The Year of Rest – Trustees' Annual Report 2025

Oct 30, 2026 · @Jessica Hattam

Charity name: The Year of Rest · **Registered charity number:** 1201396 · **Period:** 01/01/2025 – 31/12/2025

Objectives and activities

Purposes of the charity. The objects of the CIO, for the public benefit and within the Christian ethos, are the relief of those in need by reason of financial hardship or other social or economic disadvantage, by providing support including advice and advocacy services; participation in retreats to provide coaching and support to create personal strategies to move out of hardship; and access to community activities and mentoring to break the social isolation that comes with hardship and disadvantage.

Main activities in 2025. The Year of Rest paused its regular programme of retreats, advice and advocacy, monthly dinners and mentoring while the trustees decided on the charity's future direction. The only charitable activity in the year was one community event, for which resources were bought.

Public benefit. The trustees have had regard to the Charity Commission's guidance on public benefit when deciding what to do during the year.

Achievements and performance

The trustees chose to pause the running of the charity during 2025 so that they could consider its future direction carefully, rather than continue the programme without a clear plan. During the pause the charity continued to hold its funds and keep accounts.

The charity held one community event during the year, bringing people together in the spirit of its community work. Resources for the event were bought with the charity's funds. No other charitable activities were run.

Financial review

The charity received £500 in income in 2025 and spent £241.46, leaving a surplus of £258.54 for the year. In 2024 the charity received £1,570 and spent £3,361, so the reduction in activity during the pause is reflected in lower income and spending. The accounts are prepared on a receipts and payments basis.

	£
Receipts: one-off donations	500.00
Payments: community event resources	42.26
Payments: admin costs (website and office services)	199.20
Surplus for the year	258.54

Sources of funds. All income came from individual one-off donations. All funds are unrestricted.

Reserves. Cash held at 31 December 2025 was £686 (£428 at 31 December 2024 plus the £259 surplus for the year). The trustees aim to hold enough reserves to cover the charity's modest running costs while it decides what to do next.

Structure, governance and management

The Year of Rest is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission and governed by its written constitution, which sets out its objects and structure. The charity trustees manage the charity. Trustees must be natural persons aged 16 or over, and apart from the first trustees each is appointed for a term of three years by a resolution at a properly convened meeting of the trustees, having regard to the skills, knowledge and experience needed to run the charity effectively.

Reference and administrative details

Charity name	The Year of Rest
Other name the charity uses	N/A
Registered charity number	1201396
Principal address	Flat B201, 134 Spa Road, SE16 3AE [confirm still current]

Trustees who manage the charity [confirm this list is correct for 2025]

1. Rachel Gray (Chair)
2. Paul Whittlesea
3. Caragh Bennet
4. Elizabeth Blacknell

Declaration

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

	Trustee
Signature	
Full name	Paul Whittlesea
Position	Trustee
Date	31/10/26

CHARITY COMMISSION FOR ENGLAND AND WALES

The Year of Rest	1201396

Receipts and payments accounts

CC16a

For the period from	01/01/2025	To	31/12/2025

Section A Receipts and

	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					
One-Off Donations	500	0	0	500	300
Monthly Donations	0	0	0	0	1270
Other Income	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
AR)	500	0	0	500	1570
A2 Asset and investment sales, (see table).					
	0	0	0	0	
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	500	0	0	500	1570
A3 Payments					
Retreat Costs	0	0	0	0	1355.2
Community event resources	42.26	0	0	42.26	435.5
Admin costs	199.2	0	0	199.2	180
Advocacy	0	0	0	0	1390.78
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	241.46	0	0	241.46	3361.48
A4 Asset and investment purchases, (see table)					
	0	0	0	0	
	0	0	0	0	
Sub total	0	0	0	0	0
Total payments	241.46	0	0	241.46	3361.48
Net of receipts/(payments)	258.54	0	0	258.54	-1791.48
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	427.52	0	0	427.52	2219
Cash funds this year end	686.06	0	0	686.06	427.52

Section B Statement of liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank balances at 31/12/2025 – NatWest Business Current and Select	686	0	0
		0	0	0
		0	0	0
	Total cash funds	686	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK

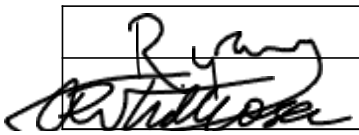
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			0	
			0	
			0	
			0	
			0	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Rachel Gray	
	Paul Whittlesea	

The Year of Rest – 1201396 – transactions 01/01/20

Date	Account
02/01/2025	HATTAM JG Select Account (…416)
20/01/2025	HATTAM JG Select Account (…416)
30/01/2025	HATTAM JG Select Account (…416)
31/01/2025	HATTAM JG Select Account (…416)
20/02/2025	HATTAM JG Select Account (…416)
28/02/2025	HATTAM JG Select Account (…416)
28/02/2025	HATTAM JG Select Account (…416)
03/03/2025	*HATTAM JG Select Account (…416)*
03/03/2025	HATTAM JG Select Account (…416)
03/03/2025	*THE YEAR OF REST Business Current (…972)*
18/03/2025	THE YEAR OF REST Business Current (…972)
20/03/2025	HATTAM JG Select Account (…416)
27/03/2025	THE YEAR OF REST Business Current (…972)
31/03/2025	HATTAM JG Select Account (…416)
31/03/2025	HATTAM JG Select Account (…416)
22/04/2025	HATTAM JG Select Account (…416)
30/04/2025	HATTAM JG Select Account (…416)
30/04/2025	HATTAM JG Select Account (…416)
20/05/2025	HATTAM JG Select Account (…416)
30/05/2025	HATTAM JG Select Account (…416)
02/06/2025	HATTAM JG Select Account (…416)
20/06/2025	HATTAM JG Select Account (…416)
30/06/2025	HATTAM JG Select Account (…416)
30/06/2025	HATTAM JG Select Account (…416)
21/07/2025	HATTAM JG Select Account (…416)
30/07/2025	HATTAM JG Select Account (…416)
31/07/2025	HATTAM JG Select Account (…416)
20/08/2025	HATTAM JG Select Account (…416)
01/09/2025	HATTAM JG Select Account (…416)
01/09/2025	HATTAM JG Select Account (…416)
09/09/2025	THE YEAR OF REST Business Current (…972)
22/09/2025	HATTAM JG Select Account (…416)
30/09/2025	HATTAM JG Select Account (…416)
30/09/2025	HATTAM JG Select Account (…416)
20/10/2025	HATTAM JG Select Account (…416)
30/10/2025	HATTAM JG Select Account (…416)
31/10/2025	HATTAM JG Select Account (…416)
20/11/2025	HATTAM JG Select Account (…416)
01/12/2025	HATTAM JG Select Account (…416)
01/12/2025	HATTAM JG Select Account (…416)
22/12/2025	HATTAM JG Select Account (…416)
30/12/2025	HATTAM JG Select Account (…416)
31/12/2025	HATTAM JG Select Account (…416)

Note: the £80 moved from the Select Account to the Business

25 to 31/12/2025 (source: NatWest statements downloaded 29/10/2026)

Description	Type	Paid in (£)
MR FRASER	Automated Credit	20.00
PLATT EL	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
PLATT EL	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
To A/C 75150972 (transfer to Business Current)	*Mobile/Online Transaction*	
CALDER CO OFFICE	Mobile/Online Transaction	
From A/C 75014416 (transfer from Select Account)	*Mobile/Online Transaction*	*80.00*
AMAZON* RI9UY3BK4	Debit Card Transaction	
PLATT ESTHER	Automated Credit	10.00
AMAZON* RZ1SJ0JV4	Debit Card Transaction	
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
PLATT ESTHER	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
PLATT ESTHER	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
PLATT ESTHER	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
PLATT ESTHER	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
PLATT ESTHER	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
SQSP* (Squarespace)	Debit Card Transaction	
PLATT ESTHER	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
PLATT ESTHER	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
PLATT ESTHER	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00
PLATT ESTHER	Automated Credit	10.00
V KELLY	Automated Credit	20.00
V KELLY	Automated Credit	10.00

Totals (all transactions)	**580.00**
Less: internal transfer counted twice	*-80.00*
Total included in accounts	**500.00**

Current on 03/03/2025 appears in both statements, so it is excluded from receipts and payments.

Paid out (£)	Category
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
80.00	*Excluded – internal transfer*
180.00	Admin costs
	Excluded – internal transfer
13.33	Community event resources
	One-Off Donations
28.93	Community event resources
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
19.20	Admin costs
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations
	One-Off Donations

321.46
-80.00
241.46