

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:

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- 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.

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- 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."

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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:

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- 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:

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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