals in hospitals and the community, education, housing, safeguarding, judges, barristers, GMP, community groups and charities. Our contract with the council will continue until at least March 2023 and there will be a huge undertaking of work in that period of time, especially as a result of COVID.

- Sensory Processing Therapy - As a result of having an Advanced Sensory Processing Therapist, we are able to offer therapy to children with sensory needs as well as support for families and school. This was done through funding from the National Lottery COVID-19 Relief Fund and funding from Our Manchester. Assessments were carried out which led to specific interventions for the children both online and face to face. There were also regular family support sessions done online for parents and carers of the children we work with. School visits are also done to observe the children.

- Family Support - Supporting families to address the barriers that they face that prevent them from living healthy lives and that prevent them from attaching well with their children. Some of these issues include poverty, poor housing and education that families need support with. As we support the families to work through some of the situations that they face, we start to address some of the health issues that are faced including mental health, the impact of trauma and the sensory needs of children.

Thrive Manchester
Registered number:
Trustees' Report

- Community - We have run sessions in resource centres with people who have learning disabilities, using physical activity to help them to be physically active. We have been involved in Wythenshawe Games and seek to work as much in the community as possible. We have also worked with other organisations across Greater Manchester, such as Calm Connections, GMP, Schools, Asylum Seekers, NHS Flu Vaccine initiative, Foodbank and Manchester Art Gallery.

- Trauma Workshops – these workshops were written in the summer of 2020 and a working party tried out the sessions in January – March 2021. The Trauma Workshops are an eight-week course looking at what trauma is, the impact it has on people, the way we respond and react to situations and low-level activities people can do to help them when they are struggling the most. This is not a form of therapy or an opportunity for recovery but is to support people through understanding about what is happening to themselves.

- Autistic Support Walks – we were asked to deliver these walks by (Manchester??) and they were funded by Young Manchester. They took place during the Easter holidays in three parks across South Manchester. Children who are autistic along with their families were invited to join the walks, which were an opportunity for families to meet others with similar experiences to theirs. It helped to reduce isolation and help families share stories, experiences, and opportunities with each other. We offered a free drink for each person and a free gift for every child at the end of each walk.

Public benefit

The trustees of Thrive Manchester are satisfied that all activities that have been undertaken are of a charitable purpose and for the public benefit.

Achievements and performance

Our main achievements during our first year as a CIO has been connecting with local people and other organisations. These organisations include high schools and primary schools, Greater Manchester Police, Manchester City Council, Manchester Local Care Organisation, Manchester Ward Councillors, Barnardo's, Wythenshawe Community Housing Group, The Forum Trust independent businesses such as Salutem and local social enterprises such as Catalyst Psychology.

We have raised awareness through training and everyday conversations to local residents and organisations about the impact of Adverse Childhood Experiences (ACEs) and trauma can have on the physical and mental health of individuals and the steps that we can take to prevent this. We have created a strong network of people that are committed to working together to reduce the impact that of ACEs and trauma in our community. This will not be something that changes in a short period of time. Instead, we are putting down foundations that our work in future years will build upon. One parent who attended an ACEs training session that we ran said:

'When I attended the ACEs training, I realised what was being talked about reminded me very much of my daughter and it made sense why she behaved the way she does. This helped me to make changes in my home and I have a deeper and better understanding of my child.'

Thrive Manchester
Registered number:
Trustees' Report

We also have a strong focus on physical health and particularly promote good sensory motor skills from an early age to enable children to get off to a good start in life. Our Fit-tastic school readiness sessions, which are Physiotherapy Sensory Integration Practitioner designed, and have allowed us to work with families and their children. We promote the importance of developing good movement skills and being physically active for good child development and health. We raise awareness that movement skills are essential for everyday tasks such as getting dressed and using a knife and fork, as well as skills for schools such as reading and writing. Giving the parents and carers the opportunity to engage and play with their children also promotes strong family bonds, which is crucial for brain development and important in reducing trauma and adversity.

I'm glad you said it's OK if my son doesn't want to join in a certain activity. Sometimes when we go to different activities I feel like I should make him join in. Now I know it's OK to listen to him and respect his choices.'

'I'm glad you said it's OK if my son doesn't want to join in a certain activity. Sometimes when we go to different activities I feel like I should make him join in. Now I know it's OK to listen to him and respect his choices.'

'I found this a great group to come to as my children have enjoyed it and I have gained knowledge on how physical activity can help with writing. We have also learned new activities to play at home with the equipment given to us.'

Our Early Days programme was in its early stages as lockdown hit and so we have needed to adapt it to be able to continue to meet the needs of the people we are supporting. We have been providing telephone and practical support, such as distributing clothing and toys. Many families have valued the opportunity to have someone to talk whilst feeling so isolated, in particular, single parents. We have been able to help with housing issues, support people with mental health problems and seek help for domestic abuse, by linking in with other local organisations. Meeting some of the needs of the parents is one of the ways that we seek to reduce the trauma that some children may otherwise have experienced.

Another highlight for us has been the distribution of over 200 play packs during the first lockdown. This came out as part of our trauma network, that many parents didn't have the toys and resources to keep occupied at home in a positive way. The packs not only gave the families some toys but also gave them information about other local services and help lines. The packs also provided pack examples of games they could play and the opportunity for families to engage with us on line.

'My mental health is so much better now that I know my children have got some fun things to do. I was so worried that I had nothing for them to play with and it's helped me feel better seeing them have so much fun'

Financial review

The Charity aims to hold 3 months unrestricted reserves. At 31 July 2021, the Charity held unrestricted reserves of £22,304 (2020: (£718)) and restricted reserves of £3,559 (2020: £515).

Despite the impact of Covid-19, the Trustees consider the Charity to be a going concern.

Thrive Manchester
Registered number:
Trustees' Report

Structure, governance and management

We currently have seven trustees:

Karla Barla - Chair (Joined as Trustee October 2021)

Helen Wilson - Secretary

Chris Smail - Finance

Chris Fletcher

Gary Stretton (Joined March 2021)

Rachel Harding (Joined May 2021)

Victoria Lopez (Joined August 2021)

These trustees were chosen based on their desire to support the growth of the CIO, their past experiences and specific skills that they would bring. This includes working in schools, finance and accounting, living within the local community and previous experience of being a trustee. No one other person or external body is entitled to appoint one or more of the charity trustees. We have identified the need to strengthen our trustees in number and skill set, with a need for someone with a health background. We hope to recruit more trustees through approaching people with the necessary skill sets and experience and by using resources such as the 'Reach Volunteering' website.

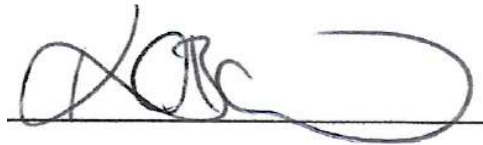
Disclosure of information to independent examiners

Each person who was a director at the time this report was approved confirms that:

- so far as he is aware, there is no relevant information of which the charity's independent examiner is unaware; and
- he has taken all the steps that he ought to have taken as a director in order to make himself aware of any relevant information and to establish that the charity's independent examiner is aware of that information.

This report was approved by the board on 10th May 2022
and signed on its behalf.

Karla Barlow
Trustee

A handwritten signature in dark ink, appearing to be 'K Barlow', written over a horizontal line.

Thrive Manchester
Independent examiners' report
to the members of Thrive Manchester

I report on the unaudited accounts of Thrive Manchester for the year ended 31 July 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Respective responsibilities of trustees' and independent examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

I am qualified to undertake the examination, being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under charity law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Stephanie Stevens
(Independent Examiner)



Shaw House
1 Shaw Street
Ashton-under-Lyne
OL6 6QJ

Date: 10th May 2022

Thrive Manchester
Statement of financial activities
for the year ended 31 July 2021

	Notes	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
Donations and legacies	3	1,203	-	1,203	4,394
Charitable activities	4	32,807	91,716	124,523	77,686
Total		34,010	91,716	125,726	82,080
Expenditure on:					
Charitable activities	5	13,856	80,645	94,501	80,551
Other	6	5,112	87	5,199	1,692
Total		18,968	80,732	99,700	82,243
Net income/(net expenditure)		15,042	10,984	26,026	(163)
Transfers between funds	14	7,980	(7,980)	-	-
Net movement in funds		23,022	3,004	26,026	(163)
Reconciliation of funds:					
Total funds brought forward	13	(718)	555	(163)	-
Total funds carried forward		22,304	3,559	25,863	(163)

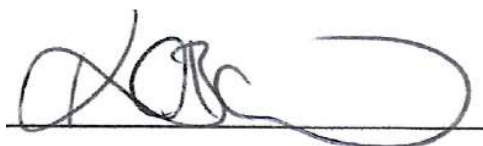
The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Thrive Manchester
Balance sheet
as at 31 July 2021

	Notes	Unrestricted £	Restricted £	2021 £	2020 £
Fixed assets:					
Tangible assets	10	6,183	-	6,183	103
Current assets:					
Debtors	11	1,646	417	2,063	76
Cash at bank and in hand		25,377	3,142	28,519	25,162
		27,023	3,559	30,582	25,238
Liabilities:					
Creditors: amounts falling due within one year	12	(10,902)	-	(10,902)	(25,504)
Net current assets/(liabilities)		16,121	3,559	19,680	(266)
Net assets/(liabilities)		22,304	3,559	25,863	(163)
The funds of the charity:					
Unrestricted income funds	13	22,304	-	22,304	(718)
Restricted income funds	13	-	3,559	3,559	555
Total charity funds		22,304	3,559	25,863	(163)

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Karla Barlow
Trustee



Approved by the board on 10th May 2022

Thrive Manchester
Statement of Cash Flows
for the year ended 31 July 2021

	Notes	2021 £	2020 £
Cash flows from operating activities:			
<i>Net cash provided by/ (used in) operating activities</i>		11,641	25,317
Cash flows from investing activities:			
Payments to acquire tangible fixed assets	10	(8,284)	(155)
<i>Net cash provided by/ (used in) investing activities</i>		3,357	25,162
Cash and cash equivalents at the beginning of the reporting period		25,162	-
Cash and cash equivalents at the end of the reporting period		28,519	25,162
Net income/ (expenditure) for the reporting period		26,026	(163)
Adjustments for:			
Depreciation	10	2,204	52
Increase in debtors	11	(1,987)	(76)
(Decrease)/increase in creditors	12	(14,602)	25,504
<i>Net cash provided by/ (used in) operating activities</i>		11,641	25,317
Analysis of cash and cash equivalents			
Cash at bank		28,519	25,162
Total cash and cash equivalents		28,519	25,162

Thrive Manchester
Notes to the Accounts
for the year ended 31 July 2021

1 Summary of significant accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income

The financial statements are presented in Sterling.

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of specified services it is deferred until the criteria for income recognition is met.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the Charity's work or for specific projects being undertaken by the Charity.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Thrive Manchester
Notes to the Accounts
for the year ended 31 July 2021

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Pensions

Contributions to defined contribution plans are expensed in the period to which they relate.

2 Legal status of the Charity

The Charity is a Charitable Incorporated Organisation.

3 Income from donations and legacies	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Donations	1,203	-	1,203	4,394
	1,203	-	1,203	4,394

4 Income from charitable activities	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Grants	5,000	91,716	96,716	44,101
Service delivery	27,807	-	27,807	33,585
	32,807	91,716	124,523	77,686

Thrive Manchester
Notes to the Accounts
for the year ended 31 July 2021

5 Expenditure on charitable activities	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Computer and internet	469	5	474	849
Employers national insurance	-	1,666	1,666	-
Insurance	1,409	-	1,409	875
Pension	915	375	1,290	-
Rent	7,862	-	7,862	5,700
Repairs and maintenance	186	561	747	-
Subscriptions	404	-	404	195
Subsistence	215	-	215	120
School Readiness	130	-	130	1,212
Session Costs	-	904	904	6,134
Sessional Workers	-	-	-	395
Telephone	473	131	604	984
Training	510	753	1,263	2,898
Travel and Accommodation	1,283	-	1,283	1,136
Wages and salaries	-	76,250	76,250	60,053
	13,856	80,645	94,501	80,551

6 Other expenditure	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Accountancy	1,596	-	1,596	1,116
Depreciation	2,204	-	2,204	52
Office/General Administrative Expenses	789	50	839	268
Other professional services	444	-	444	-
Printing, Postage and Stationery	50	-	50	240
Sundry	29	37	66	16
	5,112	87	5,199	1,692

7 Net income/ (expenditure) for the year	2021	2020
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	2,204	52
Independent examiners' fee	828	828
Other accounting services	768	288

Thrive Manchester
Notes to the Accounts
for the year ended 31 July 2021

8 Staff costs	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
Wages and salaries	-	76,250	76,250	60,053
Social security costs	-	1,666	1,666	-
Other pension costs	915	375	1,290	-
	915	78,291	79,206	60,053

Average number of employees during the year	Number	Number
Charitable activities	4	3

No employees had employee benefits in excess of £60,000.

The charity trustees were not paid, nor received any other benefits from employment with the charity in the year. No charity trustee received payment for professional or other services supplied to the charity.

9 Government grants

Income from government grants comprises of grants made by local authorities to fund projects in line with the charities objectives. See the 'analysis of charitable funds' note for more information regarding the amounts of these grants.

10 Tangible fixed assets

	Fixtures and fittings At cost £	Total £
Cost or valuation		
At 1 August 2020	155	155
Additions	8,284	8,284
At 31 July 2021	8,439	8,439
Depreciation		
At 1 August 2020	52	52
Charge for the year	2,204	2,204
At 31 July 2021	2,256	2,256
Carrying amount		
At 31 July 2021	6,183	6,183
At 31 July 2020	103	103

Thrive Manchester
Notes to the Accounts
for the year ended 31 July 2021

11 Debtors	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Accrued income	-	417	417	-
Prepayments	1,346	-	1,346	76
Trade debtors	300	-	300	-
	<u>1,646</u>	<u>417</u>	<u>2,063</u>	<u>76</u>

12 Creditors: amounts falling due within one year	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Accruals	1,224	-	1,224	544
Deferred income	4,834	-	4,834	24,816
Other creditors	365	-	365	-
Other taxes and social security	4,479	-	4,479	144
	<u>10,902</u>	<u>-</u>	<u>10,902</u>	<u>25,504</u>

13 Analysis of charitable funds

Analysis of movements in unrestricted funds

	At 1 August 2020	Incoming resources	Resources expended	Transfers	At 31 July 2021
General fund	(718)	34,010	(18,968)	7,980	22,304
	<u>(718)</u>	<u>34,010</u>	<u>(18,968)</u>	<u>7,980</u>	<u>22,304</u>

Name of unrestricted fund Description, nature and purpose of the fund

General fund The 'free reserves' after allowing for all designated funds.

Thrive Manchester
Notes to the Accounts
for the year ended 31 July 2021

Analysis of movements in restricted funds

	At 1 August 2020	Incoming resources	Resources expended	Transfers	At 31 July 2021
Awards for All - Playpacks	-	4,000	(4,000)	-	-
Covid Impact Fund	-	10,000	(10,000)	-	-
Forever Manchester Trauma Workshop	-	5,000	(5,000)	-	-
GMMH Buzz Fund	-	500	-	(500)	-
Lottery COVID 19	-	33,000	(26,000)	(7,000)	-
Our Manchester Wellbeing Walks	-	7,750	(3,861)	(480)	3,409
Our Mcr Early Days	315	28,966	(29,281)	-	-
We Love Manchester - Bears	240	-	(90)	-	150
Young Manchester Easter Walks 2021	-	2,500	(2,500)	-	-
	555	91,716	(80,732)	(7,980)	3,559

Name of restricted fund	Description, nature and purpose of the fund
Awards for All - Playpacks	Funding to make up and deliver 150 play packs to be distributed by partners across Wythenshawe for families that they recognised were struggling the most through lock down.
Covid Impact Fund	To support mental health and wellbeing during Covid-19.
Forever Manchester Trauma Workshop	writing an eight-session trauma workshop for between 5 - 10 people at a time to help them understand the impact of their trauma, what it is and how the trauma has affected them. These are available for people all across Manchester.
GMMH Buzz Fund	Grant for computer equipment.
Lottery COVID 19	Deliver Sensory Processing Therapy for children and support for their families. The need for Sensory Processing Therapy was high before the pandemic and the waiting list was at least 12 months. As a result of the temporary closure of services during the pandemic, the waiting times are even higher. This funding enabled us to work with families who were in desperate need of support without them having to go on a waiting list.
Our Manchester Wellbeing Walks	Working in partnership with Wythenshawe Waste Warriors we employed a walk leader for six months to lead walks across Wythenshawe for people with mental health difficulties, struggling with loneliness or looking to become more physically active. Our partnership meant that we could map the walks and make them available to people to do without having to join a walk.
Our Mcr Early Days	Ongoing project to look at the impact of attachment on the first 1001 days of a child's life from conception to the age of 2 years.
Young Manchester Easter Walks 2021	these were walks in three parks in South Manchester for children who are autistic and their families during the school Easter holidays. We also gave every child a gift and every walker a free drink.

Thrive Manchester
Notes to the Accounts
for the year ended 31 July 2021

14 Transfers between funds

From fund	To fund	Reason	Amount £
GMMH Buzz Fund	Unrestricted	Purchase of fixed assets with restricted funds, that no longer have any restriction over their use	500
Lottery COVID 19	Unrestricted	Purchase of fixed assets with restricted funds, that no longer have any restriction over their use	7,000
Our Manchester Wellbeing Walks	Unrestricted	Purchase of fixed assets with restricted funds, that no longer have any restriction over their use	480
			7,980

15 Principal place of operation

The address of the charity's principal place of operation is:

Benchill Community Centre
 Benchill Road
 Manchester
 M22 8EJ

Thrive Manchester
Detailed statement of financial activities
for the year ended 31 July 2021

	Unrestricted	Restricted	TOTAL	TOTAL
	2021	2021	2021	2020
	£	£	£	£
Income				
Grants	5,000	91,716	96,716	44,101
Service delivery	27,807	-	27,807	33,585
Donations	1,203	-	1,203	4,394
	<u>34,010</u>	<u>91,716</u>	<u>125,726</u>	<u>82,080</u>
Expenses				
Accountancy	1,596	-	1,596	1,116
Computer and internet	469	5	474	849
Depreciation	2,204	-	2,204	52
Employers national insurance	-	1,666	1,666	-
Insurance	1,409	-	1,409	875
Office/General Administrative Expenses	789	50	839	268
Other professional services	444	-	444	-
Pension	915	375	1,290	-
Printing, Postage and Stationery	50	-	50	240
Rent	7,862	-	7,862	5,700
Repairs and maintenance	186	561	747	-
School Readiness	130	-	130	1,212
Session Costs	-	904	904	6,134
Sessional Workers	-	-	-	395
Subscriptions	404	-	404	195
Subsistence	215	-	215	120
Sundry	29	37	66	16
Telephone	473	131	604	984
Training	510	753	1,263	2,898
Travel and Accommodation	1,283	-	1,283	1,136
Wages and salaries	-	76,250	76,250	60,053
	<u>18,968</u>	<u>80,732</u>	<u>99,700</u>	<u>82,243</u>
Net income/(net expenditure)	15,042	10,984	26,026	(163)