

Registered charity number
1183084

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

31 March 2024

Thrive Manchester
Report and accounts
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Thrive Manchester

Reference and Administrative Details

Trustees

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

Independent examiners

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

Registered office

Benchill Community Centre
Benchill Road
Manchester
M22 8EJ

Registered charity number

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Trustees' Report

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

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

Objectives and activities

Charitable Objects:

The objects of Thrive Manchester are:

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

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

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

At Thrive Manchester we want to:

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

We value:

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

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

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

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

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

Achievements and performance

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

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

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

Walking group participant

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

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

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

Attendee at Training

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

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

Parent

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

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

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

Participant in Understanding Your Trauma & Building Resilience workshop

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

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

Participant accessing Art Therapy

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

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Financial review

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

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

Structure, governance and management

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

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

Trustees

The following persons served as Trustees during the year:

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

Trustees' responsibilities

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

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

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

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

Disclosure of information to independent examiner

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

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

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

Charlotte Chilvers
18 November 2024
Trustee

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

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

Responsibilities and basis of report

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

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

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

Independent examiner's statement

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

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

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

have not been met; or

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

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

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

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

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

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

All activities derive from continuing operations.

Thrive Manchester
Statement of Financial Position
as at 31 March 2024

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

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

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

Charlotte Chilvers
Trustee

Approved by the board on 18 November 2024

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

1 Summary of significant accounting policies

Basis of preparation

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

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

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

Income

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

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

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

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

Interest receivable

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

Expenditure

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

Fund accounting

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

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

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

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

Tangible fixed assets

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

Plant and machinery	over 4 years
Computer equipment	over 3 years

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Debtors

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

Creditors

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

Taxation

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

Pensions

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

Legal status of the charity

The charity is a Charitable Incorporated Organisation.

2 Critical accounting estimates and judgements

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

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

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

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Notes to the Accounts
for the year ended 31 March 2024

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

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

9 Trustees' remuneration and benefits

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

Trustees' expenses

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

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

Average number of employees during the year

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

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

11 Government grants

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

12 Tangible fixed assets

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

13 Debtors

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

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Notes to the Accounts
for the year ended 31 March 2024

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

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

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

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

22 Presentation currency

The financial statements are presented in Sterling.

23 Legal form of entity

Thrive Manchester is a Charitable Incorporated Organisation registered in England.

24 Principal place of operation

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

Benchill Community Centre
Benchill Road
Manchester
M22 8EJ

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

This schedule does not form part of the statutory accounts

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