THE ASSOCIATION FOR PROMOTING RETREATS

TRUSTEES' REPORT

FOR THE YEAR ENDED 31ST MARCH 2026

Reference and administrative details of the charity, its trustees and advisers

The Association for Promoting Retreats will throughout this report and accounts be referred to as (**the) APR.** The charity registration number is **222458.**

Principal address:	c/o 5 Glebe Park Balderton Newark NG24 3GN
Telephone number:	01636 555085
Email and internet addresses:	Email: promoting.retreats@gmail.com Website: www.promotingretreats.org

The Trustees at the date of this report are:

Revd Alison Christian (elected Jan 2018)
Ms Susan Parker (co-opted annually)

Revd Ian Spencer (elected Nov 2023)
Urs Mattmann (elected Nov 2023)

Mr Stewart McCredie (elected Sept 2017)
Revd Cameron Butland (elected Apr 2021)

Revd Dawn Harrison (elected Nov 2023)

Rosemary Feuell (elected Jan 2026)

No Trustee receives any remuneration from the charity.

The Officers who served during the year are:

President	Rt Reverend John Stroyan
Chair	Revd Cameron Butland
Vice Chair	Revd Alison Christian
Treasurer	Ms Susan Parker
Secretary and Administrator	Ms Demelza Henderson

Advisers:	Bankers	Lloyds Bank PLC 98 Victoria Street London SW1E 5JL
	Independent Examiner	Rachel Rudkin FCCA Duncan & Toplis 14 London Road Newark Nottinghamshire NG24 1TW

Structure, governance and management:

The Association for Promoting Retreats (APR) is a charity registered with the Charity Commission for England and Wales, number 222458. The charity is not required to be registered with the Office of the Scottish Charity Regulator or the Charity Commission for Northern Ireland. The APR is an unincorporated association established under a trust deed in 1913. After various prior amendments a replacement Constitution was adopted in November 2012, followed by amendment by resolution of one minor administrative detail in October 2013.

The policy and general management of the affairs of the APR is directed by a committee of Trustees, which meets four times a year. Trustees are elected by members and serve up to three years, being eligible for re-election for two further three-year terms. The Trustees delegate the day to day running of the charity to the Administrator. During the absence of an Administrator roles were delegated to the Trustees.

The APR is a Founder Member of the Retreat Association, a company limited by guarantee and not having a share capital and registered with the Charity Commission for England and Wales with the number 1150792. The Retreat Association also retains its previous registration as an unincorporated association under the Charity Commission registration number 328746, which continues for the purpose only of receiving future legacies.

The Retreat Association brings together the APR with other member groups working with a joint purpose to promote and encourage retreats and Christian spirituality across the denominations.

In compliance with their legal obligation, the Trustees confirm that there have been no serious incidents in connection with APR which required a report to be made to the Charity Commission.

Objectives and activities:

The APR was established and still operates for the advancement of religion by promoting the development of the Christian life through retreats, through the promoting of retreats within the Anglican Churches in the United Kingdom.

The Trustees have taken into consideration the guidance on public benefit issued by the Charity Commission, and particularly the specific guidance on charities for the advancement of religion. The Trustees consider that the work carried out by the APR, both through the Retreat Association and as an independent charity, continues to be of great public benefit in terms of religion and education. To this end, the APR works to maintain and strengthen its promotion and support for going on retreat, throughout the Church and wider society. In addition to its support of the Retreat Association, the main activities of the APR have included:

- Promoting the use of Anglican retreat houses within the Anglican Church.
- Organising conferences and meetings for Leaders and Spirituality Advisers to the Anglican Church.
- Informing members through distribution of a twice-yearly newsletter, and the annual handbook *Retreats* published by the Retreat Association.
- Supporting individuals to go on retreat who might otherwise not be able to afford it through a designated bursary fund.
- Organising retreats and other events for members and other events, using subscribers' retreat premises wherever possible.
- Providing complimentary membership of APR to those recently ordained to the diaconate and priesthood.

Further information about the APR can be found at its website, www.promotingretreats.org

Chairman Annual Report:

During the last year the APR has begun to look towards the future, to strengthen our governance and to be proactive in promoting the charity. The last year has been a busy time for the APR Board and for the work of the charity.

Firstly, we had been looking for our next President. In April we announced that the current Bishop of Chelmsford, Bishop Guli had agreed to become our new President. We look forward to working with Bishop Guli and for the wisdom she will bring to the work of the trustees. Bishop John Stroyan continued to support us despite retiring. He has been a constant encouragement to our charity and we are immensely grateful.

The trustees have also reviewed the future direction of APR. We recognised the importance of the bursary scheme and the way in which it has helped hundreds of individuals access retreats over the past 10 years. Our priority is focussed on retreat houses, retreat leaders and individual retreatants – this remains our core activity. We were delighted to support Demelza Henderson in her epic fundraising cycle ride from Land's End to John O'Groats in May, cycling the 1180-mile route in 23 days, climbing the equivalent of twice the height of Mount Everest, and visiting 20 different retreat houses and leaders along the way. The funds raised will go into the bursary fund and through her wonderful efforts the profile of the bursaries have been raised. We welcomed to the Board in the last year Rosemary Feuell, a long standing APR member and the appointment of Jason Cottingham from Penhurst Retreat House to help us plan confidently for the future.

In April APR hosted our biennial conference at Launde Abbey. In a break from tradition, the 2026 APR Conference explored the interplay between spirituality and wellbeing. Forty delegates attended, representing 26 different dioceses – spirituality advisers, coordinators of spiritual direction networks and/or training courses, wellbeing officers, archdeacons and directors of ministry and/or pastoral care. The atmosphere throughout the event was encouraging and joyous and the feedback was very positive. We were extremely grateful to Professor Chris Cook for his inspiring keynote addresses, and to all those who led other sessions and workshops. The next conference will take place at Launde Abbey 8–10 May 2028.

In 2026 we have changed our annual trustees residential meeting to meet from the summer to the autumn, as a result a report of this meeting will appear in the 2027 Annual Report. However I can say that the Business Plan subcommittee have been working hard to identify possible sources of future funding and ways of promoting APR. We are working to recruit new members and to increase the age profile and diversity of our membership.

Finally thank you to everyone who supported APR during the last year. We are grateful to Bishop John for leading our October retreat at St Columba's House and to Helen Evans and Demelza Henderson for the Sheldon Poetry Retreat in March. Thank you to all my fellow trustees for their continuing commitment to the important work of supporting retreats, especially to Susan Parker for her stewarding our own precious financial resources. The Trustees remain very grateful to Demelza Henderson for her diligent and faithful work as the APR administrator. Thank you also to all our members and for your ongoing support.

Cameron Butland, Chair of APR Trustees

Financial Review:

The accounts, which have been prepared in accordance with 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 2015) – (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) are set out on pages 6-11.

Total income of £46,898 has increased this year compared with last year of £25,159. Total expenditure has decreased to £42,706 compared with last year of £50,166. This increase in income has occurred due to the biannual spiritual adviser conferences (SAC) taking place this year, which incurs the majority of income and expenditure.

The investments show an unrealised loss of £ -7,485 for the year compared with PY loss of £4,799. This has resulted in an overall net loss for the year of £-3,293 (2025: £29,806 deficit). See notes 3 & 6 for further details.

The Trustees recognised the need to review APR's financial sustainability as CCLA investment reserves approached £100,000. A comprehensive financial review was initiated in July 2025, alongside the development of a five-year Business Plan. The Trustees agreed to limit investment withdrawals until 2028 to supporting the Bursary Fund and general running costs, while focusing on strengthening membership, increasing income and reducing reliance on reserves.

Approved by the Committee of Trustees and signed on its behalf by:

The Reverend Cameron Butland, Chair of the Committee of Trustees

Dated:

Independent Examiner's Report to the Trustees

I report on the accounts of the APR for the year ended 31 March 2026 which are set out on pages 6 to 11.

Respective responsibilities of Trustees and examiner

The charity's Trustees are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 of the Act);
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes the review of the accounting records kept by the charity and a comparison of the accounts with those records. It also includes considering any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the requirements of the 2011 Act have been met.

(2) to which, in my opinion, attention should be drawn in order to enable the proper understanding of the accounts to be reached.

Signed:

Rachel Rudkin FCCA
Duncan & Toplis Limited
Chartered Accountants
14 London Road
Newark
Nottinghamshire
NG24 1TW

Dated:

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME & EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31ST MARCH 2026

Income and Expenditure	**Note**	**Unrestricted Funds 2026 £**	**Restricted Funds 2026 £**	**Total Funds 2026 £**	**Total Funds 2025 £**
Income from:					
Charitable activities					
-Membership subscriptions		11,084		11,084	12,246
-Spirituality Advisers' conference		14,995		14,995	-
-Events/Sundries		10,283		10,283	7,721
-Donations and legacies		2,840		2,840	1,776
-Investment income		3,081		3,081	3,401
-NHS bursary fund		-		-	-
-Spiritual Directors		-		-	15
-Gift Aid		2,064		2064	-
-Cycle Sponsorship		2,551		2,551	-
Total income		**46,898**		**46,898**	**25,159**
Expenditure on:					
Expenditure on charitable activities					
Direct charitable expenditure	2	35,199		35,199	43,118
Bursary expenditure		7,507		7,507	7,048
Total expenditure		**42,706**		**42,706**	**50,166**
Net incoming resources for the year		4,192		4,192	(25,007)
(Losses)/profits on investments:					
Unrealised	3	(7,485)		(7,485)	(4,799)
Realised		-		-	-
Net movement in funds		(3,293)		(3,293)	(29,806)
Total fund balance brought forward at 1 April 2025		113,218		113,218	143,024
Total fund balance carried forward at 31 March 2026		**109,925**		**109,925**	**113,218**

The attached notes on pages 7-11 form part of these accounts

BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2026

	Note	2026	2025
		£	£
Fixed Assets		275	375
Investments	3	93,247	110,732
Debtors	4	-	-
Current Assets			
General fund		16,018	1,149
Bursary fund		2,405	2,862
Cash at bank		18,423	4,011
Total Current Assets		18,423	4,011
Creditors: amounts falling due within one year	5	2,020	1,900
Net current assets		16,403	2,111
Creditors: amounts falling due after more than one year	5	-	-
Net Assets		109,925	113,218
Funds			
General fund	6	107,520	110,356
Bursary fund (designated)		2,405	2,862
		109,925	**113,218**

Approved by the Committee of Trustees on .....
and signed on its behalf by:

The Reverend Cameron Butland, Chair of the Committee of Trustees

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2026

1. Accounting policies

The accounts have been prepared in accordance with 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 2015) – (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

a) Subscriptions, donations, etc.
Subscriptions, donations, and tax recoverable on payments under gift aid are accounted for when received by the APR. During the year to 31st March 2026 there were 255 full members and 142 concessionary members.

b) Investment income
Investment income is included in the accounts when received.

c) Investments
Investments are included in the accounts at market value.

d) VAT
The APR is not registered for VAT and the irrecoverable VAT is written off in the accounts.

e) Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer Equipment – 25% SL on cost.

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2026

2. Direct charitable expenditure	**2026**	**2025**
Charitable expenditure	**£**	**£**
Contributions paid to the Retreat Association	3,360	3,460
APR administrator	10,736	9,870
Publicity & website	1,619	1,856
Newsletters/postage	1,143	1,515
RA journal and cost of events	11,532	14,126
Travelling and meetings	632	761
Independent examination fee	2,728	1,983
SAC Expenses	2,387	8,645
Stationery and office expenses	957	877
Depreciation	100	25
Bank Fees	4	-
Total direct charitable expenditure	**35,199**	**43,118**

3. Investments	**2026**	**2025**
Assets are held with The Central Board of Finance of the Church of England as follows:	**£**	**£**
Investment fund shares		
Market value at 1 April 2025	110,732	135,531
Value of shares sold in year	(10,000)	(20,000)
Unrealised investment profit/(loss)	(7,485)	(4,799)
Market Value at 31 March 2026	**93,247**	**110,732**

4. Debtors	**2026**	**2025**
	£	**£**
Prepayments	-	-
	-	-

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2026

5. Creditors	**2026**	**2025**
	£	**£**
Amounts falling due within one year:		
Accruals	2,020	1,900
	2,020	**1,900**

6. Reserves		
Assets from balance Sheet	**£**	**£**
General fund at 31 March 2026	107,520	110,356
Bursary fund at 31 March 2026	2,405	2,862
	109,925	113,218
Planned expenditure		
Yearly cost of administration	15,000	
Running costs	50,000	
Project allocation	10,000	

Surplus

At present the Trustees consider that a surplus of around £60,000 should be maintained, and is justified because:

- It is important to maintain a year's expenditure.
- Membership income is expected to increase in future years.
- The Trustees need to underwrite the costs of major events such as the biennial diocesan Spirituality Advisers' Conference, next taking place in April 2026.

The Association of Promoting Retreats (APR) remains committed to maintaining robust cashflow management to ensure long-term operational sustainability. While investment income has provided a necessary buffer, the charity is actively reviewing both income sources and expenses to optimize financial performance.

This includes broadening our fundraising efforts through individual donations and partnerships, aiming to reduce dependency on investment withdrawals over time. We regularly assess expenses to identify opportunities for cost efficiency without compromising the quality of our services. Our investments are closely monitored to balance short-term liquidity needs with long-term growth potential, ensuring sustainable returns while supporting the charity's objectives.

In anticipation of CCLA investment reserves falling below £100,000, the Trustees commenced a comprehensive financial review in July 2025 and developed a five-year Business Plan to strengthen APR's long-term sustainability. The Trustees agreed that, until 2028, withdrawals from investments would be limited to supporting the Bursary Fund and general running costs.

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2026

The Plan focuses on consolidating existing activities, increasing membership, strengthening relationships with retreat houses, developing alternative income sources and reducing dependence on reserves. Progress will be monitored and reviewed regularly by the Trustees.

7. Trustee expenses

Trustee travel expenses totalled £632 (2025: £761) during the year. All trustee expenses are reimbursed when incurred.

8. Exceptional items

During the year, an unrealised loss was made on investments of £ 7,485 (2025: -4,799).