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Charity Registration Number: 1183084

THRIVE MANCHESTER

A CHARITABLE INCORPORATED ORGANISATION (CIO)
TRUSTEES' REPORT
AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2026

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THRIVE MANCHESTER

LEGAL AND ADMINISTRATIVE INFORMATION

FOR THE YEAR ENDED 31 MARCH 2026

Trustees	Charlotte Chilvers Victoria Lopez Muhammad Zain Ghumra Kyle Caddick Lisa Wilson (resigned on 01/10/25) Elizabeth Hibberd (resigned on 03/11/25) Natasha Hunter Hunter (resigned on 23/03/26) Vinay Jalla (resigned on 01/04/26)
Charity Number	1183084
Registered Office	Benchill Community Centre Benchill Road Manchester M22 8EJ
Independent Examiner	Sterling Gate Accountants 3rd Floor, 86-90 Paul Street, London, England, EC2A 4NE

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THRIVE MANCHESTER

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2026

The trustees present their annual report and financial statements for the year ended 31 March 2026.

Objectives and Activities

Charitable Purpose

Our charity's purposes as set out in the objects contained in the governing documents 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.

Working in a trauma-responsive way and raising awareness about the impact Adverse Childhood Experiences (ACEs) and trauma can have are the foundations of our work. We work closely with organisations across Manchester to highlight the impact ACEs and trauma can have and together explore how to work in a trauma responsive way to reduce the impact 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, Tameside Council, Wythenshawe Community Housing Group, The Big Life Group, Factory International, and 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.

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Our values

We Value:

- People. Regardless of gender identity, sex, sexual orientation, age, race, ethnicity, nationality, religion, language or disability, everyone should be treated with respect.
- Building relationships and creating conversations.
- Safety and trust. We all need to feel safe to thrive.
- Doing things with people rather than doing things for or to them. We recognise that we all have different strengths, and listening to each other and working together is important.
- Curiosity. Being curious and asking questions is how we learn and understand more about ourselves and each other.
- Putting people first - not numbers, targets or projects.
- Equity rather than equality. We appreciate that every person is an individual and that different people need different things to thrive.
- Being human! We want to be professional, but never at the expense of being human.

Activities

During the financial year, we carried out the following key activities to further the charitable objectives:

- **Training**
  In the last year we have partnered with Manchester City Council, Bolton Council and Tameside Metropolitan Borough Council to support their work around ACEs and trauma. We have delivered training to almost 2000 people in Greater Manchester to residents and professionals from a range of different settings such hospitals, GP practices, schools, housing associations, social care and community groups. Together, we want our community to feel supportive and more accessible for trauma-experienced people in Greater Manchester.

  "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**
  Our physiotherapist provides 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

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ongoing support is something that greatly value, so we hope to be able to continue to grow and develop this service.

"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 programme to explore what trauma is, the impact trauma can have and to consider activities that may be beneficial for daily life. This is not a form of therapy, but to support intentionally small groups of people to understand themselves and their responses better. In the last 12 months, 45 people from a range of different community groups across Manchester have accessed the programme.

"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 hosted a trainee Art Therapist working with us on a 2-year long placement from the University of Chester. The trainee therapist delivered one-to-one and group therapy sessions that were mainly accessed by people using our other services. Unfortunately, this work came to an end in summer 2025 when the placement ended, but we hope to secure funding in order offer art therapy as a permanent service. Clients have described the therapy as "life changing" and feeling "lighter and happier" as a result, and this is something that we'd like to be able to offer to the wider community on a more permanent basis.

"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

- **Mental Health Link Worker**
  We are working in partnership with Greater Manchester Mental Health NHS Foundation Trust (GMMH). We employ a Mental Health Link Worker who is seconded over to work as part of the GMMH multidisciplinary Living Well team in South Manchester. This member of the team works within the local community to support individuals with complex mental health needs. This collaboration encourages clients to access both services and provides essential support.

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- **Wellbeing Walks**
  In the last year we made some changes to the delivery of our long-running walking groups. Until autumn 2025 we were running three weekly walks around Wythenshawe, that were accessed by approximately 45 people each week. Our Northenden based walk had grown exponentially, and it became clear that the walk would be sustainable without our input. This, combined with staffing and funding challenges, meant that we handed the running of this group over to the community, where it has continued to flourish. We currently run 2 walks per week in Wythenshawe. We are pleased that the changes we made, make it more accessible for people working with our mental health link worker in the Living Well team to access the walks. People tell us that the walks improve their mental and physical health, increase their social networks and have 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

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 £92,422.61, of which £150 related to restricted funds and £92,272.61 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 £117,542.14, including £22,176.22 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 £5,261.83 comprising fully 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.

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Structure, Governance and Management

Governing Document

Thrive Manchester is a CIO Registered 24 Apr 2019 and is governed under its constitution which was amended on 05th September 2023.

Recruitment and Appointment of Trustees

Trustees are recruited based on their specific skills and commitment to the charity's values and goals. We seek to recruit a diverse board of trustees and value lived experience as much as traditional professional skills and qualifications. 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. All members of the board give their time voluntarily and receive no benefits from the charity.

Trustee Induction and Training

All trustees complete a structured induction programme to ensure they understand legal and operational responsibilities, as well as attending an introductory trauma awareness training session.

Declarations

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

This report was approved by the trustees and signed on its behalf by:

Signed by:
C. Chilvers
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May 12, 2026

Charlotte Chilvers

Trustee

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THRIVE MANCHESTER

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 31 MARCH 2026

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 ending 31 March 2026 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 in this report in order to enable a proper understanding of the accounts to be reached.

Signed by:
M. Tuffaha May 13, 2026
119507BD8889432...

Mr M.H Tuffaha AFA
Associate Member – Institute of Financial Accountants
Sterling Gate Accountants
3rd Floor, 86-90 Paul Street, London, England, EC2A 4NE

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THRIVE MANCHESTER

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Unrestricted funds £	Restricted funds £	Total Funds 2026 £	Total Funds 2025 £
Income and endowments from:					
Donations and legacies	2	806.11	-	806.11	832.11
Charitable activities	3	91,466.50	150.00	91,616.50	143,319.43
Total		**92,272.61**	**150.00**	**92,422.61**	**144,151.54**
Expenditure on:					
Charitable activities	4	95,365.92	22,176.22	117,542.14	122,484.18
Total		**95,365.92**	**22,176.22**	**117,542.14**	**122,484.18**
Net expenditure		**(3,093.31)**	**(22,026.22)**	**(25,119.53)**	**21,667.36**
Net movement in funds		**(3,093.31)**	**(22,026.22)**	**(25,119.53)**	**21,667.36**
Reconciliation of funds:					
Total funds brought forward		3,093.31	27,288.05	30,381.36	8,714.00
Total funds carried forward		**-**	**5,261.83**	**5,261.83**	**30,381.36**

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THRIVE MANCHESTER

BALANCE SHEET

FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Total Funds 2026 £	Total Funds 2025 £
Fixed assets			
Tangible assets	6	-	689.00
Total fixed assets		**-**	**689.00**
Current assets			
Cash at bank and in hand	7	5,261.83	31,392.36
Total current assets		**5,261.83**	**31,392.36**
Creditors: amounts falling due within one year	8	-	1,700.00
Net current assets		5,261.83	29,692.36
Total net assets		**5,261.83**	**30,381.36**
Funds of the Charity			
Unrestricted funds	9	-	3,093.31
Restricted funds	9	5,261.83	27,288.05
Endowment funds	9	-	-
Total funds		**5,261.83**	**30,381.36**

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

Charlotte Chilvers

Trustee

Signed by:
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May 12, 2026

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THRIVE MANCHESTER

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

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.

1.1 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 2026 £	Total funds 2025 £
Donation and gifts	806.11	806.11	832.11
Total	**806.11**	**806.11**	**832.11**

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3. Income from Charitable Activities

Analysis	Unrestricted funds	Restricted funds	Total funds 2026	Total funds 2025
	£	£	£	£
Charitable Activities	91,466.50	150.00	91,616.50	143,319.43
Total	**91,466.50**	**150.00**	**91,616.50**	**143,319.43**

4. Expenditure on Charitable Activities

Analysis	Unrestricted funds	Restricted funds	Total funds 2026	Total funds 2025
	£	£	£	£
Equipment and resources	55.18	240.07	295.25	67.83
Food and Drink expenses	96.61	9.97	106.58	772.20
Insurance	282.76	-	282.76	1,169.95
Computer and Internet	2,654.36	-	2,654.36	2,131.48
Legal and Professional	2,007.16	499.00	2,506.16	5,197.87
Office/General administrative expenses	374.78	97.98	472.76	579.66
Phone Costs	287.81	240.00	527.81	326.66
Rent	4,296.70	4,103.34	8,400.04	8,453.05
Subscription	143.38	-	143.38	489.30
Training	2,404.18	-	2,404.18	4,387.97
Travel & Accommodation	347.61	-	347.61	149.98
Wages & Salaries	81,726.39	16,985.86	98,712.25	95,528.23
Depreciation	689.00	-	689.00	1,530.00
Total	**95,365.92**	**22,176.22**	**117,542.14**	**120,784.18**
Support Costs	-	-	-	1,700.00
	95,365.92	**22,176.22**	**117,542.14**	**122,484.18**

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5. Support Costs

Analysis	Total funds 2026 £	Total funds 2025 £
Support Costs		
Governance Costs		
Independent examiners fees	-	1,700.00
	-	**1,700.00**

6. Tangible Fixed Assets

	Plant & Machinery	Computer Equipment
	£	£
6.1 Cost or valuation		
At 01 April 2025	7,304.00	3,134.00
Additions	-	-
Disposals	-	-
Revaluations	-	-
Transfers	-	-
At 31 March 2026	**7,304.00**	**3,134.00**
6.2 Depreciation and impairments		
At 01 April 2025	7,304.00	2,445.00
Charge for the year	-	689.00
Disposals	-	-
Revaluations	-	-
Transfers	-	-
At 31 March 2026	**7,304.00**	**3,134.00**

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6.3 Net book value		
At 01 April 2025	-	689.00
At 31 March 2026	**-**	**-**

7. Cash at bank and in hand

Analysis	Total funds 2026	Total funds 2025
	£	£
Cash at bank and in hand	5,261.83	31,392.36
Total	**5,261.83**	**31,392.36**

8. Creditors: Amounts falling due within one year

Analysis of Creditors	Total funds 2025
	£
Trade creditors	1,700.00
Total	**1,700.00**

9. Charity funds

9.1 Details of material funds held and movements during the CURRENT reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Fund balances carried forward
	£	£	£	£
Unrestricted funds				
	3,093.31	92,272.61	95,365.92	-
Restricted funds				
	27,288.05	150.00	22,176.22	5,261.83
Total	**30,381.36**	**92,422.61**	**117,542.14**	**5,261.83**

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

Fund names	Fund balances brought forward	Income	Expenditure	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**

	Balance B/F	Incoming Resources	Resources expensed	Transfer	Closing Balance
Restricted Funds					
Cycle and Stride	£645.24	-	-£645.24	-	£0.00
NIF	£648.00	-	-£648.00	-	£0.00
Living Well	£3,675.82	-	-£3,675.82	-	£0.00
NHS Living Well	£2,319.00	-	-£2,319.00	-	£0.00
National Lottery Award For All	£20,000.00	-	-£14,738.17	-	£5,261.83
GM Live Well Spring Festival	£0.00	£150.00	-£150.00	-	£0.00
Total restricted funds	**£27,288.06**	**£150.00**	**-£22,176.23**	**£0.00**	**£5,261.83**

10. Related Party Transactions

There were no related party transactions during the year (2025: Nil).

11. Trustees' Remuneration, Benefits and Expenses

No trustees received any remuneration, benefits in kind, or reimbursement of expenses during the year (2025: Nil).

12. Employees Earning Over £60,000

No employees received emoluments in excess of £60,000 during the year (2025: Nil).