

# Thriving Survivors

A path to recovery.

Thriving Survivors Ltd | Charity No: SC047181 | Company No: SC529362

FRIDAY



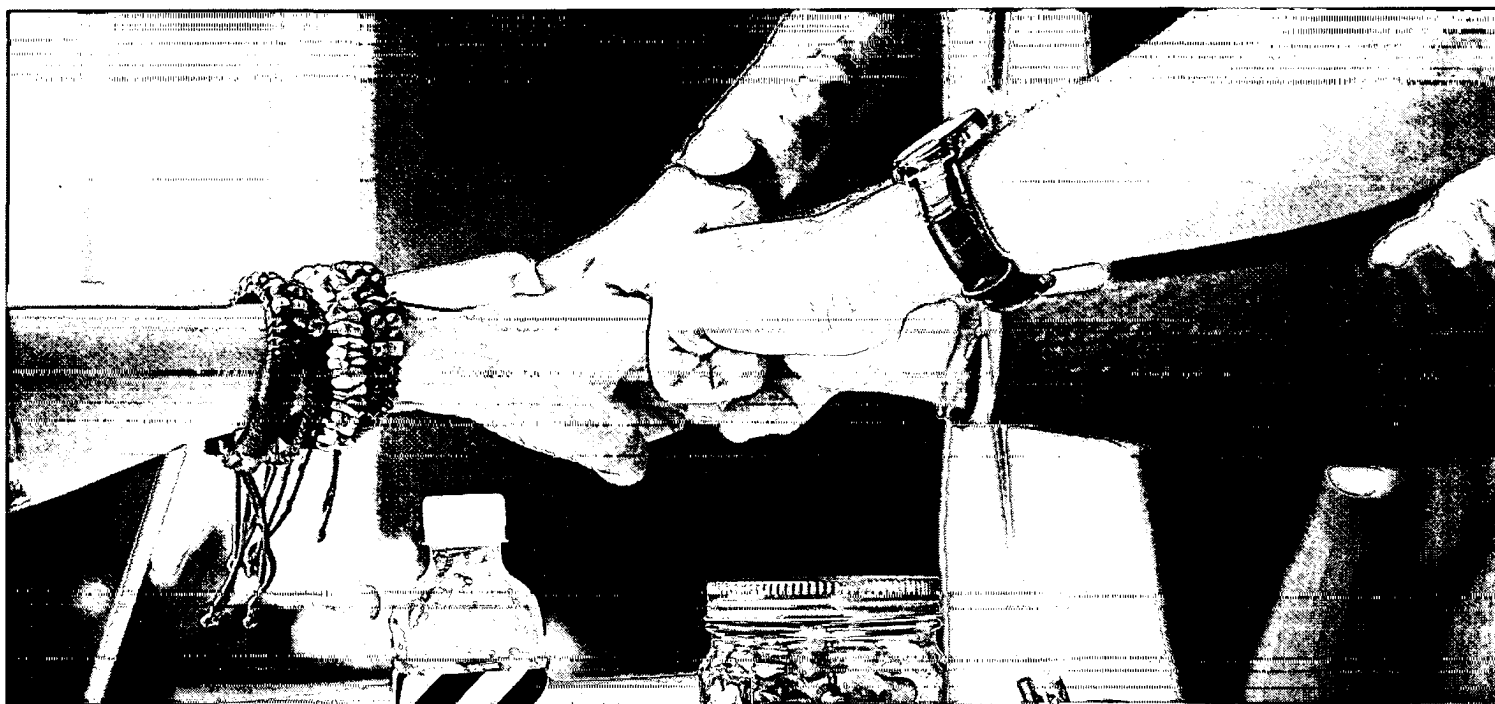
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COMPANIES HOUSE



2020

**ANNUAL REPORT  
& FINANCIAL STATEMENTS**

[www.thrivingsurvivors.co.uk](http://www.thrivingsurvivors.co.uk)

**THRIVING SURVIVORS LTD**

**REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2020**

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# WELCOME FROM OUR CHAIR

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A warm welcome to the Annual Report and Financial Accounts of Thriving Survivors for 2019-20.

It has been another impressive year for Thriving Survivors, with our growth targets achieved and exceeded both in terms of service users and positive outcomes. With the increasing numbers of people seeking our services, as the Board of Trustees, we recognise the importance of the Charity's role in supporting those suffering with trauma and this drives our determination to continue to do more in the months and years ahead.

As Trustees, our role and responsibility is to provide the governance of Thriving Survivors and to direct how it is managed and run. In this capacity, we supported the successful transformation of the operations and delivery model of Thriving Survivors this year, with the relocation to our new offices at Miller Street in Glasgow City Centre and the introduction of our new hubs at Drumchapel and Tollcross. This new model has already proven popular with service users and will allow the necessary flexibility going forward in response to the specific needs of our diverse client base. There has also been changes to our Board with the retirement of two of our founding trustees - Susan Mallander and Morris Schumacher. Susan and Morris were pivotal in the establishment of the Board and each made a significant contribution to laying the foundations of our success so far. With the benefit of their legacy, we have been able to welcome two new trustees, Debi Brockett and Gillian Middleton, both of whom bring vast experience, skills and energy to the Board.

All trustees, past and present, speak of being enthused from their first meeting with our Chief Executive, Ashley Scotland. Ashley's commitment to fulfilment of her vision for the Charity, with the support of her dedicated team, is demonstrated by her willingness to go the extra mile for our service users. From the feedback received, we know this is not only appreciated but is making a huge difference to them and their families.

In this our third Annual Report, the Board would like to thank Ashley and all the team for their efforts over the last year. You are all truly inspirational to us!

Finally, we would also like to record our thanks and appreciation to all of our funders, partners and volunteers for their ongoing commitment and support for Thriving Survivors.

**PAUL ROONEY**

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# A MESSAGE FROM OUR CEO

Having a strong vision for the future is imperative to the success of our charity. Last year we refreshed our Strategy and clearly identified our vision for Thriving Survivors.

Our vision will now guide our work and show you, our amazing funders and supporters that your commitment to Thriving Survivors is well placed. This is so important to us: we know our work is only possible thanks to your donations in funds, effort and time. As you read Our Year 2019/20 you will find many examples of our vision being put in action.

The positive comments from our survivors show they trust and respect us for our professionalism and our commitment to them.

We worked in partnership with other organisations, being vocal about what matters and getting involved in national campaigns. We were committed and innovative, our team is leading the way in creating new ways of working during the unprecedented Covid-19 outbreak...

Finally, each statistic and story shows how we care and support each other and our year is testament to our thriving family that continues to grow.

**ASHLEY SCOTLAND**

CEO Thriving Survivors

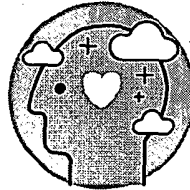
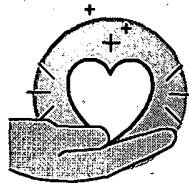


# OUR VISION

Thriving Survivors aims  
to create a centre of  
excellence for trauma  
affected individuals  
regardless of race, culture  
or circumstance, with  
all services delivered  
by people with  
lived experience.

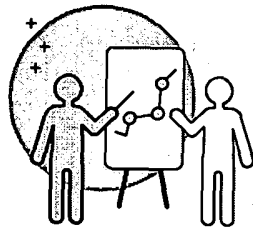
# OUR SERVICES

What we have to offer



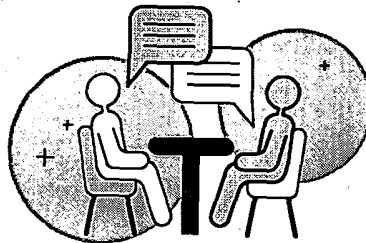
## DISCOVERING ME PROGRAMME

This is our core service, a six week post traumatic growth programme.



## MENTORING

Our mentors are here to support the emotional and practical needs of survivors.



## PEER 2 PEER GROUP

Our peer support group allows survivors to come together, chat and learn new skills.

# OUR HIGHLIGHTS

2019 - 2020

## ● NEW HEAD OFFICE

42 Miller Street

## ● NEW SERVICES

Wellbeing Check In

Mentoring

Digital Survival Packs

Digital Discovering Me Programmes

Digital Peer Platform

## ● THRIVING HUBS

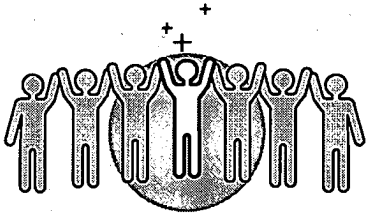
Drumchapel

Tollcross

Miller Street

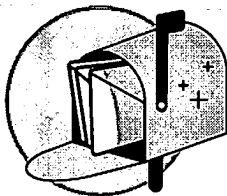


# OUR IMPACT



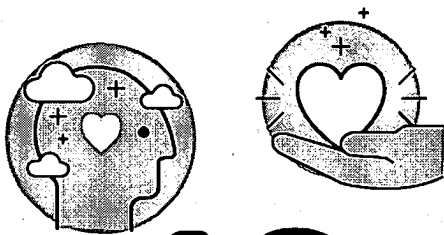
# 245

**People supported**



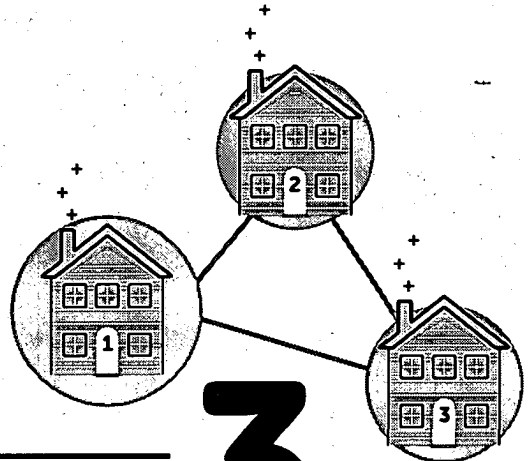
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**Sessions Delivered**



# 18

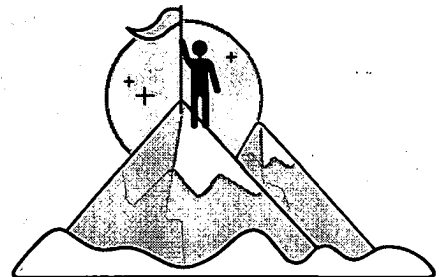
**Discovering Me  
programmes delivered**



# 3

**Thriving Hubs**

This year we have created three new delivery locations across Glasgow.



# 98%

**Survivor outcomes  
achieved**

# **SURVIVOR OUTCOMES**

## **MANAGING EMOTIONS**

**92%**

**of survivors had a better ability  
to manage stress and anxiety.**

## **EMPOWER**

**89%**

**of survivors had increased  
levels of confidence.**

## **SUPPORT**

**100%**

**of survivors felt supported.**



# OUR CLIENTS

What our clients say about us

00

Thriving Survivors has helped me see some things in a different light and I always look forward to my sessions. It's great to know there is someone there for me when I need advice. I always feel better after my sessions and knowing that our discussions and the advice I receive comes from the heart and real experience means so much more than just training and text books. It's an inspiration knowing I'm not on my own and to realise how far I have come gives me so much hope for my future. Your support means the world to me, without it life would be so much more difficult.

My time with thriving survivors has been great. It has helped me in so many ways and continues to help me in many more the team are amazing

C.C

”

I'm grateful for having found Thriving Survivors when I did. It's helping me find myself and open up more to the fact that things can get better and knowing that people care and are willing to help me get better and move on with my life.

Enlightening, supportive and a net to fall back on through hard times. Very positive experience that helped me with many difficulties I had including mental health, house support, job searching and career advice. A safe space that respects me and empowers me.

M.F.

Thriving Survivors have shown me a better treatment than any other service I have used. They have gone out of their way to help me. They have been absolutely brilliant and have shown concern for me.

It's been great, it's given me an opportunity to breathe and discover myself whilst being supported.

# COVID-19 RESPONSE



Our brand new digital survival programme has supported our clients by connecting them digitally. We provided a Samsung galaxy tablet, a 12-month internet connection, study packs and access to a digital champion to assist with setup of the devices. This programme was rolled out to 20 survivors and was so successful that we partnered with Connecting Scotland to provide a further 20 digital survival packs.

We have also had more volunteers come on board since the start of lockdown. These new recruits are supporting our service users through a range of different methods such as our Facebook page, our digital champions and our volunteer counsellors.

Financially we have not been affected by Covid-19, in fact quite the opposite. We were very lucky to secure 4 years of core funding from the Scottish Government prior to the outbreak. We have also seen a significant increase in our estimated income for the year ahead as we have been able to increase capacity in response to the outbreak. A total of £22,900 in extra funds has been secured to allow us to deliver our digital programme and support our survivors through new services.

As a direct result of Covid-19, Thriving Survivors has gone through an incredible period of change and transformation and in such a short period of time.

We recognised that there was opportunity to provide survivors with the services they wanted and needed during the outbreak. We decided to seek some feedback from our clients and as a result have now redesigned our existing services and created some new ones.

In line with their feedback we have introduced a pilot 1-1 therapeutic service and we are one of the first organisations in Scotland to release a full digital support package to our clients. To ensure we were still meeting the needs of our service users during the Covid-19 lockdown we began offering weekly 1-1 wellbeing check in calls. This service has been so well received it will now become one of our core service offerings. Our original core service the Discovering Me programme is now being delivered on a digital platform and we will continue to run it this way for the time being. We are and will continue to follow government guidelines and will eventually return to some face to face group work when the time is right and in line with the advice from the government.

Having listened to our service users, staff, volunteers and government guidelines, at this moment in time, we have no immediate plans to return to face to face meetings. Until it is safe to do so, we will continue to deliver our services via our online platforms and over the telephone. This method of delivery is being well utilised by service users and has allowed us to support more individuals as a result of our increased capacity.

There may still be some very uncertain times ahead of us however Thriving Survivors are very well placed and prepared to deal with whatever might come next.



# OUR YEAR AHEAD

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As we enter the year ahead I am all too aware that there is still a lot of uncertainty as to what exactly the year ahead will look like. We have responded well to the current Covid-19 situation with a series of programme redevelopments.

The year ahead will include the delivery of our core service the Discovering Me programme online, 1-1 mentoring sessions carried out over the telephone and the introduction of outdoor therapy as well as our digital survival project which connects survivors digitally with their support services.

Over the year we will continue to focus on our plans for growth and what that will look like as we move beyond Covid-19.

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# OUR THANKS

We would like to take this opportunity to thank our funders Scottish Government, Inspiring Scotland and The Robertson Trust for their continued support without you we would have not been able to support so many survivors this year.

We would also like to thank our volunteers who have gone above and beyond through out the year but in particular during the Covid-19 outbreak your time and effort is so very much appreciated.

The last word to our amazing team, as always you have gone above and beyond for you clients and your commitment to them and to Thriving Survivors does not go unnoticed and we couldn't ask for a better team to support our vision for the future.

# REFERENCE AND ADMINISTRATION

**Charity Name:** Thriving Survivors Ltd  
**Company Number:** SC529362  
**Charity Number:** SC047181

**Registered Office & Operational Address:**

42 Miller Street,  
Glasgow G1 1DT

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

NAME	POSITION
Paul Rooney	CHAIR
David Sinclair	Trustee
Deborah Brockett	Trustee
Lynn Shaw	Trustee
Gillian Middleton	Trustee
Morris Schumacher	Resigned - 31.10.19
Susan Mallinder	Resigned - 19.09.19
Ashley Scotland	Resigned - 23.10.19

SENIOR STAFF	BANKERS	INDEPENDENT EXAMINER
Ashley Scotland CEO	Barclays Bank 20 Bothwell Street, Glasgow G2 7JT	Wylie & Bisset LLP Chartered Accountants, 168 Bath Street, Glasgow G2 4TP





## **THRIVING SURVIVORS LTD**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020**

#### **Structure and Governance**

The organisation is a charitable company limited by guarantee, incorporated on 11th March 2016 and registered as a charity on 15th February 2017. The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

The trustee recruitment process consisted of trustee recommendation, shortlisting followed by an informal interview process with the chair of trustees and CEO. Trustees will usually serve for 2-year terms and may be re-appointed for a second term.

#### **Financial Review**

The charity reports a surplus of £5,786 (2019: £3,902) for the year and has accumulated funds of £33,259 (2019: £27,473) at the balance sheet date.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to three months expenditure. At current levels this would be £23,245. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's activities while consideration is given to ways in which additional funds may be raised. The Trustees recognise that with current general unrestricted reserves of £14,211 this level has yet to be achieved and therefore they will continue to monitor and manage expenditure in aim to reach this objective within a reasonable timeframe.

#### **Trustees' responsibilities in relation to the financial statements**

The charity trustees (who are also the directors of Thriving Survivors Ltd for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- 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.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

## THRIVING SURVIVORS LTD

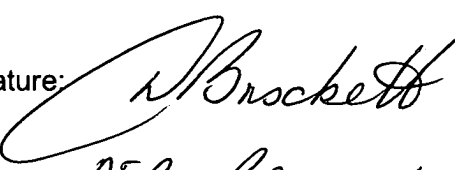
### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020

#### Trustees' responsibilities in relation to the financial statements

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the 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) and in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the trustees and signed on their behalf by:

Signature: 

Name: DEB, BROCKETT

Date:

10/11/20

Signature: 

Name: PAUL ROONEY

Date:

12/11/20

## **INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS OF THRIVING SURVIVORS LTD FOR THE YEAR ENDED 31 MARCH 2020**

I report on the accounts of the charity for the year ended 31 March 2020, which are set out on pages 17 to 26.

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006.

The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

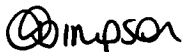
### **Basis of independent examiner's statement**

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

### **Independent examiner's statement**

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respects the requirements:
  - to keep accounting records in accordance with Section 44 (1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
  - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulationshave 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.



Jenny Simpson BSc Hons FCA DChA  
**Wylie & Bisset LLP**  
**Chartered Accountants**  
168 Bath Street  
Glasgow  
G2 4TP

Date: 3 December 2020

**THRIVING SURVIVORS LTD**

**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDING 31 MARCH 2020**  
(Including an Income and Expenditure account)

	Note	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Unrestricted Funds 2019 £	Restricted Funds 2019 £	Total Funds 2019 £
<b>Income and endowments from:</b>							
Donations and legacies	4	4,250	94,509	98,759	14,824	93,974	108,798
Investments	5	6	-	6	7	-	7
<b>Total Income</b>		<b>4,256</b>	<b>94,509</b>	<b>98,765</b>	<b>14,831</b>	<b>93,974</b>	<b>108,805</b>
<b>Expenditure on:</b>							
Charitable activities	6	4,200	88,779	92,979	13,466	91,437	104,903
<b>Total Expenditure</b>		<b>4,200</b>	<b>88,779</b>	<b>92,979</b>	<b>13,466</b>	<b>91,437</b>	<b>104,903</b>
<b>Net income</b>		<b>56</b>	<b>5,730</b>	<b>5,786</b>	<b>1,365</b>	<b>2,537</b>	<b>3,902</b>
Transfers between funds		-	-	-	17	(17)	-
<b>Net movement in funds</b>		<b>56</b>	<b>5,730</b>	<b>5,786</b>	<b>1,382</b>	<b>2,520</b>	<b>3,902</b>
<b>Funds reconciliation</b>							
Total Funds brought forward	13	14,155	13,318	27,473	12,773	10,798	23,571
<b>Total Funds carried forward</b>	<b>13</b>	<b>14,211</b>	<b>19,048</b>	<b>33,259</b>	<b>14,155</b>	<b>13,318</b>	<b>27,473</b>

The Statement of Financial Activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

**THRIVING SURVIVORS LTD**

**BALANCE SHEET AS AT 31 MARCH 2020**

	Note	Total Funds 2020 £	Total Funds 2019 £
<b>Fixed Assets</b>	<b>10</b>	-	-
<b>Current assets:</b>			
Debtors	<b>11</b>	13,570	1,652
Cash at bank and in hand		23,397	28,088
<b>Total Current Assets</b>		<b>36,967</b>	<b>29,740</b>
<b>Liabilities:</b>			
Creditors falling due within one year	<b>12</b>	(3,708)	(2,267)
<b>Net Current Assets</b>		<b>33,259</b>	<b>27,473</b>
<b>Net Assets</b>		<b>33,259</b>	<b>27,473</b>
<b>The funds of the charity:</b>			
Restricted funds	<b>13</b>	19,048	13,318
Unrestricted funds	<b>13</b>	14,211	14,155
<b>Total charity funds</b>		<b>33,259</b>	<b>27,473</b>

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to the members of the company.

For the year ended 31 March 2020 the company was entitled to exemption under section 477 the Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

Approved by the trustees and signed on their behalf by:

Signature: 

Name: DEBBY BROCKETT

Date: 10/11/20

Signature: 

Name: PAUL ROONEY

Date: 12/11/20

**Company No: SC529362**

## **THRIVING SURVIVORS LTD**

### **NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2020**

#### **1. Accounting Policies**

##### **(a) Basis of preparation and assessment of going concern**

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

The charity constitutes a public benefit entity as defined by FRS 102.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

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 £.

##### **(b) Funds structure**

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed, or through the terms of an appeal.

Further details of each fund are disclosed in note 13.

##### **(c) Income recognition**

Income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting year.

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.

Income from government and other grants, whether 'capital' 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.

## THRIVING SURVIVORS LTD

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2020

#### (d) Expenditure recognition

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 settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings. For more information on this attribution refer to note (f) below.

- Expenditure on charitable activities includes governance costs and other activities undertaken to further the purposes of the charity and their associated support costs;

Irrecoverable VAT is charged as a cost against the activity for which the expenditure is incurred.

#### (e) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised. Refer to the trustees' annual report for more information about their contribution.

#### (f) Allocation of governance costs

Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs include costs related to statutory independent examination fees.

The allocation governance costs are analysed in note 7.

#### (g) Tangible fixed assets and depreciation

The charity does not currently have a capitalisation policy in place but is working towards this. Depreciation is charged as follows:

	Basis
Computer equipment	33% straight line

#### (h) 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.

#### (i) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

#### (j) Creditors and provisions

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.

## **THRIVING SURVIVORS LTD**

### **NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2020**

#### **(k) Employee Benefits**

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or fixed assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

#### **(l) Pensions**

Employees of the charity are entitled to join the Smart Pension scheme. The charity contribution is restricted to the contributions disclosed in note 8.

#### **(m) Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

#### **(o) Judgements and key sources of estimation uncertainty**

In the application of the company's accounting policies, the Directors 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, if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

## **2. Legal status of the charity**

The charity is a company limited by guarantee and has no share capital. Every member of the charity undertakes to contribute such amount as may be required (not exceeding £1) to the charity's assets if it should be wound up while he is a member or within one year after he ceases to be a member.

## **3. Related party transactions and trustees' expenses and remuneration**

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2019: £nil). No expenses were paid to any trustee during the year (2019: £nil). There were no waived trustee expenses during the year (2019: £nil).

No donations were made to the charity by any trustees during the year (2019: nil).

During the year no trustee had any personal interest in any contract or transaction entered into by the charity (2019: None).



**THRIVING SURVIVORS LTD**

**NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2020**

**4. Income from donations and legacies**

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Donations	98,759	108,798
	<u>98,759</u>	<u>108,798</u>

**5. Investment income**

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Interest on cash deposits	6	7
	<u>6</u>	<u>7</u>

**6. Analysis of expenditure on charitable activities**

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Staff costs	48,554	49,873
Staff training	170	6,125
Facilitator costs	24,300	18,535
Creche running costs	60	1,174
Programme materials	759	1,061
Events	34	2,389
Entertainment	-	960
Advertising and marketing	169	850
Subscriptions	1,197	1,924
Payroll fees	1,374	180
Travel	284	863
Rent	5,803	8,400
Utilities	548	1,189
Telephone and internet	1,309	928
Insurance	1,223	699
Printing and stationery	-	794
IT software and consumables	4,413	4,887
General expenses	1,487	1,607
Bank fees	71	37
Depreciation	-	745
Governance costs (Note 7)	1,224	1,683
	<u>92,979</u>	<u>104,903</u>

**7. Governance costs**

The breakdown of governance costs is shown in the table below:

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Independent examiner's remuneration	1,224	1,683
	<u>1,224</u>	<u>1,683</u>

# THRIVING SURVIVORS LTD

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2020

### 8. Analysis of staff costs and remuneration of key management personnel

	2020 £	2019 £
Salaries and wages	47,544	48,731
Social security costs	1,010	1,105
Other pension costs	-	37
Total staff costs	<u>48,554</u>	<u>49,873</u>
Key management personnel remuneration	<u>37,372</u>	<u>39,945</u>

No employees had employee benefits in excess of £60,000 (2019: none).

	2020 No.	2019 No.
The average weekly number of persons, by headcount, employed by the charity during the year was:	<u>2</u>	<u>3</u>

### 9. Net income/(expenditure) for the year

This is stated after charging:

	2020 £	2019 £
Independent Examiner's fee	<u>1,224</u>	<u>1,683</u>

### 10. Tangible Fixed Assets

	Computer equipment £	Total £
<b>Cost or valuation</b>		
At 1 April 2019	2,235	2,235
Additions	-	-
Disposals	-	-
At 31 March 2020	<u>2,235</u>	<u>2,235</u>
<b>Depreciation</b>		
At 1 April 2019	2,235	2,235
Charge for the year	-	-
Eliminated on disposals	-	-
At 31 March 2020	<u>2,235</u>	<u>2,235</u>
<b>Net Book Value</b>		
At 31 March 2020	<u>-</u>	<u>-</u>
At 31 March 2019	<u>-</u>	<u>-</u>

### 11. Debtors

	2020 £	2019 £
Accrued income	13,000	-
Prepayments	570	606
Taxation and social security	-	1,046
	<u>13,570</u>	<u>1,652</u>

# THRIVING SURVIVORS LTD

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2020

### 12. Creditors: amounts falling due within one year

	2020	2019
	£	£
Trade creditors	1,392	130
Accruals	1,104	2,137
Taxation and social security	1,212	-
	<u>3,708</u>	<u>2,267</u>

### 13. Analysis of charitable funds

2019 Analysis of Fund movements	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
<b>Unrestricted funds</b>					
Fixed Assets	745	-	(745)	-	-
<b>Total designated funds</b>	<u>745</u>	<u>-</u>	<u>(745)</u>	<u>-</u>	<u>-</u>
General funds	12,028	14,831	(12,721)	17	14,155
<b>Total unrestricted funds</b>	<u>12,773</u>	<u>14,831</u>	<u>(13,466)</u>	<u>17</u>	<u>14,155</u>
<b>Restricted funds</b>					
Corra Foundation	-	4,000	-	-	4,000
Glasgow Life	-	750	(733)	(17)	-
Scottish Government	10,798	76,224	(87,022)	-	-
The Robertson Trust	-	13,000	(3,682)	-	9,318
<b>Total restricted funds</b>	<u>10,798</u>	<u>93,974</u>	<u>(91,437)</u>	<u>(17)</u>	<u>13,318</u>
<b>TOTAL FUNDS</b>	<u>23,571</u>	<u>108,805</u>	<u>(104,903)</u>	<u>-</u>	<u>27,473</u>

2020 Analysis of Fund movements	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
<b>Unrestricted funds</b>					
Fixed Assets	-	-	-	-	-
<b>Total designated funds</b>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
General funds	14,155	4,256	(4,200)	-	14,211
<b>Total unrestricted funds</b>	<u>14,155</u>	<u>4,256</u>	<u>(4,200)</u>	<u>-</u>	<u>14,211</u>
<b>Restricted funds</b>					
Corra Foundation	4,000	-	(4,000)	-	-
Scottish Government	-	81,509	(75,461)	-	6,048
The Robertson Trust	9,318	13,000	(9,318)	-	13,000
<b>Total restricted funds</b>	<u>13,318</u>	<u>94,509</u>	<u>(88,779)</u>	<u>-</u>	<u>19,048</u>
<b>TOTAL FUNDS</b>	<u>27,473</u>	<u>98,765</u>	<u>(92,979)</u>	<u>-</u>	<u>33,259</u>

a) The unrestricted funds are available to be spent for any of the purposes of the charity.

Funds have been designated to the net book value of the fixed assets held as these funds are not readily available for day to day use by the charity.

## THRIVING SURVIVORS LTD

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2020

#### 13. Analysis of charitable funds (continued)

b) Restricted funds are held for the following purposes:

Corra Foundation	Towards core running costs - insurance and property costs.
Glasgow Life	Towards Thriving Survivors Christmas Open Day.
Scottish Government	To provide core services, the Grant is made to enable the Grantee to carry out the Project including - Staff Costs, Admin Costs - Training Costs, Project Costs.
The Robertson Trust	Towards the costs of "Discovering Me Programme". £9,500 was for 50% of the salary cost of the facilitator and the remaining £3,500 was for associated project costs.

#### 14. Net assets over funds

2019	Unrestricted Funds £	Restricted Funds £	Total 2019 £
Debtors	1,652	-	1,652
Bank	14,770	13,318	28,088
Creditors	(2,267)	-	(2,267)
	<u>14,155</u>	<u>13,318</u>	<u>27,473</u>

2020	Unrestricted Funds £	Restricted Funds £	Total 2020 £
Debtors	570	13,000	13,570
Bank	17,349	6,048	23,397
Creditors	(3,708)	-	(3,708)
	<u>14,211</u>	<u>19,048</u>	<u>33,259</u>

#### 15. Government Grants

Income from government grants during the year consisted of the following:

The Scottish Government provided £81,509 (2019: £76,224) of funding to provide core services and enable the charity to carry out the Project including - Staff Costs, Admin Costs, Training Costs, Project Costs.

## THRIVING SURVIVORS LTD

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2020

#### 16. Lease Commitments

At the balance sheet date, amounts due under operating lease commitments for land and buildings and equipment were as follows:

	2020 £	2019 £
Lease commitments falling due within 1 year	6,990	3,877
Lease commitments falling due in more than 1 year but less than 5 years	-	3,678
	<u>6,990</u>	<u>7,555</u>

#### 17. Donated Services

The charity was provided with a rent and utility free period for their previous premises from Shettleston Housing Association. An amount of £4,200 has been included in the accounts in respect of the donated rent for the year (2019: £8,400 for rent and £600 for utilities).