



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
New Tavistock Youth Cafe

No (if any)
1164173

Receipts and payments accounts

CC16a

For the period from	Period start date 1/4/2023	To	Period end date 31/03/2024
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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	57,900	31,568	-	89,468	76,839
DONATIONS	4,864	3,089	-	7,952	6,087
FUNDRAISING	119	-	-	119	709
TRIPS	186	663	-	848	760
PREMISES & EQUIPMENT HIRE	50	-	-	50	450
OTHER	1,361	-	-	1,361	1,324
YOUTH WORKER SERVICES	-	57,061	-	57,061	54,485
	-	-	-	-	-
Sub total (Gross income for AR)	64,479	92,380	-	156,859	140,654
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	64,479	92,380	-	156,859	140,654
A3 Payments					
OVERHEADS	20,530	426	-	20,956	21,049
PAYROLL COSTS	28,328	75,078	-	103,406	91,904
ACTIVITIES	5,320	8,606	-	13,925	6,653
TRIPS	150	5,666	-	5,816	6,373
FUNDRAISING	283	-	-	283	324
CONSULTING	-	2,000	-	2,000	2,230
Change In Accounting Procedure	-	-	-	-	1,442
	-	-	-	-	-
	-	-	-	-	-
Sub total	54,611	91,776	-	146,386	127,091
A4 Asset and investment purchases, (see table)					
OFFICE EQUIPMENT	-	-	-	-	485
COMPUTER EQUIPMENT	-	-	-	-	255
Sub total	-	-	-	-	740
Total payments	54,611	91,776	-	146,386	127,831
Net of receipts/(payments)	9,868	604	-	10,472	12,823
A5 Transfers between funds	-	4,245	-	-	-
A6 Cash funds last year end	67,586	12,304	-	79,890	67,067
Cash funds this year end	73,209	17,153	-	90,362	79,890

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	72,542	17,153	-
	Petty Cash	667	-	-
		-	-	-
	Total cash funds	73,209	17,153	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

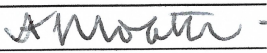
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office Equipment	Unrestricted funds	4,161	-
	Computer Equipment	Unrestricted funds	255	-
	Plant and Machinery	Unrestricted funds	9,879	-
			-	-
			-	-
			-	-
			-	-
			-	-

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

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

Signature	Print Name	Date of approval
	A. WROATH	20.12.24



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 2024

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 31/03/2024.

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:

02/12/2024

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.



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2023		31	03	2024

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	Dr Peter Rodgers			
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.

Over the last year we have progressed with newsletters and impact reports to share what we are doing. Our website is updated and our social media presence is helping to keep young people informed.

Funding and support from external organizations have enabled us to have a full year of project work and our most ambitious Summer programme so far.

Drop in sessions for all young people from 11 to 19

Zephyr Music Project

It's been a fun year at Zephyr, we have seen an increase in young people practising as bands, and wanting to use the music room as a practice space. There has been a steady number of young people attending, usually around 15; we have been able to offer them guitars to borrow during the week, whilst they are getting to grips with the instruments. We have a new volunteer guitar tutor who has made the high demand for guitar lessons a little easier to deal with. We are still without a drum instructor, but have a year 8 member who has been helping to teach her peers who have little experience.

We helped the new members to get a slot at Tavistock Fringe, a big Community event, where there were solo performances and an acoustic set from Zephyr members.

The collaboration with Tavistock library 'Shake The Shelves' continued. TYC is still being used by local bands for practice when it is available.

Fridays

Open access Friday evening sessions continue to run every week during term time. These sessions are delivered across two groups for school years 7 & 8, and a later session for school years 9,10 & 11+.

The sessions continue to provide young people a safe, vibrant and fun-filled space to meet with friends on a Friday evening, and to engage in activities, games, workshops and cooking exercises. The sessions also provide a great opportunity for relationship building between youth workers and a large number of young people, which has helped to build our presence and trust with young people in the community. Each session is run by three youth workers from whom young people are able to access support as well as several youth volunteers that support sessions with the younger age group.

Attendance at sessions has been between 35 and 50 young people. We have seen a large influx of energetic and enthusiastic Year 7's joining the sessions, with lots of positive feedback from them about the sessions. There is a great opportunity to work with and develop this group of young people over the coming years, and to involve them with some of the wider TYC activities in the community.

Over the past year we have also been focusing on running more information workshops and discussions with young people around important topics and issues, encouraging

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)

young people to share their views, as well as understanding the views of others. We have explored discrimination, discussing what discrimination is, where and how someone might experience discrimination, and exploring stereotypes, prejudices and stigma.

Following the riots in the UK earlier this year, we also looked at why the rioting had started, and the misinformation that had circulated online that had fueled far-right protests. We discussed young people's views of the riots, and experiences of far-right extremism on social media.

Other topics this year have included online privacy, healthy relationships, vaping, alcohol awareness, sugar and nutrition. We also have sessions planned over the coming months on anxiety, mental health and sexual health.

Daytime sessions for young people who have been referred to us for issues related to mental health

MOMENTUM

Momentum sessions are an open ended offer for young people who are home educated (but not necessarily following a curriculum), on reduced timetables or struggling to get through a college week. Some of the young people we work with are vulnerable, neuro divergent or have low confidence and anxiety. Momentum was set up in 2018 and in October 2022 we started a second group. This has given more young people the opportunity to take part in projects that are designed to get them out into nature, build personal, mental and physical resilience, build confidence, develop skills and progress either back into full time education or on to further education courses.

Our group sizes are restricted to 8 young people, we have found that smaller groups benefit from youth worker time, transport is easier and group dynamics easier to navigate.

Wellbeing

This year we have been delivering wellbeing sessions on Friday afternoons for young people referred to us as experiencing mental health issues with funding from TAMARA Activities have included foraging, campfire cooking, wood working, whittling and a number of art workshops; working with dyes, clay, painting and more.

The young people have got stuck into every single activity from cutting down trees to making clay gargoyles! Through wellbeing, friendships have been made and some young people have felt confident enough to attend Friday night sessions and Zephyr too. We have revisited Freddie's Fibre Friends which provides fantastic opportunities for young people to learn crafting techniques whilst being immersed in nature.

We have had a few returning young people as they are really benefiting from having a place on the wellbeing sessions - the young people and their parents tell us that they are very appreciative of the work that we do at TYC. We have small groups of young people in our wellbeing sessions; this benefits them as they are often experiencing anxiety and struggle to meet new friends. If they are identified as needing more time we will invite some of the same young people to attend on more than one project and as well as inviting new young people from our referral waiting list.

We have worked with 32 Momentum students and 29 Wellbeing students, giving a total of 61 Young people benefiting from group work

1-1 Mentoring

1-1 mentoring continues to do well, we have 3 paid and 1 volunteer mentor.

Our referral forms can be found on our website, and we have referrals coming in from parents, GPs, College Heads of House and inclusion officers, CAHMS, social workers and self referrals.

Some of the challenges seen over the year are: angry behaviours, disruption in college, toxic friendships/relationships, disruptive family environment, drug misuse, disordered

eating, anxiety, insomnia, self harm, suicide ideations. A number of these young people are on waiting lists for Educational Health Care Plans (EHCP), Autism and ADHD, and other neurodivergence. Cuts in spending on mental health, along with Covid lockdowns exaggerating changing behaviours in young people and the constant bombardment of social media in their lives makes today's world a difficult place to navigate.

We meet with young people once a week and in that time we walk and talk, giving them a space to say as little or as much as they want too, and giving the mentors an opportunity to support them. We do not have a time limit, the offer of mentoring is open ended up until a young person turns 19. Because of this we are able to establish relationships and build trust. Some young people will only need a mentor for a few months, others a few years.

Last year we have mentored 51 Young people

Summer Program

This Summer was our biggest yet! We added in a **Mural Club**, **Football sessions**, and an **overnight camp-out** to our 7 Summer trips, BMX Trails Jam (organised and hosted by TYC), Carnival group, Sumo for Fun Day, Tavistock Fringe festival, and Tavistock Pride stand and our 5 day sailing residential. Summer was non stop, but TYC offered young people in Tavistock and the rural area plenty of affordable or free activities over the Summer holidays

Most of the summer trips were funded by 'People Postcode Lottery Trust', with extra funds from community groups: Travel was gifted to us by Tavistock Country Bus and volunteer drivers

Tavi Skate

TYC Skate Park steering group 'Tavi Skate' have been working for two years to prove the need for a concrete skatepark (multi use wheeled sport area) to replace the existing mental ramps.

We have been collecting data through in house surveys, visiting community events and Tavistock College. The information has been acknowledged as a key project in the neighbourhood development plan. It has been an enormous effort to get the plan written, and we are hoping that we will soon get the go ahead to get it out to skate companies.

Community organisations that we work with -

Shake The Shelves: Tavistock Library

Summer programme: Tavistock Country Bus

Funday in the meadows/Fireworks: Tavistock Lions Club

Abbots Way Walk: Tavistock and District Outdoor Education Forum

Planning for future Awards for All project: Tavistock Memory Cafe and Dementia care

Mural Club: Tavistock AFC

Tavistock Fringe: Zephyr PA and bands

Sharing information and support: The Family Hub (Previously Childrens Centre)

Tavistock Wheelers Cycling Club: Coffee and cake fundraisers

Tavistock Health and Wellbeing Alliance

The Council for Voluntary Service (CVS)

VOYC Devon (Voluntary Organisations for Young People and Children)

Tavistock Lions – Young Ambassadors

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.

We are proud of our 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

Financial Reserves Policy

New Tavistock Youth Cafe has this policy to ensure the charity has enough unrestricted funds to continue its operations and to act as an early warning system in the event that the unrestricted reserves become too low.

Current Account Balance

In order to ensure there are enough funds in the charity accounts in general, the manager should notify the treasurer and the chairman if the funds in the current account dip below an amount equal to 6 months' worth of expenditure based on the most recent filed accounts with the Charities Commission. The manager should further notify the treasurer and chairman if the funds dip below 3 months' worth of expenditure and an assessment should be made of what funds are restricted and unrestricted.

If the chairman and treasurer have been notified that the bank balance has dipped below the 6 month reserve, they should seek further funding as a matter of urgency.

If the chairman and treasurer have been notified that the bank balance has dipped below the 3 month reserve, they must take decisive action to

increase the income or decrease the expenditure of New Tavistock Youth Café until the bank balance has risen back above the 3 month reserve.

If the funds in the current account dip below 1 months' worth of expenditure, the operations of New Tavistock Youth Café must be immediately stopped, and an emergency meeting of the Trustees is to be called. An assessment should be made as to whether New Tavistock Youth Café will continue or if it must permanently close.

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, Awards for All, 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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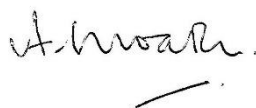
Section G

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

22.12.2024