

**THRIVEFIT**

**Report and Accounts for the year ended  
31 March 2022**

**Registered Charity Number 1187150**

## **THE THRIVEFIT REPORT 2021/22**

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 costs have amounted to £7,864 in this period alongside £567 in fund raising event fees and £291 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 £2,500 in Grants, £7,361 in donations, £527 in fundraising receipts and £454 in Instructor training cost repayments.

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 provide Online classes during 2022/23.

The ThriveFit Trustees are very grateful to all those individuals and organisations who have supported ThriveFit's activities this year, particularly the Topic of Cancer charity, and look forward to welcoming even more supporters to our classes and fundraising activities in 2022/23.

## **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.

| <b>RECEIPTS</b>                                     | <b>This Year (£)</b> | <b>Last</b>       |
|---|----------------------|-------------------|
| <b>Year (£)</b>                                     |                      | <b>1 Apr 2022</b> |
| <b>1 Apr 2021</b>                                   |                      |                   |
| <b>Donations, Grants and other similar receipts</b> |                      |                   |
| Donations   | 7,361                | 11,846            |
| Grants  | 2,500                |                   |
| 0 Gift Aid refunds                                  | 0                    |                   |
| 395 Other Income                                    | 454                  | 0                 |
| <b>Operating activities to generate funds</b>       |                      |                   |
| Fund Raising Events                                 |                      |                   |
| 527 2,305   |                      |                   |
| <b><u>TOTAL RECEIPTS</u></b>                        | <b><u>10.842</u></b> |                   |
| <b><u>14,546</u></b>                                |                      |                   |
| <b>PAYMENTS</b>                                     |                      |                   |
| <b>Operational Costs</b>                            | 7,864                |                   |
| 11,421  |                      |                   |
| <b>Payments for generating funds</b>                |                      |                   |
| Fund Raising Events                                 | 567                  |                   |
| 656   |                      |                   |
| <b>Other Payments</b>                               |                      |                   |
| Administration                                      | 291                  | 426               |
| <b><u>TOTAL PAYMENTS</u></b>                        | <b><u>8,722</u></b>  |                   |
| <b><u>12,503</u></b>                                |                      |                   |
| <b>Receipts net of Payments</b>                     | <b>2,120</b>         |                   |
| <b>2,043</b>  |                      |                   |
| <b>Cash Funds at year end</b>                       | <b><u>21,660</u></b> |                   |
| <b><u>19,540</u></b>                                |                      |                   |

## **ASSETS AND LIABILITIES**

**Cash Funds**  
**1 Apr 2021**

**1 Apr 2022**

**Barclays Current Account**  
**19,540**

**21,660**

## **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 2022 were:

| <b>Name of Trustee</b> | <b>Office Held</b>   | <b>Date Appointed/ Left</b> | <b>Period of office</b> | <b>Appointing Body</b>        |
|------------------------|----------------------|-----------------------------|-------------------------|-------------------------------|
| 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: