

THRIVEFIT

**Report and Accounts for the year ended
31 March 2021**

Registered Charity Number 1187150

THE THRIVEFIT REPORT

2020//21

ThriveFit was established to provide relief to those in need by reason of age, youth, ill health, disability, financial hardship or any other disadvantage in Guildford, Surrey and the local area, through the provision of fitness and exercise programmes and health and well-being support. We work closely and in partnership with several local charities to complement their work and to ensure we effectively target those in need.

Since establishing in 2018 and officially registering as a charity in December 2019, ThriveFit has provided free exercise sessions with qualified fitness professionals in a bespoke and unintimidating environment and offered advice and general support where required. Instructor and venue costs have amounted to £11,421 in this period alongside £656 in fund raising event fees and £426 in Administration costs (including Trustee Insurance)

Our operating income to date has come from fundraising activities, individual one-off and regular donations and grants awarded. This financial year we have received £11,846 in donations, £2,305 in fundraising activities and £395 in GiftAid refunds.

Fundraising has been severely restricted during the Covid pandemic and classes had to move Online in 2020 but we were still able to help many individuals and plan to continue to do so during 2021/22.

The ThriveFit Trustees are very grateful to all those individuals and organisations who have supported ThriveFit's activities over this challenging year, particularly the Topic of Cancer charity, and look forward to welcoming even more supporters to our classes and fundraising activities in 2021/22.

ACCOUNTS

The accounts of the charity are prepared on a receipts and payments basis and are presented in the form of a functional analysis and cover the period from 30 Dec 2019 to 1 Apr 2021.

RECEIPTS	This Year (£)	Last
Year (£)		1 Apr 2021
Donations, Grants and other similar receipts		
Donations	11,846	0
Grants	0	0
0 Gift Aid refunds	395	
0		
Operating activities to generate funds		
Fund Raising Events		
2,305	0	
	<u>TOTAL RECEIPTS</u>	<u>14,546</u>
<u>0</u>		
PAYMENTS		
Operational Costs	11,421	
0		
Payments for generating funds		
Fund Raising Events	656	
0		
Other Payments		
Administration	426	0
	<u>TOTAL PAYMENTS</u>	<u>12,503</u>
<u>0</u>		
Receipts net of Payments	2,043	
0		
Cash Funds this year end	<u>2,043</u>	
<u>0</u>		

ASSETS AND LIABILITIES

Cash Funds
30 Dec 2019

1 Apr 2021

Barclays Current Account
17,497

19,540

STATUTORY INFORMATION

Governing Document

ThriveFit is governed by a CIO foundation constitution dated 30/12/2019.

Objects of the charity

The objects of the charity are:

- The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage in Guildford, Surrey and the surrounding areas through the provision of:
 - a. Fitness and exercise programmes;
 - b. Health and wellbeing support

Principal Addresses of the charity

The **Chairman** of the charity is

Ms Jo Moore
7 Coneyhurst Cottages
Coneyhurst Lane
Cranleigh
Surrey
GU6 7PL

Professional Advisers

Bankers to the charity are

Barclays Bank Plc
1 Churchill Place
London
E14 5HP

TRUSTEES

The trustees of ThriveFit during the year ended 1 April 2021 were:

Name of Trustee	Office Held	Date Appointed/ Left	Period of office	Appointing Body
Gaynor Arnold	Trustee	Dec 2019	Open	By resolution of the Trustees
Ben Evans	Trustee	Dec 2019	Open	By Resolution of the Trustees
Jo Moore	Trustee and Chairman	Dec 2019	Open	By Resolution of the Trustees
Nick Wood	Trustee	Dec 2019	Open	By Resolution of the Trustees

None of the trustees received any remuneration. Expenses incurred on behalf of the charity by trustees have been reimbursed.

SIGNATURE AND DECLARATION

We declare, in our capacity as Chair and voluntary treasurer of ThriveFit, Charity Number 1187150, that the trustees:

- have approved the report and accounts above; and
- have authorised us to sign it on their behalf

Signature:

Full Name: Jo Moore

Position: Chair

Date:

Signature:

Full Name: Julie Eves

Position: Voluntary Treasurer

Date: