

GROWING OLD GRACE-FULLY

England & Wales · Charity number 1161765

Details

Other names GOG

Status Registered

Legal form CIO

Registered 2015-05-21

Register [View on the Charity Commission register](#)

Contact

Address Diocese of Leeds
11 North Grange Road
Leeds
LS6 2BR

Phone 07702 255142

Email growing.old.gracefully@dioceseofleeds.org.uk

Website www.growingoldgracefully.org.uk

Activities

Objects: 1) TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY WORKING WITH PEOPLE IN THE DIOCESE OF LEEDS WHO ARE SOCIALLY EXCLUDED AS A RESULT OF THE CONDITIONS WHICH ARISE FROM OLD AGE, RELIEVING THEIR NEEDS AND ASSISTING THEM TO INTEGRATE INTO SOCIETY AND ENABLE THEM TO PARTICIPATE IN THE COMMUNITY; AND2) TO RELIEVE THE CHARITABLE NEEDS OF OLDER PEOPLE IN THE DIOCESE OF LEEDS.

Activities: Inspiring and supporting practical actions within the parishes of the RC Diocese of Leeds by:- SHARING best practice through our website www.growingoldgracefully.org.uk- HELPING create local solutions to local needs - OFFERING information, support and advice to parishes- ENCOURAGING dementia-friendly parishes.

Classification

- **How:** Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training
- **Who:** Elderly/old People

Geography

- Bradford City
- Calderdale
- City Of Wakefield
- Kirklees
- Leeds City
- North Yorkshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£15,070	£11,560	-	-
2024-03-31	£12,500	£5,031	-	-
2023-03-31	£4,678	£3,174	-	-
2022-03-31	£4,686	£890	-	-
2021-03-31	£50	£2,980	-	-

Trustees

Name	Role	Appointed
ANNE MARY FORBES		2015-04-01
Ann West		2015-11-03
Catherine Mahoney		2015-09-15
Hillary Wadsworth		2026-02-02
MONSIGNOR PETER ROSSER		2015-04-01
Rachel Grace Walker		2021-11-18
Rev Joseph Cortis		2023-11-02

GROWING OLD GRACE-FULLY

England & Wales - Charity number 1161765

Accounts



Financial statements

for the year ended

31st March 2025

Page	Contents
2,3	Trustees' annual report
4	Receipts & payments account
5	Statement of assets & liabilities

Full name **Growing Old Grace-fully**
Registered charity number 1161765

Main address: Diocese of Leeds, 11 North Grange Road, Leeds LS6 2BR

Committee members

Carol Burns, *Chair*

Cath Mahoney

Ann West

Rachel Walker

Joseph Cortis

Maureen Crossley

Mgr Peter Rosser, *Treasurer*

Bankers: The Co-operative Bank, P O Box 250, Delf House, Southway,
Skelmersdale WN8 6WT

Governance and management

Growing Old Grace-fully is managed by a committee of between 5 and 10 trustees.

The trustees have the power to:

- i. Raise funds, receive grants and donations
- ii. Apply for funds to carry out the work of the charity
- iii. Co-operate with and support other charities with similar purpose
- iv. Do anything which is lawful and necessary to achieve the purposes.

New trustees are recruited either because:

- a. vacancies have arisen or will arise
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Aims and objectives

We are a charity working across the Catholic Diocese of Leeds.

Our Mission is:

To enhance the spiritual, emotional and physical wellbeing of older people across the Diocese of Leeds through raising awareness, inspiring and supporting responsive action in parishes.

Our work is focused on supporting Later Life Friendly Parishes and promoting social inclusion of people who are socially excluded as a result of conditions which arise from old age.

Our Current Aims are:

1. To inspire and actively support parishes to introduce models and approaches which enhance parish-based support and involvement of older people.
2. To enable, equip and support individuals and groups in parish communities as they seek to involve and support older people in their own parishes.
3. To champion a positive view of ageing and later life.
4. To share good practice and relevant information.
5. To use a consultative approach so that an increased understanding of needs, hopes and ideas of older people informs all that we do.

Achievements in 2024-25

We have continued to develop our network of supporters and offered a number of online sessions throughout 2024-25

These have included

We also kept in touch with those who are not online with mailings twice a year, in Advent and Lent

Our website is an important way that we share information with our supporters. All material from the online sessions is shared on the website.

This financial year we received funding from the Day for Life fund of the Catholic Bishops Conference to increase awareness about people living with dementia and how communities can support people to live well with dementia.

We organised two online sessions attended by 40 people to support individuals to be dementia friends

Two training workshops have been planned and they will be reported on in the next financial year's report.

With funding from the Ladies of the Grail, we have initiated a pilot project to employ a Pastoral worker for older people in a local parish. We hope this will encourage more parishes to prioritise older people.

We are grateful to our funders including the Diocese of Leeds, Catholic Bishops Conference of England and Wales, The Harold Hood Foundation, and Charlotte Marshall Gift Fund. We

continued to benefit from the dispersal of funds from Faith in Elderly People, but like many charities fundraising to continue the work if the charity is challenging.

The charity's policy on reserves

We aim to hold the equivalent of 3 months expenditure (based on last year's costs) plus a proportion for legal costs and maintain the level of reserves from unrestricted income. The trustees may agree to designate some of the free reserves for a particular project or activity. They will ensure that these designated funds are spent within a reasonable period of time. This policy is reviewed at least annually.

Signed on behalf of the charity's trustees:

Signed __Carol Burns_____ Date

Carol Burns, Chair

	TOTAL	Unrestricted Funds	Restricted Funds
Bank & Cash at start of the period	£ 22,470.46	£ 6,513.62	£ 15,956.84
 RECEIPTS			
	£	£	
Donations	469.64	469.64	
	£	£	£
Grants	14,600.00	13,100.00	1,500.00
Other Income	£ -	£ -	
 Total Receipts			
	£	£	£
Covering the Period 04/24 to 03/25	15,069.64	13,569.64	1,500.00
 PAYMENTS			
	£	£	
Office Costs	107.84	107.84	£ -
	£	£	
Consultancy Services	11,130.13	11,130.13	£ -
	£	£	
Printing	320.09	320.09	£ -
Computer Services	£ -	£ -	£ -
Other	£ -	£ -	£ -
 Total Payments			
	£	£	
Covering the Period 04/24 to 03/25	11,558.06	11,558.06	£ -
 NET RECEIPTS/PAYMENTS			
	£	£	£
NET RECEIPTS/PAYMENTS	3,511.58	2,011.58	1,500.00
Bank & Cash at end of the period	£ 25,982.04	£ 8,525.20	£ 17,456.84

Growing Old Grace-fully
Statement of assets and liabilities
at 31st March 2024

	£
Cash assets	
Current account	25,982.04
Deposit account	0
Petty cash	<u>0</u>
Total cash assets	25,982.04
Other assets - None	

Signed on behalf of the charity's trustees:

Signed Carol Burns Date 29/10/24

Carol Burns, Chair

Growing Old Grace-fully
Receipts & payments account
for the year ended 31st March 2024

	Unrestricted Funds £	Restricted funds £	Total funds £
Income			
Donations -			
Grants	4,750	7,500	12,2500
Other income			
Total receipts	4,750	7,500	12,500
Expenditure			
Office costs	153.21		153.21
Consultancy services	1647.84	3027.75	4675.59
Other	84.00		84.00
Printing	119		119
Computer Services	-		-
Total Payments	2004.05	3027.75	5031.80
Net receipts/(payments)	2745.95	4472.25	7218.20
Bank and cash at the start of the period	6251.67	9000.59	15,252.26
Bank and cash at the end of the period	8997.62	13,472.84	22,470.86

Growing Old Grace-fully
Statement of assets and liabilities
at 31st March 2024

	£
Cash assets	
Current account	22,470.46
<i>Deposit account</i>	0
<i>Petty cash</i>	<u>0</u>
Total cash assets	22,470.46
Other assets - None	

These financial statements are accepted on behalf of the charity by:

Signed _____ Peter Rosser _____ Dated 29/10/24 _____
Mgr Peter Rosser, Treasurer

GROWING OLD GRACE-FULLY

England & Wales - Charity number 1161765

Accounts



Financial statements
for the year ended
31st March 2024

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Cath Mahoney Mgr Peter Rosser, *Treasurer*
Ann West
Rachel Walker
Joseph Cortis
Maureen Crossley coopted January 2024

Bankers: The Co-operative Bank, P O Box 250, Delf House, Southway,
Skelmersdale WN8 6WT

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Achievements in 2023-24

In April 2023 our funding situation was still very uncertain, however by July 2023 we were able to plan ahead after confirmation from the Diocese that we would receive a regular contribution of £5000 a year and a successful application to the Catholic Bishops Conference of England and Wales Day for Life fund to focus on zoom meetings and working with parishes.

We have used this funding to commission a freelancer to help us plan and deliver our work. We sent out mailing in Advent and Lent both to our e mail list and by post to those who prefer a hard copy. Regular postings on our revamped website have allowed us to maintain contact an increasing number of people.

By the end of March 2024 we were able to publicise three zoom meetings and to start visiting parishes in the diocese.

Thanks to our funders the Sir Harold Hood Trust and the Charlotte Marshall Gift Fund.

The charity's policy on reserves

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Signed on behalf of the charity's trustees:

Signed Carol Burns Date 29/10/24

Carol Burns, Chair

Growing Old Grace-fully
Receipts & payments account
for the year ended 31st March 2024

	Unrestricted Funds £	Restricted funds £	Total funds £
Income			
Donations -			
Grants	4,750	7,500	12,2500
Other income			
Total receipts	4,750	7,500	12,500
Expenditure			
Office costs	153.21		153.21
Consultancy services	1647.84	3027.75	4675.59
Other	84.00		84.00
Printing	119		119
Computer Services	-		-
Total Payments	2004.05	3027.75	5031.80
Net receipts/(payments)	2745.95	4472.25	7218.20
Bank and cash at the start of the period	6251.67	9000.59	15,252.26
Bank and cash at the end of the period	8997.62	13,472.84	22,470.86

Growing Old Grace-fully
Statement of assets and liabilities
at 31st March 2024

	£
Cash assets	
Current account	22,470.46
Deposit account	0
Petty cash	<u>0</u>
Total cash assets	22,470.46
Other assets - None	

These financial statements are accepted on behalf of the charity by:

Signed _____ Peter Rosser _____ Dated 29/10/24 _____
Mgr Peter Rosser, Treasurer

GROWING OLD GRACE-FULLY

England & Wales - Charity number 1161765

Accounts



Financial statements
for the year ended
31st March 2023

Page	Contents
2,3	Trustees' annual report
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Anne Forbes (resigned November 2022) Paul Grafton (resigned November 2022)
Cath Mahoney Mgr Peter Rosser, *Treasurer*
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Joseph Cortis (appointed March 2022)

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Achievements in 2022-23

During 2022-23 older people became more confident about attending face to face events and we were able to organise several in person events. However, the pandemic has showed us there is still a demand for meetings on line too.

In partnership with the Leeds Church Institute we organised two events one in person and one on line. The first focussed on perspectives in Later Life and the second on the experience of loss in later life. About 30 people attended each event. The content was also posted on our website as audio files. Two events celebrated the Queens Jubilee one at Wheeler Hall in Leeds and one at The Briery in Ilkley.

Growing old Gracefully received funding from the Charlotte Marshall Trust to make videos of older people talking about the experience of growing older and these are now all on our website.

In November 2022 the key person who supported our work moved on and because our future funding has been uncertain we used our remaining funding to commission a review of our website. This work was carried out between December and March 2023.

Regular mailings kept us in touch with our network of contacts and members of the network provided reflections in Lent and Pentecost.

The Diocese of Leeds through Catholic Care contributed £8000 a year, which ended in March 2023. This was supplemented by the Mercy Sisters, The Harold Hood Trust and Charlotte Marshall Trust

In March 2023 funding was very uncertain and the trustees are prioritising identifying future funding

The charity's policy on reserves

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project or activity. They will ensure that these designated funds are spent within a reasonable period of time. This policy is reviewed at least annually.

Signed on behalf of the charity's trustees:

Signed __Carol Burns_____ Date 5/9/22

Carol Burns, Chair

Growing Old Grace-fully
Receipts & payments account
for the year ended 31st March 2023

	Unrestricted Funds £	Restricted funds £	Total funds £
Income			
Donations -			
Grants	3000	1636.74	4636.74
Other income	40.85		40.85
Total receipts	3040.85	1636.74	4677.59
Expenditure			
Office costs	21.78		21.78
Consultancy services	680	1983.50	2663.50
Other	257.56		257.56
Printing	132.63		132.63
Computer Services	98.74		98.74
Total Payments	1190.21	1983.50	3173.71
Net receipts/(payments)	1,116.25	-346.76	1503.88
Bank and cash at the start of the period	3068.38	10,680	13,748.38
Bank and cash at the end of the period	4919.02	10,333.24	15,252.26

Growing Old Grace-fully
Statement of assets and liabilities
at 31st March 2023

	£
Cash assets	
Current account	15,252.26
Deposit account	0
Petty cash	<u>0</u>
Total cash assets	15,252.26
Other assets - None	

These financial statements are accepted on behalf of the charity by:

Signed _____ Dated _____
Mgr Peter Rosser, Treasurer

GROWING OLD GRACE-FULLY

England & Wales - Charity number 1161765

Accounts



Growing Old
Grace-fully

Supporting later life
friendly parishes

Financial statements

for the year ended

31st March 2022

Page	Contents
2,3	Trustees' annual report
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Rachel Walker	
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Achievements in 2021-22

2021-22 continued to be a challenging year and plans for new face to face meetings had to be put on hold as new Covid 19 variants emerged, and older people continued to be cautious about meeting face to face.

In April 2021 we offered an Easter celebration online 'Rolling Back the Stone' which was welcomed by participants. New material also included resources for Lent 2022 and contributions from older people in the diocese including on Climate Change.

An online event in November brought people together from across the diocese to share good practice.

Regular e mails kept us in touch with our network of contacts.

In May and June of 2021, we reviewed our vision and mission and identified clear objectives for the future.

It was encouraging that by the end of March 2022 we were able to start planning a series of events around the theme of the joys, challenges and losses of Later Life including a chance to celebrate the Queens platinum jubilee.

Funds

The Diocese of Leeds through Catholic Care continued to contribute £8000 a year and this was supplemented by donations from Sisters of Charity of St Paul the Apostle, Mercy Sisters, The Harold Hood Trust and Charlotte Marshall Trust this has enabled a freelance worker to offer us 14 hours a week

The charity's policy on reserves

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Signed on behalf of the charity's trustees:

Signed __Carol Burns_____ Date 5/9/22

Carol Burns, Chair

Growing Old Grace-fully
Receipts & payments account
for the year ended 31st March 2022

	Unrestricted Funds £	Restricted funds £	Total funds £
Income			
Donations -	2006		2006.
Grants		2680	2680
Other income	0	0	
Total receipts	2006	2680	4686
Expenditure			
Office costs	213.45		213.45
Freelance services	676.30		676.30
Other			
Total Expenditure	889.75		889.75
Total Payments			
Net receipts/(payments)	1,116.25	2680	3796.25
Bank and cash at the start of the period	£1952.13	£8000	£9,952.13
Bank and cash at the end of the period	3,068.38	10,680	13,748.38

Growing Old Grace-fully
Statement of assets and liabilities
at 31st March 2022

	£
Cash assets	
Current account	13,748.38
<i>Deposit account</i>	<i>0</i>
<i>Petty cash</i>	<u><i>0</i></u>
Total cash assets	13,748.38
Other assets - None	

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Signed _____ Dated _____
Mgr Peter Rosser, Treasurer

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Accounts



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Achievements in 2020-21

As for all organisations 2020-21 was a year like no other. However, we were able to quickly review our work and offer a mixture of online and postal resources.

We continued to commission freelance resources to support our work.

The website was maintained with new material, useful information, updates and regular reflections by different older people.

In April/May 2020 a resource booklet was designed titled 'When you pass through waters, I'll be with you' which had prayers and reflections and practical advice for older people at the time of Covid. We recognised that not all people had electronic access and printed 200 copies of the booklet which were distributed through our network and even more through the St Vincent de Paul society. Liverpool Diocese also used some of the material to prepare their own booklet.

A shorter booklet was distributed during Advent and GOG hosted an Advent Service online attended by over 40 people.

Our partnership with Faith in Elderly People and Leeds Church Institute was maintained. However, our previously planned conference 'A Matter of Life and Death' was postponed and instead four sessions were delivered online in Autumn 2020.

We have continued our links with the Briery Retreat Centre in Ilkley and in March 2021 we hosted a joint memorial service with the Elizabeth Prout centre to remember all those who had died during the year especially those who had died with COVID.

In 2019 we were delighted to receive support from The Ladies of the Grail for our plan to pilot a Community Lay Chaplaincy for Older People. Progress has been slow because of the pandemic, but we are now in dialogue with two parishes about taking this forward.

The charity's policy on reserves

We aim to hold the equivalent of 3 months expenditure (based on last year's costs) plus a proportion for legal costs and maintain the level of reserves from unrestricted income. The trustees may agree to designate some of the free reserves for a particular project or activity. They will ensure that these designated funds are spent within a reasonable period of time. This policy is reviewed at least annually.

Signed on behalf of the charity's trustees:

Signed _____ Date _____
Carol Burns, Chair

Growing Old Grace-fully
Receipts & payments account
for the year ended 31st March 2021

	Unrestricted Funds £	Restricted funds £	Total funds £
Income			
Donations -	50	0	8,050
Event Income	0	0	0
Bank interest	<u>0</u>	<u>0</u>	<u>0</u>
Total receipts	<u>50</u>	<u>0</u>	<u>8050</u>
Expenditure			
Event expenditure	0	0	0
Office expenses	687.13		687.13
Freelance services	2,267.44	0	2267.44
Other	25	0	25
Total Payments	<u>2979.57</u>	<u>0</u>	<u>2979.57</u>
Net receipts/(payments)	2929.57		2929.57
Bank and cash at the start of the period	4,881.70	8,000	£12,881.70
Bank and cash at the end of the period	£1952.13	£8000	£9,952.13

Growing Old Grace-fully
Statement of assets and liabilities
at 31st March 2021

	£
Cash assets	
Current account	£9,952.13
Deposit account	0
Petty cash	<u>0</u>
Total cash assets	£9,952.13
Other assets - None	

These financial statements are accepted on behalf of the charity by:

Signed _____ Dated _____
Mgr Peter Rosser, Treasurer