

Charity Registration Number : 1183084



THRIVE MANCHESTER

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

THRIVE MANCHESTER

LEGAL AND ADMINISTRATIVE INFORMATION

FOR THE YEAR ENDED 31 MARCH 2025

Trustees

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

Charity Number

1183084

Registered Office

Benchill Community Centre
Benchill Road
Manchester
M22 8EJ

Thrive Manchester Trustees Report 2024 - 2025
Charity Number - 1183084

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

Objectives and Activities

Charitable Objects:

The objects of Thrive Manchester are:

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

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

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

At Thrive Manchester we want to:

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

We value:

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

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

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

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

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

I am very isolated and have an autoimmune disease.

The walk has given me something to look forward to.

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

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

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

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

Walking group participant

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

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

Training participant

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

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

Parent

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

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

Workshop participant

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

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

Art therapy participant

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

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

Financial Review

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

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

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

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

Structure, Governance and Management

Thrive Manchester is a Charitable Incorporated Organisation.

The following persons served as trustees during the year:

Charlotte Chilvers – Chair

Kate Simpson (resigned 7 June 2024)

David Fassioms (resigned 3 September 2024)

Sidri Ali (resigned 21 October 2024)

Charlotte Harris (resigned 20 January 2025)

Chris Fletcher (resigned 05 February 2025)

Victoria Lopez

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

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

Muhammad Zain Ghumra (appointed 10 March 2025)

Vinay Jalla (appointed 28 March 2025)

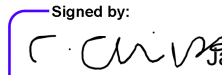
Due to health issues, and family and work commitments, several trustees had to resign during the year. We recruited additional trustees chosen based on their desire to support the growth of the CIO, their past experiences and the specific skills that they would bring. This includes working in schools,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

Declarations

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

Signed on behalf of the charity's trustees

Signature: C. Chilvers

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

Position: Chair of Trustees

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

Independent Examiner's Report to the Trustees of Thrive Manchester

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

Responsibilities and basis of report

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

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

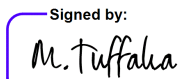
Independent examiner's statement

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

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

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

Signed by:



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Mr M.H Tuffaha AFA

Associate Member – Institute of Financial Accountants

Sterling Gate Accountants

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

January 26, 2026

THRIVE MANCHESTER**STATEMENT OF FINANCIAL ACTIVITIES**

FOR THE YEAR ENDED 31 MARCH 2025

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

THRIVE MANCHESTER**BALANCE SHEET**

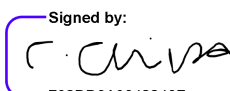
FOR THE YEAR ENDED 31 MARCH 2025

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

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

Charlotte Chilvers
Chair

Signed by:



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January 26, 2026

THRIVE MANCHESTER

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1. Accounting Policies

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

194.0 Basis of preparation

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

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

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

1.2 Going concern

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

2. Income from Donations and Legacies

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

3. Income from Charitable Activities

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

4. Expenditure on Raising Funds

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

5. Expenditure on Charitable Activities

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

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

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

7. Tangible Fixed Assets

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

7.2 Depreciation and impairments

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

7.3 Net book value

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

8. Debtors: Amounts falling due within one year

	Total funds 2024
	£
Prepayments & accrued income	299.00
Total	299.00

9. Cash at bank and in hand

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

10. Creditors: Amounts falling due within one year

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

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

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

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

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

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

Trustees' Remuneration, Benefits and Expenses

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

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

Related Party Transactions

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

Employees Earning Over £60,000

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