



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2022		31	03	2023

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			
5	Mr Harry E O Walker	Treasurer		
6	Mr Alan Wroath	Chair		
7	Mr Frederick Neil Edward Harper			
8				
9				
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. The Trustees have resolved to remove restrictions on the number of terms trustees may serve. This reflects the commitment of the current Board, their experience and ability to move the Charity forward. Nevertheless the Trustees recognise the need for succession-planning and are in the process of appointing new 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 the 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.

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 2022-23

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 their home or college environment. We offer consistent support, advice and guidance with the aim of building trusting relationships with young people and being a stable part of their lives whilst they navigate their paths through poor mental health and adolescence.

The roles also involve close liaison with Tavistock College - attending Team around the Family meetings, College meetings, liaising with parents and teachers as well as helping young people to understand healthy relationships, make choices about their future careers, further education, daily life skills and coping mechanisms. Although we are able to see young people at the stage of early intervention, many of the young people we see already have complex needs and are experiencing multiple mental health issues. We are not medical professionals or counsellors, but represent a consistent adult who is not a family member or someone in authority that can help young people to feel supported in these difficult years.

Our referrals come from GPs, Tavistock College, Social Workers, Parents and Self referrals. 1-1s have increased from 20 to 30 young people seen 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. We have had over 60 referrals this year. There is a waiting list which we review every 2 months; this is managed by offering wellbeing group work sessions and 'Momentum' sessions (project work for vulnerable young people).

THANK YOU for everything that you do. You are invaluable. – Dartmoor MAT

Involvement with NHS implementation meetings:

Tavistock Youth Cafe is part of a steering group 'The Devon CC NHS Local Care Plan Children and Young People'. The aim is to join up work with other agencies, find gaps and seek funding to improve current issues with young people's poor mental health.

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)

In the last year our input has helped to inform training needs for organisations working with young people.

Past year's outcomes from LCP CYP :

- data analysis to give a view of current needs and issues that young people are facing.
- Self Harm Campaign
- New Campaign for NHS approved Apps (Orca)
- Potential Wellbeing Funding

Momentum

This group began as a response to a growing number of young people who were being educated outside school either of choice or because they were 'off-rolled'. This issue has not gone away and indeed numbers are rising significantly both locally and nationally.

Momentum was expanded into a second group to help with 'mental health' waiting list demands and to address issues where young people are at risk of exclusion or disaffection from school.

The outcomes from these sessions have been extremely rewarding,

The scheme is project based – most recently a 'Heritage Project'. An ex-policeman visited the group and fed back the following-

I was not really sure about how engaged the young people might be, so I came along with a completely open and non-judgmental mind and was blown away by their enthusiasm and the way that they engaged with me. I was really taken by surprise at their knowledge and the way that every single one of them had something positive to offer.

I am currently a chaplain in HMP Dartmoor and work with adult males who might well have not found themselves in the situation they are in if they had had the opportunities in their own adolescence which Tavistock Youth Cafe provides."

Wellbeing sessions

Sessions are termly and usually run for 6 weeks with new young people and returning young people taking part.

Having the workshops in place helps to support young people that would otherwise be sat on our waiting list. Wellbeing is offered when the referral looks appropriate for this support. Young people are pleased to take part and benefit from the activities that are offered, meeting others who are experiencing similar issues and getting to know youth workers and the TYC environment, before going on to have mentored support if necessary.

LGBTQ+

We are working weekly with young people from the LGBTQ+ community, some feel part of that community and others are more solitary and happier to be so. TYC is an inclusive space that can support and help young people. We have lively discussions that include looking at world views, being aware of sources of information coming from social media and personal interactions with others that can be offensive or upsetting.

The TYC team aims to help them navigate their way through difficult decisions/family issues and other problems they are experiencing. We have found in some of the young people we are working with that neurodivergence is also a factor.

This year The 'JustB' group took part in the preparation, planning and delivery of 'TYC at Tavi Pride'.

Zephyr Music Project

Zephyr has had a steady year, with numbers slightly down since September due to older members moving on to work and University.

We will be structuring Zephyr slightly differently going forward to encourage more young people to perform together and create bands. Jam nights and small group tuition will be on offer.

We have two new volunteers

Our collaboration with Tavistock Library to offer a monthly open mic night 'Shake The Shelves' has been working well with young people enjoying the opportunity to perform alongside other musicians and others volunteering to collect money on the door.

We are heading to Tavistock College music department to promote Zephyr.

Friday Sessions

Our open access Friday sessions run each week during term time. These sessions are delivered across two evening sessions, there is an early evening session for school years 7 & 8 and a later session for years 9, 10, & 11 +. These sessions continue to provide a safe place in the centre of the community for young people to meet on a Friday night, access youth work workers, and engage in recreational activities, group games, activities and cooking. Attendance to these sessions is typically between 30 to 50 young people per session.

We have also run workshops to discuss issues impacting young people. Youth workers have completed training with the Eddystone Trust to deliver the C-Card scheme, which means we are able to offer confidential sexual health advice, training and access to free contraception. We ran an interactive session that discussed sexual health and introduced the scheme to young people. We have also held sessions that focused on raising awareness around drugs and alcohol, and were supported with equipment to run these sessions from DYS Space. We held a debate night looking at various issues in the media and politics, and encouraged young people to formulate arguments and understand each other's differences. We also carried out group activities encouraging young people to discuss healthy relationships. We have further sessions planned this year to discuss online safety, privacy, the pros and cons of social media and the impact media can have on self esteem and body image.

During Friday sessions we have a number of young people that volunteer to support the sessions and help run activities. Some of these young people have been struggling with isolation, confidence and issues at home and have found taking on responsibility helpful in developing confidence and resilience. We have also helped young people complete their Duke of Edinburgh award with volunteering opportunities. This year a placement student from Marjon University joined our Friday team to support their learning and development.

Two youth workers from our Friday sessions have been awarded bursaries from the National Youth Agency and are currently training for their Level 2 and 3 certificates in Youth Work Practice. This learning will help to develop, shape and strengthen our session planning and delivery over the coming year. It will support our youth workers to develop a greater understanding of the principles and values of youth work, learn more about how young people develop, enhance their communication skills and encourage reflective practice.

Summer Programme

The Summer Programme aims to provide challenge and experiences for young people in this rural area who otherwise have very little access to these activities. It is subsidised in order to be inclusive and available especially for those on low income.

The Summer Programme has been absolutely amazing for my children. Without it, they wouldn't have been able to go to the places they have. They have tried new things and made great memories. The low cost is a huge help for me as a single parent and also meant that I did not have to restrict the amount of activities that they wanted to do. Parent

Tavy Trails Jam 2023

Was – despite several attempts - postponed due to wet weather which made it unsafe to ride!

Tavi Trails is now part of 'UK association of trail associations & bike parks' soon to have a better name!

Charlies Voyage 2023

Following the last 2 years sailing residentials we have again taken 8 young people on an experience they will not forget!

We sailed from Mount Batten to Whitsand Bay, Goran Haven, Fowey, and Charlestown

It was the easiest sail so far, the winds were kind to us and although some turned green no one was sick! (which is a first)

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.

Shortly after we returned I received an email from The Island Trust to explain that they were struggling and would therefore be selling 2 of their fleet of 3 boats, however, the boat left in the fleet is slightly bigger, giving the opportunity for 10 young people to sail next year.

Supporting us again this year are 'The Tavistock Wheelers Cycling Club', with a fundraiser on Sunday 19th November at TYC and another one at their AGM on 9th December. Tavistock Ladies Golf club have named us as their charity, and the Round Table will be donating too. We intend to use money raised from these community groups to contribute to 'Charlies Voyage 2024'

Funding

Funding has been harder for us recently: we are finding more pots are oversubscribed and less money is available. Nothing is definite and we are aware that although TYC is offering a unique service in this area, we cannot guarantee long term funds unless we enter into a large funding application that can take us forward over a number of years.

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.

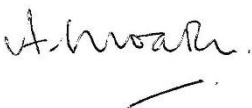
Section F Other optional information

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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	29.12.2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
New Tavistock Youth Café

No (if any)
1164173

CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2022	To	Period end date 31/03/2023
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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					
GRANTS	59,200	17,639	-	76,839	71,435
DONATIONS	5,062	1,025	-	6,087	24,501
FUNDRAISING	709	-	-	709	312
TRIPS	-	760	-	760	491
PREMISES & EQUIPMENT HIRE	450	-	-	450	290
OTHER	1,324	-	-	1,324	1,595
YOUTH WORKER TIME	-	54,485	-	54,485	38,100
		-	-	-	-
Sub total (Gross income for AR)	66,745	73,909	-	140,654	136,724
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	66,745	73,909	-	140,654	136,724
A3 Payments					
OVERHEADS	19,944	1,105	-	21,049	21,367
PAYROLL COSTS	37,419	54,485	-	91,904	58,893
ACTIVITIES	6,653	-	-	6,653	8,217
TRIPS	460	5,913	-	6,373	6,111
FUNDRAISING	324	-	-	324	1,126
CONSULTING	-	2,230	-	2,230	-
Change In Accounting Procedure	- 1,442	-	-	- 1,442	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	63,358	63,733	-	127,091	95,714
A4 Asset and investment purchases, (see table)					
Office Equipment	485	-	-	485	480
Computer Equipment	255	-	-	255	-
Sub total	740	-	-	740	480
Total payments	64,098	63,733	-	127,831	96,194
Net of receipts/(payments)	2,647	10,176	-	12,823	40,530
A5 Transfers between funds	-	2,128	-	-	-
A6 Cash funds last year end	67,067	-	-	67,067	26,538
Cash funds this year end	67,586	12,304	-	79,890	67,068

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	Bank	67,506	12,304	-
	Petty Cash	80	-	-
		-	-	-
	Total cash funds	67,586	12,304	-
	(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)
	Office Equipment	Unrestricted	4,161	-
	Computer Equipment	Unrestricted	255	-
	Plant and Machinery	Unrestricted	9,879	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE & Wages	Unrestricted	1,952	
	Accounts Payable	Unrestricted	586	
	Pensions	Unrestricted	179	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



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 2023

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 31/03/2023.

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:

Beverley Hughes

Date: 20/12/2023

Name:

Beverley Hughes

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

Address:

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

Section B**Disclosure**

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.

