

## **The Retreat**

**Registered number 236433**

### **Annual Report of the Trustees for the year ended 31 December 2024**

Trustees as at 31st December 2024:

Rev Dermot Thornberry, Chair, Mark Boomla, Treasurer, Michael Brignall, Secretary, Gill Clayton, Susan Richardson, Peter Robinson and Tony Stratton. During the year, the Trustees held three meetings. We are seeking to increase the number of our Trustees as the number has fallen short of our normal practice.

All residents continue to be visited regularly. A pastoral report on their wellbeing and any issues of concern to them is made to each meeting of the Trustees.

The year was very successful financially. The receipts once again exceeded £25,000. There were two main reasons for this:

- there was 100% occupancy of the properties throughout the year,
- a deposit of £8,969 for replacement double-glazed sash windows was paid during the year in advance of the work being carried out in early 2025 to improve heat insulation.

The reserves at the year-end were over £117,000. This is an excellent financial result. The reserves have been built up in accordance with the policy stated below.

The accounts for the year were examined by Martine MBida. The Trustees record their thanks to her for her work.

During the year we made better arrangements for the maintenance of the gardens. We have engaged a new gardener who comes two hours fortnightly and uses the Council Green bins for the garden waste.

The Trustees approved the following **Reserves Policy** on April 28, 2021:

The reserves were built up to over £100,000 in preparation for the major expenditure for the replacement of windows of £45,000 in total. The majority of this money was payable in March 2025 after the work was completed.

This amount should also be sufficient to meet any major further demands for maintenance of the properties and allow for regular cyclical expenditure such as refurbishing properties between appointments.

The Reserves are held in Charity Funds recommended by The Almshouses Association with the aim of long-term appreciation, whilst £10,000 to £20,000 is held in readily accessible accounts operated by The Central Finance Board of The Methodist Church. Investments In these products should provide adequate risk protection and ethical concerns.

Susan Richardson attended a very useful Almshouse Association course during the year.

August 2025

**The Retreat**  
**Balance sheet**  
**As at 31st December 2024**

		31st December 2024		31st December 2023	
		£	£	£	£
<b>Fixed Assets</b>	Property at cost		1,678		1,678
<b>Investments</b>					
	Equities M&G Investments Charity Multi Assets Fund	62,845		58,179	
	Bonds BlackRock Charity UK Bond Fund	6,004		6,027	
	Bonds Central Finance Board of Methodists Church	16,979		16,155	
			85,828		80,362
<b>Cash at Bank</b>	Lloyds Bank current account		29,222		22,054
<b>Total</b>			116,728		104,094
<b>Represented by:</b>					
<b>Reserves</b>	Brought forward	104,094		95,025	
	Added in the year	7,169		4,637	
	Increase in value of Investments	5,465		4,432	
	Carried forward	116,728		104,094	

MARTINE MBIDA  
34 BECKET AVENUE  
EAST HAM  
LONDON E6 6AA  
Martine  
25/09/2025

The Retreat  
Income and Expenditure  
Year ended 31st December 2024

	12 months to 31st December 2024		12 months to 31st December 2023	
	£	£	£	£
<b>Income</b>				
Donations	320		420	
Contributions	<u>32,025</u>	32,345	<u>28,013</u>	28,433
<b>Expenditure</b>				
British Gas	6,831		11,084	
EDF - Electricity	306		834	
South Eastern Water	2,205		2,000	
Repairs	3,613		6,180	
Double Glazed Widows	8,968		-	
Insurance	1,125		1,104	
Caretaker	1,062		1,092	
Picture for Phil Smith	-		122	
Gardners	438		-	
Christmas Vouchers	175		175	
Almshouse Association	-		705	
Legal Fees	560		500	
Sundry	<u>55</u>	25,176	<u>500</u>	23,796
<b>Surplus</b>		<u><u>7,169</u></u>		<u><u>4,637</u></u>

MARTINE MBIDA  
34 BECKET AVENUE  
EAST HAM  
LONDON E6 6AF

*Martine*

23/09/2025



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
The Retreat

**On accounts for the year  
ended**

31st December 2024

**Charity no  
(if any)** 236433

**Set out on pages**

One and Two.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2023

**Responsibilities and  
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**

*Martine*

**Date:**

*25/09/2025*

**Name:**

Martine Mbida

**Relevant professional  
qualification(s) or body  
(if any):**

FCCA

**Address:**

34 Beckett Avenue

East Ham

E6 6AF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**