

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.

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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.

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"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.

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Trustees' Report

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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	-
	Grants	5,200	-
		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)