
CONGREGATION OF LA RETRAITE CIO

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 DECEMBER 2020

CONGREGATION OF LA RETRAITE CIO

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CONGREGATION OF LA RETRAITE CIO

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE PERIOD ENDED 31 DECEMBER 2020

Trustees Hilary White, Chair (appointed 4 May 2020)
Margaret Harlock (appointed 4 May 2020)
Aileen Murphy (appointed 4 May 2020)
Joanna O'Regan (appointed 4 May 2020)
Bridget Dunne (appointed 4 May 2020)

Company registered number CE021753

Charity registered number 1189341

Registered office The Coach House
127 Hampton Road
Redland
Bristol
BS6 6JE

Accountants Bishop Fleming LLP
Chartered Accountants
10 Temple Back
Bristol
BS1 6FL

CONGREGATION OF LA RETRAITE CIO

TRUSTEES' REPORT FOR THE PERIOD ENDED 31 DECEMBER 2020

The Trustees present their annual report together with the financial statements of the Congregation of La Retraite CIO for the period 4 May 2020 to 31 December 2020. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

La Retraite in England comprises of some eighteen members, the majority of whom have given most of their working lives to the charitable activities of the Congregation particularly in the areas of education and spiritual accompaniment. When this work is outside the Charity, any earnings are covenanted to the Charity. The number of new vocations has declined and therefore the average age of the membership is increasing. In order to continue with the important charitable objectives of the Congregation younger members either work within the charity or accept to do voluntary work or work for salaries that are not commensurate with their qualifications. These factors mean that for many years now there has been a general reduction in the income generated by members. The Charity has a continuing commitment to support members of the Congregation, many of whom continue to carry out charitable work long past the normal retirement age.

The principal areas in which the charity is involved are set out below

Emmaus House - Sleep Lane, Whitchurch

This property was purchased at the end of 2014 to continue to provide non-residential workshops, retreat and reflection days and professional training courses appropriate to the energies and resources of the sisters. The centre is co-run by a La Retraite sister and a Roman Catholic Diocesan priest. The Emmaus House Spirituality Centre seeks to provide a spiritual resource for people. It is concerned with formation and personal development for the laity and provides a venue for Diocesan, Deanery and Parish activities. During 2020 activities have been largely curtailed due to the restrictions imposed by the Covid 19 pandemic.

Communities/Clusters

Our Apostolic work continues in London, Birmingham and West Midlands, Bristol (Bedminster, Brislington, Redfield, St George, Whitchurch), Keynsham and Sandford.

Ireland

Whilst not being part of the UK Charity, it should be noted that six sisters live in Ireland, one of whom moved to England in January 2021. These sisters work in a variety of fields for little or no wages in retreat work, spiritual accompaniment, supervision, pastoral work, facilitation, and translation. Voluntary work is also undertaken with the elderly, migrant workers and refugees. One sister resides in a care home. The Trustees continue and will continue in the future to support the mission as required in Ireland where, due to the low income of the sisters, expenses have historically exceeded income.

CONGREGATION OF LA RETRAITE CIO

TRUSTEES' REPORT (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2020

Objectives and activities (CONTINUED)

Pastoral Work in England

Members of the Congregation undertake work in a variety of pastoral settings: retreat work, supervision, and spiritual guidance; education in a multi-faith ecological context, counselling; visiting the elderly, sick and housebound; local parish work; help with personal growth and therapeutic work. In this way all the sisters are engaged in the mission of the Congregation and seek to be available and to give service to the general public in whatever way they can and to whomever in a spirit of openness to all. Some of this work is salaried but the majority of the sisters give their services voluntarily to the needy and vulnerable in our society. This is especially true of the actively elderly sisters who continue to participate in pastoral and spiritual works, as their health and circumstances allow. Some have space to offer hospitality to individuals and small groups at no cost to the public.

Public Benefit

The Trustees have referred to the information contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

Achievements and performance

a. Main achievements of the Charity

During 2020 the sisters continued to live and develop different means of offering their services in their different locations and within their limits of age, energy and health.

London

The sister resident in London is engaged in spiritual accompaniment and administrative work to support the UK sisters.

Birmingham: Clifford Road, Bearwood and Harborne High Street

The sisters living in the West Midlands area are involved in retreat work, accompaniment and voluntary work. This is offered in a variety of different contexts. Creative spiritual workshops are offered to lay people and training and resources are shared with ministers of different denominations.

In September 2020 the sister living in Clifford Road, Bearwood moved to The Chocolate Quarter in Keynsham.

Bristol and Somerset

Emmaus House, Sleep Lane Whitchurch

Though the property in Sleep Lane is a smaller venue than the previous one in Clifton it offers a peaceful and tranquil setting for those who wish to take time to reflect and who seek meaning in life. All the activities are underpinned by a sound biblical, and theological base and an integrated holistic approach to spirituality. Creative and inclusive liturgy is offered where appropriate and there is always someone available to talk to when needed. The team takes seriously the Papal Encyclical Laudato Si and seeks to implement its insights wherever possible. During the period of lockdown the team undertook further online training as part of the fifth anniversary year of the publication of Laudato Si with the aim of encouraging groups to explore and deepen commitment to integral ecology. As the Clifton Diocese seeks to develop, renew and respond to the demographic reality facing the Catholic Church, Emmaus House has become a significant support for the clergy and venue for formation of the laity. This year, however, much of this work has had to be put on hold because of the pandemic.

CONGREGATION OF LA RETRAITE CIO

TRUSTEES' REPORT (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2020

Achievements and performance (CONTINUED)

Monica Wills House, Bedminster

This provides accommodation in a caring retirement Community for two sisters. The Sisters seek to support the various activities that take place in Monica Wills House and each takes time to build supportive relationships with different residents especially those in need. The Sisters are also involved in parish life and support in whatever way they can. Each is available for spiritual accompaniment. One of the Sisters is also on the board of governors of St Brendan's Sixth Form College.

Redfield, St George and Brislington

The La Retraite presence established in Redfield has been very effective in spiritual accompaniment, prayer support, supervision and personal growth work. Spiritual accompaniment and guidance is offered with particular attention to the whole person in his/her life context. Support is given in the local parish in various ways. The supervision of prayer guides and spiritual direction of deacons and catechists continues. There is a strong ecumenical and other faith dimension in the work of accompaniment with an openness to all those searching for meaning in their lives. All of this work has continued remotely via telephone during the period of the pandemic. Support is also given to MoxAfrica, a Birmingham based charity, through Trusteeship. One sister has continued to work with people marginalised by their mental health issues. Another sister continued her work via Zoom for two educational, multi-faith and ecological charitable organisations.

Sandford Retirement Village, Somerset

One sister remains in Sandford receiving full time nursing care.

Keynsham: The Chocolate Quarter

Six elderly sisters in need of a more supportive environment moved into The Chocolate Quarter, the St Monica Trust complex in Keynsham, in November 2017. As far as possible they continue their outreach by visiting other residents and supporting various activities especially those of the pastoral worker. In 2018 one of the group moved into full time nursing care in the Charterhouse Care Home on the same site, and another followed her there at the end of 2019. Two sisters from the West Midlands have now joined the group in The Chocolate Quarter moving into the flats left vacant by those who moved into residential and nursing care: one moved in July 2019 and another in September 2020. Sadly, in April 2020 another of the sisters in the retirement complex died. A sister from Ireland moved into the vacant flat in January 2021.

Other Apostolic Outreach

- Following on the successful and positive experience of the Camino 8 day walking retreat for older people in 2019 a further Camino retreat was planned for May 2020. Unfortunately, due to the pandemic, this had to be cancelled. Another was projected for May 2021, but this too had to be cancelled. The team remains hopeful that a similar experience might be offered in Ireland during 2022.
- The project on Love and Suffering with Professor Karen Kilby concluded in 2018 with a very successful International Academic Conference in Durham in January 2018 attended by several sisters. A final report on the project has been received by the Trustees and was presented to an assembly of the Sisters at Keynsham in June 2019 by Professor Kilby. A book of papers from the conference, co-edited by Professor Kilby, was published in January 2020
- The Trustees agreed in 2015 to establish a fund to be set up in 2017 for those who wish to make a retreat or who would benefit from courses on faith development but who are on low incomes and unable to meet the total cost entailed. This bursary is now established and administered by two of the Trustees.
- Following on from the financial help given to the "Care Ministry" in Port Elizabeth South Africa over the past three years, the Trustees agreed to provide funds for three areas of work over a further period of three years from 2019:
 1. Retreat/reflection/respite days for support workers

CONGREGATION OF LA RETRAITE CIO

TRUSTEES' REPORT (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2020

Achievements and performance (CONTINUED)

2. Trauma counselling for support workers
 3. Ongoing development (eg capacitar courses) for support workers.
This enables the continuation of a work which our Sisters supported when they were in South Africa. Encouraging reports on this work, including how they have responded to the acute care needs of the pandemic, have been received and shared with the Sisters.
- The Trustees made a decision in November 2017 to mark the 10th anniversary of the establishment of the Bede Chair and the Centre of Catholic Studies in April 2018 by funding a La Retraite three year research fellowship in Theology and Spirituality and providing some core funding for the CCS the following 2 years. In the course of 2018 Dr Elizabeth Powell was appointed as La Retraite Fellow from October 1st 2018. A report has been received on her second year of work, as well as a copy of a book on her research which was published in 2020.
 - Following the receipt of a substantial legacy in 2018 the Congregation's financial position strengthened and Trustees agreed to fund another three year Research Fellowship at the CCS Durham on "Lived Theology, Trauma and Reconciliation". Dr Victoria Biggs took up this post in January 2020 and an interim report on her research has been received. Unfortunately the restrictions on travel imposed by the pandemic have impacted on her research plans so that she has had to adapt her approach.
 - As part of the 400th anniversary of the birth of Catherine de Francheville, foundress of La Retraite, it was decided to fund a research project on her life and the growth of retreats for women in 17th century France. A Catherine de Francheville research fellowship will be established at the Centre for Catholic Studies, Durham University to run from June 2021 to June 2024.
 - A group of sisters formed a project to study and promote integral ecology as part of the fifth anniversary year of the publication of the papal encyclical 'LaudatoSi' on Care for our Common Home. A small budget to support their activities was approved by the trustees.
 - The Congregation continued to support different projects through its annual "sharing" both at home and abroad. These included local organisations to help the poor, homeless, trafficked women and children and also abroad: through CAFOD, Medecins Sans Frontieres, Medaille Trust and St Mungo's. In addition donations were made to Traidcraft Exchange, Laudato Tree, National Emergencies Trust and Trussell Trust.

Other Matters

- The part-time Care Coordinator, appointed in July 2017, continues to manage the increasing need for support in the health matters of the Sisters.
- The active Sisters continue to engage in ongoing formation through appropriate short courses and conferences and further study.

CONGREGATION OF LA RETRAITE CIO

TRUSTEES' REPORT (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2020

Financial review

a. Going concern

On 1st January 2021 Congregation of La Retraite Trustees, charity number 266160, transferred its activity to Congregation of La Retraite CIO, charity number 1189341. The charity has considerable financial resources, therefore the Trustees believe that the charity is well placed to manage its risks successfully and the financial statements have been prepared on a going concern basis.

b. Reserves policy

At 31 December 2020, the charity's net assets stood at £Nil, on 1 January 2021 £22.4m was transferred from Congregation of La Retraite Trustees. Of this £4.5m is represented by tangible fixed assets required for the continuing work of the charity and which could not therefore be realised without undermining its activities. A designated fund has been set up to reflect this requirement. Funds of some £17.5m have been designated in respect of the charity's ongoing commitment to provide for the care of the Congregation's members. The Trustees estimate that this fund is sufficient to cover the anticipated future costs of caring for the members and they review the possible surplus level of funds that may be available for other charitable purposes on an ongoing basis.

As a rule of thumb, the Trustees aim to maintain up to 6 months' worth of expenditure (£418k based on 2020 for Congregation of La Retraite Trustees) in General Funds, in order to enable the organisation to continue in the event of a sudden drop in income. The Trustees will continue to keep the position and the level of funding under review.

Structure, governance and management

a. Constitution

Congregation of La Retraite CIO is registered as a charitable company limited by guarantee and was set up by a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

CONGREGATION OF LA RETRAITE CIO

TRUSTEES' REPORT (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2020

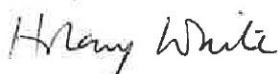
The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) 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 adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and 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 for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Hilary White

Trustee

Date: 1/12/21

CONGREGATION OF LA RETRAITE CIO

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE PERIOD ENDED 31 DECEMBER 2020

	Note	Total funds 2020 £
Income from:		
Total income		-
Expenditure on:		
Total expenditure		-
Net movement in funds		-
Reconciliation of funds:		
Total funds carried forward		-

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

The notes on pages 10 form part of these financial statements.

CONGREGATION OF LA RETRAITE CIO
REGISTERED NUMBER: CE021753

BALANCE SHEET
AS AT 31 DECEMBER 2020

Note

Fixed assets

Current assets

Net current assets

Total assets less current liabilities

Net assets excluding pension asset

Total net assets

Charity funds

Restricted funds

Unrestricted funds

Total funds

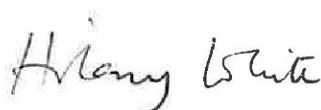
The Charity was entitled to exemption from audit under section 480 of the Companies Act 2006.

The members have not required the company to obtain an audit for the period in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Hilary White

Trustee

Date: 1/12/21

The notes on pages 10 form part of these financial statements.

CONGREGATION OF LA RETRAITE CIO

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 DECEMBER 2020

1. GENERAL INFORMATION

Congregation of La Retraite CIO is an incorporated charity, registered at the Charity Commission in England and Wales. The principal office is The Coach House, 127 Hampton Road, Redland, Bristol, BS6 6JE.

2. ACCOUNTING POLICIES

2.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Congregation of La Retraite CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. TRUSTEES' REMUNERATION AND EXPENSES

During the period, no Trustees received any remuneration or other benefits.

During the period ended 31 December 2020, no Trustee expenses have been incurred.

4. POST BALANCE SHEET EVENTS

On 1st January 2021 Congregation of La Retraite Trustees (charity number 266160) transferred its activity to Congregation of La Retraite CIO.

