



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2021		31	03	2022

Section A Reference and administration details

Charity name

The New Tavistock Youth Cafe

Other names charity is known by

Registered charity number (if any)

1164173

Charity's principal address

Unit 6, Pixon Court,

TAVISTOCK

Devon

Postcode

PL19 9AZ

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	Mrs Mandy Victoria Louise Ewings	Vice Chair		
2	Ms Cathryn Louise Gristy			
3	Mr Stephen Hugh Grummitt	Secretary		
4	Dr Jon Ord			
6	Mr Harry E O Walker	Treasurer		
7	Mr Alan Wroath	Chair		
8	Mr Frederick Neil Edward Harper			
9	Mr Phoenix Rinkowski			
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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)

Mrs Vicki Lloyd-Walsh Manager

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution agreed October 15th 2015
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Every trustee will be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees will have regard to the 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.

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

(a) a copy of the current version of this constitution; and

(b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

They will provide such training as the new Trustee requires.

All Trustees will be DBS checked in accordance with our Safeguarding Policy.

The Trustees employ a Manager and Youth Workers to run and develop programmes within the organisation.

The Manager works closely with the Chair of the Trustees in her work. Her salary is fixed annually by comparison with comparable posts in the public sector.

The Trustees understand the risks of an organisation dependent on grants, lettings and fund-raising. They seek to be proactive in seeking sources of funding.

Section C Objectives and activities

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

Our objects remain the same, namely:

to act as a resource for young people aged between 11 and 19 living in West Devon by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

(a) advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as

independent, mature and responsible individuals; (b) advancing education; (c) relieving unemployment; (d) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.

Report of the Tavistock Youth Café 2021-22

Support for Young People's Mental Health

1-1 Mentoring

We currently have three Young People's Health and Wellbeing coaches who are funded by The Primary Care Network (PCN).

The Health and Wellbeing coaches work on a 1.1 basis giving young people the time they need to talk and be listened to outside the environment of Tavistock College. We offer consistent support, advice, guidance and aim to build a trusting relationship with young people. The work also involves attending 'Team around the Family' meetings, College meetings, liaising with parents and teachers as well as helping the young people to understand healthy relationships, make choices about their future careers, further education, daily life skills and coping mechanisms. Many of the young people we see can have complex needs and are experiencing multiple mental health issues. We are not medical professionals or counsellors, but being able to have a consistent adult who is not a family member or someone in authority helps young people to feel supported in these difficult years.

Our referrals come from GPs, Tavistock College, Social Workers and Self referrals.

We see around 20 young people a week on a 1-1 basis. Some we will continue to see for a couple of years, others for a number of months or weeks depending on their needs.

There is a waiting list which we review every 2 months, this is unfortunate but we manage some of the list by offering 'Wellbeing' group work sessions and 'Momentum' sessions (project work for vulnerable young people). These are described below.

Involvement with NHS implementation meetings:

In May this year we were contacted by the West Devon Population Health Management Coordinator. They are running an NHS England Population Health Management Place Programme in the West Devon LCP (Local Care Plan) Area. The local leads decided to focus on youth mental health, and as a result the Youth Café was invited to be involved.

The aim is to have people/organisations attending the Implementation meetings who are directly involved with this cohort of young people, and enable them to have an input into potential early intervention strategies.

As a result of this the TYC Manager has attended regular meetings and talked about what the team is seeing, what the team is working with, what the team believes is needed and what the young people are saying. Anonymous mental health data gathered from our 1.1 referrals was also shared.

Following the implementation meetings, the team is now part of a steering group (West Devon LCP CYP Working Group). These aim to join

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)

up work with other agencies, find gaps and seek funding to improve current issues with young people's poor mental health.

There has been very positive feedback from GPs, Southwest Counsellors, the Multi Academy Trust and Young Devon.

Momentum

Momentum projects have been full on and a lot of fun this year, we have focused a lot on the outdoors, as this is very popular with the group and known to improve poor mental health.

Wellbeing sessions

We had some great workshops with our Youth Workers making various things, such as candles, lavender eye masks, tie dye, all therapeutic exercises for more anxious young people.

Following those workshops we spent time visiting Freddie's Fibre Friends, where young people could meet and feed alpaca and sheep and then use their wool to wet felt, spin and make jewelry. There were walks in nature with a craft activity that young people enjoyed, such as; pebble painting and making bird feeders

In October, there will be a new role of Well-being youth worker, this will enable us to continue these groups.

'JustB'

LGBTQ+ Group Wednesdays 4:30pm until 6pm

Just B began in the spring following the growing numbers of LGBTQ+ young people attending sessions at TYC.

We meet bi-weekly and have between 4 and 8 attending, depending on the College day they have had.

Our focus up until the Summer was on the first Tavistock Pride which was held in July.

In the following months we will look at various topics that the group has told us they want to discuss. We hope that going forward JustB will become a valuable source of information as well as a safe space for young people to be themselves without fear or judgment.

We have had conversations with Tavistock College, who also have a new LGBTQ+ group and they want to do some collaborative work with JustB.

COGS

COGS is a support group for young people who are diagnosed or waiting for diagnosis for cognitive conditions such as AD(H)D, ASD, dyslexia, dyspraxia, etc. It provides access to practical and emotional support with Youth Workers in the absence of a qualified therapist. We saw a need here as waiting lists are currently at least 2 years long and some young people are struggling at school.

There have been a few sessions so far. These covered an initial introduction to the group (mission statement and confidentiality) and the first step of externalising and separating from the diagnosis or potential diagnosis. This was done by creating and drawing a character that represents the condition and giving them a name. This was to promote good habits: not identifying with the condition and not allowing it to define who they are or their sense of self. This was followed by an interactive game to introduce the concept of regular but healthy "dopamine breaks" as most of these conditions can be overwhelming at times.

Moving forward we plan to offer this as an extra 1:1 so that a young person can talk specifically about any concerns they have on this subject. This would provide them with an opportunity to get a "referral health check" to ensure everything was in place for them with their GP, school, CAMHS, etc, coordinating this with their parents, plus some tailored support such as memory games, recommended phone apps and time management.

Zephyr – a Music Programme

Zephyr has had a busy year with the introduction of 'Shake The Shelves' in the Tavistock Library.

This is a long-standing music project that can adapt to different needs and that the community loves to draw on for public events.

Fridays Drop in Youth sessions

Friday sessions are remaining very popular across all age groups, with an enthusiastic and diverse group of young people in regular attendance. Currently there is a split session for school years 7 and 8s, and a later session for years 9,10 & 11 plus. Attendance figures are regularly between a minimum of 30 and up to 50 young people across both sessions each week. Friday sessions provide a safe and supportive place for young people to meet with friends, engage with activities and access advice and guidance from youth workers when needed.

The young people that attend come from many different walks of life, varying friendship groups, and we have also seen an increase in members from the LGBTQ+ community. This provides an opportunity for young people to mix with others that they may perceive as different to themselves and bond over activities. This environment also provides a good foundation for discussion and debate within the group.

We are currently surveying our members to find out what topics they would like in future sessions, and advice over the next year, with focused sessions planned on healthy relationships, managing friendships and conflict, employability, finance and budgeting, sexual health, drugs and alcohol awareness, online safety and building confidence.

Two of our youth workers are also due to complete a training module with the Eddystone Trust in September, which will also enable us to become a C-Card partner to provide further sexual health advice, free contraception, and signposting to those aged 13 and above.

Over the last year we have had several new members join with additional learning needs and complex mental health issues. It has been great to see these young people find a space they feel comfortable being themselves, and to witness the group form strong friendships with these new members that have previously felt quite isolated.

Summer Programme

All activities were well attended and some over subscribed, with reserve lists. Trips were made possible by the yearly commitment from the volunteers at Country Bus who give their time to drive minibuses and the donations/funding received throughout the year.

'Charlie's Voyage' 5 day sailing residential

Following last year's sailing residential we have again taken 8 young people on an experience they will not forget! Guided by the Skipper and the Skipper's mate we had a fantastic time and came away with certificates.

Last year's trip and this one has been fundamental in shaping the future of two young people, JA who has now started studying adventurous activities at Dutchy and TC, who has been on another voyage with the island trust which he organized himself.

We had two young people who were very anxious and didn't believe they could do the 5 days. They pushed themselves out of their comfort zones and had a great time.

Tavy Trails Jam 2022

The Trails have had a lot of maintenance carried out this year. A crew of dig volunteers worked during the weekends for months to revive the trails and get them back to good working order. This was done in time for our 10th year Trails Jam, which took place on July 23rd.

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

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.

The charity does not make grants or make investments.

Volunteers make an important contribution to our Youth Sessions, supporting Youth Workers and, especially, tutors in the Zephyr Music sessions. Other organisations that use the facility depend on volunteers and they are an increasingly important resource as we expand our provision.

Developing our volunteers is a key aim and target for our work.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The biggest success has been in developing our work to support young people with issues affecting their mental health. See the full report above.

Additional appointments have created a team approach to our work which also has the effect of making the organisation more dynamic. It has made the New Tavistock Youth Café a much more extensive operation that has considerably more capacity to support young people in this area.

We have also managed to keep the Youth Café on a sound financial footing.

Section E

Financial review

Brief statement of the charity's policy on reserves

The New Tavistock Youth Café aims to hold at least £20,000 in reserve at any one time.

Details of any funds materially in deficit

None

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 Charity is dependent on fund raising and has no guaranteed funding in any one year. We have been successful in achieving funding from Space (formerly the Devon Youth Service) from the Law Foundation, the Primary Care Network, UK Youth and other smaller groups and funds.

Our current financial position is sound, however, the Trustees recognize that success with bids for grants and our own fundraising is crucial in the longer term.

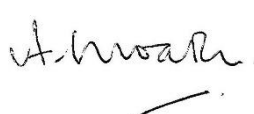
Section F Other optional information

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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)	Alan Wroath	
Position (eg Secretary, Chair, etc)	Chair	
Date	14.12.2022	

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2021	To	Period end date 31/03/2022
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Section A Receipts and payments

Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
GRANTS	48,690	22,745		71,435	46,990
DONATIONS	24,501			24,501	11,367
OTHER	1,595			1,595	118
YOUTH WORKER TIME	38,100			38,100	14,155
TRIPS	481			481	-
FUNDRAISING	312			312	-
RENT + EQUIPMENT HIRE	290			290	-
	-	-	-	-	-
Sub total (Gross income for AR)	113,978	22,745	-	136,722	72,630
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	113,978	22,745	-	136,722	72,630
A3 Payments					
TRIPS	-	6,111		6,111	988
ACTIVITIES	4,645	3,571		8,217	1,914
FUNDRAISING	1,126			1,126	-
OVERHEADS	16,556	4,811		21,367	52,444
PAYROLL COSTS (Previously in OH)	47,021	11,872		58,893	-
OTHER	-	-	-	-	280
Sub total	69,349	26,365	-	95,713	55,626
A4 Asset and investment purchases, (see table)					
Equipment	480				2,722
	-	-	-	-	-
Sub total	480	-	-	-	2,722
Total payments	69,828	26,365	-	96,193	58,348
Net of receipts/payments	44,149	-	3,620	40,529	14,282
A5 Transfers between funds					
	22,918	3,620		26,538	12,256
A6 Cash funds last year end	67,067	-	-	67,067	26,538
Cash funds this year end					

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

[illegible]



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
New Tavistock Youth Cafe

On accounts for the year
ended

31 March 2022

Charity no
(if any)

1164173

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022.

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:

Beverley Hughes

Date:

21/11/2022

Name:

Beverley Hughes

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

Address:

7 Trinity Close, Bere Alston, Yelverton, Devon, PL20 7BD

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.

New Stock Youth Cafe

2022

Charity No: 1154173

(if any)

I report the trustees on my examination of the accounts of the above charity (the Trust) for the year ended 31/12/2022.

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).

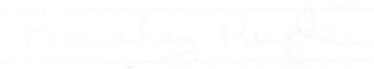
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions issued by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no matters of concern have come to my attention (other than those stated below) in connection with the examination which gives me cause to believe that in any material respect:

- the accounting records were not kept in accordance with section 120 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 proper understanding of the accounts to be reached.

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

Signature:  Date: 21/11/2022

Name: Beverley Hughes

Address: 7 Trinity Close, Berr Alston, Yelverton, Devon, PL20 7BD