

FAMILY LIFE AND RELATIONSHIPS TRUST

England & Wales · Charity number 1205095

Details

Other names	FLRT
Status	Registered
Legal form	CIO
Registered	2023-10-06
Register	View on the Charity Commission register

Contact

Address	Hawking Sopers Spithandle Lane Wiston Steyning BN44 3DY
Phone	07785517166
Email	nicky.lee@alpha.org

Activities

Objects: THE OBJECT OF THE CHARITY FOR THE PUBLIC BENEFIT IS THE ADVANCEMENT OF THE CHRISTIAN RELIGION THROUGH THE PROVISION OF RETREAT SPACES TO BE USED BY THOSE IN LEADERSHIP ROLES IN THE CHURCH OF ENGLAND, AND OTHER CHURCHES IN COMMUNION WITH IT, TO PROMOTE SPIRITUAL GROWTH, SUPPORT HEALTHY MARRIAGES AND FAMILY RELATIONSHIPS, RESTORE MENTAL HEALTH AND PROMOTE WELLBEING.

Activities: The object of the charity for the public benefit is the advancement of the Christian religion through the provision of retreat spaces to be used by those in leadership roles in the Church of England, and other churches in communion with it, to promote spiritual growth, support healthy marriages and family relationships, restore mental health and promote wellbeing.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** Religious Activities

Geography

- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£21,752	£22,584	-	-
2024-04-05	£24,884	£21,271	-	-

Trustees

Name	Role	Appointed
JEREMY ALLAN JENNINGS		2023-10-06
PATRICIA MARGARET NEILL		2023-10-06
Robin Mark Elsdon-Dew		2023-10-06

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	6	4	2024		5	4	2025

Section A Reference and administration details

Charity name Family Life and Relationships Trust

Other names charity is known by

Registered charity number (if any) 1205095

Charity's principal address Hawking Sopers, Spithandle Lane, Steyning, West Sussex

Postcode

BN44 3DY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jeremy Allan Jennings			
2	Patricia Margaret Neill			
3	Robin Mark Elsdon-Dew			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nicholas Lee

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	New trustees are appointed by resolution passed at a properly convened meeting of the charity trustees. They are selected based on their skills, knowledge and experience needed for the effective administration of the CIO

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the charity for the public benefit is the advancement of the Christian religion through the provision of retreat spaces to be used by those in leadership roles in the Church of England, and other churches in communion with it, to promote spiritual growth, support healthy marriages and family relationships, restore mental health and promote wellbeing

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Charity has provided a safe and secluded retreat space, in the form of a Cottage, for clergy in the Church of England and other Christian denominations, in addition to personalised support and free access to the Family Life courses produced by Nicky and Sila Lee with Alpha International.

Clergy and other church leaders and their families have been able to use the Cottage and its outside grounds as a retreat space. Nicky and Sila Lee, who live nearby, have provided pastoral support, especially in the area of family life. They have made their online Marriage and Parenting Courses available for any of these couples and parents and have been available to conduct aspects of these courses in person, if preferred and requested by the clergy. They have also offered advice and training on using these courses in the clergy's home church and local community.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The Cottage was occupied for 146 days/nights over this period by 32 couples / families / individuals in church leadership positions. They all reported the benefit to their mental and spiritual wellbeing and (where relevant) of the importance to their marriage / family life of this retreat away from their normal duties and the pressures of ministry. Nicky and Sila Lee met personally to give pastoral support to 22 couples/families/individuals during their stay.

These were some of the comments made at the end of their stay:

Local clergy couple: *'Thank you so much. Less than 24 hours has been such a blessing to us – retreating from everyday life, everyday noise - and to be still. We are leaving so refreshed and renewed, both individually and as a couple.'*

A clergy couple working in an inner-city parish: *'We cannot express enough how truly grateful we are for the blessing of spending a week at this cottage... This getaway marked our first full week away in five years. It was exactly what we needed at the present time. We didn't fully realise how much we were yearning for this time to reconnect and recharge... Every moment spent here has helped us feel rested and refreshed, and it has truly strengthened our marriage in ways we did not anticipate.'*

Wife of clergy family with two young children: *'We are heading home rested, closer to each other as a family and feeling hopeful'*

Clergy couple in December: *'We're all ready now for a busy Christmas season and we will certainly be back when some more recovery is needed!'*

Clergy family post-Christmas: *'Your cottage was just perfect for some peace, rest and family time. It's not easy to find affordable breaks, so this has been invaluable for us.'*

Clergy couple working in East End of London: *'Thank you for this beautiful home to enjoy time away from the intensity of frontline inner-city life... We leave feeling refreshed and encouraged.'*

Clergyman from inner-city Liverpool: *'Thank you so much for the invaluable support this house and you guys are. This house is a deep breath for the soul.'*

Wife of clergy couple in South London: *'What a gift to be able to take time away from busy London life and the constant nature of ministry to be in a cottage surrounded by and ministered to by nature.'*

Local clergy family: Wife: *'What a stunning, refreshing, joyful, peaceful time here at Hawking Sopers. A place where you can really stop and breathe, so refreshing for the soul, seems rare these days.'* Husband: *'After a fruitful but long winter, this is just what we needed as a family – concentrated time together catching up and connecting.'*

Section E Financial review

Brief statement of the charity's policy on reserves

The charity aims to keep enough reserves to cover three months' expenditure

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The CEO of the charity, Nicky Lee, and his wife, Sila, write to potential donors when funds are needed.
All income to the charity has been to used to pay for necessary expenditure on the cottage, mainly comprising rent, council tax, cleaning, electricity and heating oil.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name

No (if any)

Receipts and payments accounts

CC16a

For the period
from

Period start date
6.4.24

To

Period end date
5.4.25

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	21 752	-	-	21 752	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	21 752	-	-	21 752	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	21 752	-	-	21 752	-
A3 Payments					
Rent	15 000	-	-	15 000	-
Council tax	2 508	-	-	2 508	-
Electricity	1 214	-	-	1 214	-
Cleaning	2 347	-	-	2 347	-
Firewood	265	-	-	265	-
Heating oil	899	-	-	899	-
Water	207	-	-	207	-
Bank charges	27	-	-	27	-
Waste removal	97	-	-	97	-
Sub total	22 564	-	-	22 564	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	22 564	-	-	22 564	-
Net of receipts/(payments)	- 812	-	-	- 812	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3 613	-	-	3 613	-
Cash funds this year end	2 801	-	-	2 801	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	NatWest current account 90364988	2 189	-	-
	Natwest 35 day account 90364953	612	-	-
		-	-	-
	Total cash funds	2 801	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	

Accounts

Trustees' Annual Report for the period										
From		Period start date			To			Period end date		
		6	4	2023				5	4	2024

Section A Reference and administration details

Charity name	Family Life and Relationships Trust
Other names charity is known by	
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Nicholas Lee

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Additional details of objectives and activities (Optional information)

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- policy on grantmaking;
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Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The Cottage was occupied for 102 days/nights over an eight month period (from August 2nd 2023, when the charity started to welcome guests, to April 5th 2024) by 26 couples / families in church leadership positions, including one church staff team from a local church in Brighton. They all reported the benefit to their mental and spiritual wellbeing and the importance to their marriage / family life of this retreat away from their normal duties and the pressures of ministry. Nicky and Sila Lee met personally to give pastoral support for all but four couples of those who stayed.

These were some of the comments made at the end of their stay:

'It has been a hugely joyful and restorative time for us as a family, and we leave feeling ready to take on whatever may be next. This place is special!' (Church leaders in Nottingham)

'As a clergy couple with a young child (and a limited budget!), this break has been invaluable... the space to unwind, walk, create, cook, chat is everything when it comes to us feeling rested, and this place has allowed for that. The headspace I have personally felt has been incredible and, at this stage of life and ministry, priceless. Thank you for providing a space that makes it easy to connect with God, family, nature and creativity – please can we come back?!' (Vicar in the Midlands)

'This little last-minute stay has proven to be an almighty blessing to our family... As a clergy couple, time for us simply to be – and breathe – has been a total gift and we know that this will be a time to remember. God bless all those who rest here!' (Clergy wife from London)

'What a wonderful staff day we have had! Such a blessing to us all, spending time together in such a beautiful and restful retreat. This is certainly something which was much needed after a busy season of church-planting... This has been very restorative and a chance to reflect on the season just gone, as well as a chance to plan, dream and pray together for the season ahead' (Vicar of church plant in Brighton)

'We leave feeling rested and energised! The quietness here has fed our souls and the stunning countryside has been a joy to walk through. This cottage is a place of peace, where we have regained a sense of God's goodness, as we believe others will too in the years to come' (Clergy couple in Tollington Park, London)

'It is such a place of peace – the Holy Spirit really permeates this house. We have had such a busy period at church recently and this was the rest we needed' (Clergy couple who are part of a church planting team in Basingstoke)

'Thank you for a wonderful and blessed week – holidays on a clergy stipend can be challenging, and this came at the right time for us. We thank God for making it possible. Hearing the cows moo and the owls at night are all sounds the children don't hear back in Balham' (Clergy couple with children aged 5 and 2)

'Having been somewhat grumpy about time off and a long journey at a busy time of ministry, I was amazed at the almost immediate sense of weights being lifted off my shoulders as we entered this lovely cottage – what a relief to come away and recoup in a place that feels like the warm hug of a dear friend' (Church planter in Retford)

Section D

Achievements and performance

Section E Financial review

Brief statement of the charity's policy on reserves

The charity aims to keep enough reserves to cover three months' expenditure

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

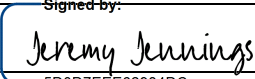
The CEO of the charity, Nicky Lee, and his wife, Sila, write to potential donors when funds are needed.
All income to the charity has been to used to pay for necessary expenditure on the cottage, mainly comprising rent, council tax, cleaning, electricity and heating oil.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Signed by: 	
Full name(s)	5D0D7EEE62984DC... Jeremy Jennings	
Position (eg Secretary, Chair, etc)	Trustee	
Date	17.01.24	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Family Life and Relationships Trust	1205095
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Receipts and payments accounts

CC16a

For the period from	Period start date 5.4.23	To	Period end date 6.4.24
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	24,884	-	-	24,884	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	24,884	-	-	24,884	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,884	-	-	24,884	-
A3 Payments					
Firewood	180	-	-	180	-
Hedgecutting	173	-	-	173	-
Council tax	2,608	-	-	2,608	-
Electricity	1,320	-	-	1,320	-
Rent of Hawking Sopers cottage	14,400	-	-	14,400	-
Cleaning	1,500	-	-	1,500	-
TV license	159	-	-	159	-
Heating oil	931	-	-	931	-
	-	-	-	-	-
Sub total	21,271	-	-	21,271	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	21,271	-	-	21,271	-
Net of receipts/(payments)	3,613	-	-	3,613	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	3,613	-	-	3,613	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	NatWest current account 90364988	3,331	-	-
	NatWest 35 day account 90364953	282	-	-
		-	-	-
	Total cash funds	3,613	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Signed by: Jeremy Jennings	Jeremy Jennings	17.01.24	
	50007EEE62984DC...			