



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
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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:

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- 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.

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- 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.'

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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.

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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.

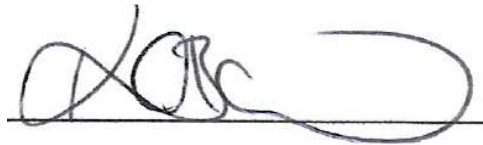
Disclosure of information to independent examiners

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 blue 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)

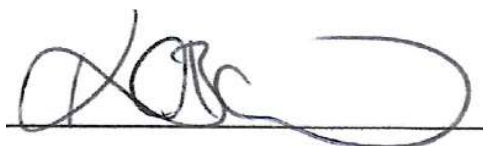
The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

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	-
	<u>915</u>	<u>78,291</u>	<u>79,206</u>	<u>60,053</u>

Average number of employees during the year	Number	Number
Charitable activities	<u>4</u>	<u>3</u>

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	<u>8,284</u>	<u>8,284</u>
At 31 July 2021	<u>8,439</u>	<u>8,439</u>
Depreciation		
At 1 August 2020	52	52
Charge for the year	<u>2,204</u>	<u>2,204</u>
At 31 July 2021	<u>2,256</u>	<u>2,256</u>
Carrying amount		
At 31 July 2021	<u>6,183</u>	<u>6,183</u>
At 31 July 2020	<u>103</u>	<u>103</u>

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)