



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2024		31	03	2025

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	Mr Frederick Neil Edward Harper			
5	Dr Jon Ord			
6	Dr Peter Rodgers			
7	Mr Harry E O Walker	Treasurer		
8	Mr Alan Wroath	Chair		
9	Mr Colin Alexander MacKenie		6 th November 2024	
10				
11				
12				
13				
14				
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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 have appointed two 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.

20th Anniversary Celebrations

This year we proudly celebrated 20 years of Tavistock Youth Cafe.
In the beginning there was a group of young people who felt they had nothing to do in Tavistock and wanted a safe space where they and their peers could meet.
A youth council was formed and Tavistock Youth Cafe was formed as a limited company in partnership with Devon Youth Service in 2005 in a portacabin in Pixon lane.
As it developed and young people took ownership it started to grow, the Zephyr Music project was added, trips, a girls' group, Tavistock Adventure Forum made it their base and we were able to get young people involved in outdoor activities funded by Devon Youth Service. We worked in collaboration with the outdoor education Forum and Devon Youth Service and offered an annual two night residential at a Dartmoor Camp.

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)

2013 was a rocky time for us. Devon Youth Service began closing youth centres and terminated the partnership. The portacabin was rotting from the base up and we no longer had a base. Tavistock Youth Cafe had to make a decision to let all the good work disappear or go it alone and become a charity in our own right.

With the hard work and support of the trustees we became a charity in 2015; with the support of the community, we raised enough money to take on and equip a new Industrial Unit, and re-create the New Tavistock Youth Cafe making it bigger and better than we could ever have imagined!

The Youth Cafe offers much more than a youth club, it has community links, collaboration, networking at the heart of everything. Young People still lead the programs and help to shape the content that we deliver. We continue to recognise the value of music, trips, residential and outdoor activities that push young people mentally and physically, with the aim of building confidence in themselves and their abilities. We have a team of six Youth Workers, adult volunteers, and young volunteers. We have weekly programs for Well-Being groups, a Momentum Group that focuses on barriers to learning, young carers, children in care, and home-educated; there are Friday drop in sessions, the Zephyr Music project, Cultural Affairs sessions, trips, residencies, community events, TaviSkate, opportunities for Higher Education students to have placements and young volunteers.

Drop in Sessions

Zephyr Project

The Zephyr Project continues to provide guitar and drum tuition for young people aged 11–19. We have a steady group of around 15 young people attending each week. Most are learning guitar or bass, but we also offer the use of the drum kit and keyboards for self-led lessons.

This year we've seen an increase in young bands forming and using the music room for practice. The Zephyr Project is now preparing for its **first band night since 2023**, a really exciting event for everyone involved.

We've also welcomed some **new volunteers** to the team.

Fridays

Attendance at the Friday evening open access sessions has continued to grow, with between 40 and 55 young people attending each week. This increase has been supported by promotional work at Tavistock College with the new Year 7 cohort, as well as positive word of mouth, with many new younger members returning each week and bringing friends along. The sessions remain a vibrant, busy and welcoming space for young people across the age groups, offering activities, games, cooking and baking, alongside opportunities for informal learning and relationship building with youth workers.

This year we have also strengthened our young volunteer involvement, with four young people now supporting the earlier session on a rota basis, helping run activities and supporting younger members. We completed training sessions with our volunteers, looking at some of the values and principles of youth work and communication skills. Alongside activities, we have continued to develop and deliver more topic-based workshops throughout the year. We designed a four-week mental health programme in consultation with young people. Anonymous surveys identified confidence, self-esteem, body image, anxiety, and low mood as the issues young people were most concerned about and wanted further information and resources on. The programme explored these topics in depth, looking at helpful and unhelpful coping strategies for managing anxiety and low mood. We also examined appearance ideals and pressures, where these ideals originate and the impact of media and social media. Young people explored how online images can be edited or manipulated, and began to discuss ways of challenging societal expectations around appearance.

Other sessions delivered this year have included basic first aid and developing cultural awareness through a range of cooking, games and quizzes. We have discussed current affairs including immigration and refugees in the UK, encouraging young people to think critically about statistics, narratives and misinformation. Healthy relationships have continued to be a focus, and we also ran a session with our older age groups looking at the online safety bill, risks associated with adult material online and the potential impact it can have on young people's perceptions and expectations around sex.

We also had two external visitors to sessions, with Jo Loosemore from BBC Radio Devon coming to interview and capture young people's voices from our sessions, as well as our local MP coming to speak with young people and learn more about the Youth Cafe.

At times, balancing a lively open access environment with deeper exploration of complex topics can be challenging. We are also seeing a more complex political and social landscape for young people to navigate, with people becoming more polarised around issues and an ever increasing amount of social media content for young people to make sense of. To support this work further, we have begun piloting a dedicated discussion based session called "Our World Our Voice." The aim of this session is to develop young people's understanding of the world around them, supporting them to explore and debate current events, think critically about information in the media and online, and build awareness of the risks of misinformation and how to identify credible sources. We have completed two introductory sessions with some really meaningful engagement from young people. These sessions will initially run monthly with the scope to build on this over the year ahead.

Daytime sessions for young people referred to us

MOMENTUM

Momentum sessions are an open ended offer for young people who are home educated (but 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 eight young people, we have found that smaller groups benefit from youth worker time, transport is easier and group dynamics easier to navigate.

Momentum projects:

In November 2024 with POCA funding (Proceeds of crime) we took young people to the Climbing barn for bouldering and instructor-led climbing. Vicki was invited to BBC Radio Devon to talk about TYC and the funding we had received, Radio Devon community team recorded young people's voices from five different project

We also had a visit from Sgt Ottley and the BBC Spotlight team during a Momentum session.

In December we received a full year of Sport England funding for physical activities - 'The Movement fund'. this gave us a fantastic opportunity to revisit some of the activities that had been popular in the past and try some new ones. We wrapped these around our 'Memories in Motion' Project - a collaborative intergenerational project with Tavistock Memory Café and Greenwood Music which was funded by The National Lottery Awards for All for 2 years.

So 2025 was a good year for Momentum funding and we made the most of it.....

Plans for Next Year include:

Stop-frame animation workshops at TYC

Heritage project with archaeological team and Simon Dell

Memories in Motion – Part 2 with Tavistock Memory Café

Wellbeing

Our wellbeing sessions continue to have a positive impact on the emotional wellbeing of our young people. They provide a safe and supportive space where young people can grow in confidence, develop life skills and build meaningful connections with nature, with themselves and with others.

Here is the story of one young person, who was referred to us by his school earlier this year. His referral notes painted a very negative picture, Through the wellbeing sessions, he started to come out of his shell, to trust and to believe in himself. He is continuing to attend more sessions with us due to the positive impact they are having on his school and home life.

A few weeks ago, his college got in touch to tell me how much progress he's made. He told me himself that school feels a bit easier now and he hasn't had a detention in weeks. In his own words: *"The wellbeing sessions made me feel happy and relaxed, as it was very calm."*

Stories like this remind us why this work matters because when young people are given the space to be heard, supported and valued, they truly thrive.

On other occasions we are reminded that growth often happens quietly in small acts of courage, in gentle encouragement and in the safety of being seen and supported.

Our wellbeing sessions are not just activities; they are opportunities for young people to rediscover their confidence, their joy and their belief in themselves.

Some of the young people have felt confident to attend other sessions like Momentum

1-1 Mentoring

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

We have referrals coming in from parents, GPs, Colleges, CAHMS, social workers and self-referrals. Some of the challenges we've seen over the year are: School refusal, disruption in college, toxic friendships/relationships, disruptive family environment, drug misuse, disordered eating, anxiety, insomnia, self harm, suicide ideations. This has not varied from the previous year. We have seen a decrease in trans young people being referred to us with poor mental health and we have a decreased number in our open access sessions.

Some of the young people we work with are on waiting lists for Educational Health Care Plans (EHCP), assessments for Autism, ADHD, and other neurodivergent disorders. Today's world is a difficult place for young people 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 to, 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.

Summer Trips:

Funding for Summer day trips this year came mainly from unreserved funds ie: donations and in house fund raising.

Tavistock Lions, Tavistock Wheelers, The Mayor 'Paul Ward' who made us his charity, and two grants from The WAKE fund contributed to 'Charlies Voyage' 5 day sailing residential for eight young people.

Travel was gifted to us by Tavistock Country Bus and their volunteer drivers

Summer Residentials:

Overnight Camp out at Caradon Woods, funded by Greenwood music
5 day Sailing Residential 'Charlies Voyage'

Winter Treats

Our first ever Winter program of activities and trips funded by Devon Community grant 'Things to Do, Places to Go'. This year we are able to offer trips and activities to help young people relieve boredom and isolation in the winter holidays. We have put together a diverse program which will help with socialising, cost of living, and isolation, all trips are free:

TaviSkate

'TaviSkate CIC' - the main purpose is to raise £200,000 towards a £300,000 concrete Skate Park, also known as a Multi use wheeled sports area (MUWSA) for Tavistock. We are now heading towards the launching of our crowd funder.

Since Nov 2024 TaviSkate -

- Has worked alongside Tavistock Council to put out a tender and secured CANVAS Skateparks as the Skate company who will build the new concrete skatepark
- Became a Community Interest Company
- Held public Consultations regarding the design of the new skatepark
- Delivered two trips for marginalised groups of young to a coached indoor skate park
- Has nearly finished a crowdfunder short film

TikTok

Along with our Instagram and Facebook we now have a TikTok account which has given us more followers. We hope this will creatively inform young people about what is on offer and give young people a platform.

TYC Collaborative Working since October 2024

Summer program: Tavistock Country Bus

Funday in the meadows/Fireworks: Tavistock Lions Club

Abbots Way Walk pasty distribution: Tavistock and District Outdoor Education Forum

Awards for All project: Tavistock Memory Cafe and Dementia care and Greenwood Music

Tavistock Fringe: Zephyr PA and bands

Sharing information and support: Tavistock College and The Family Hub (Previously Children's Centre)
TaviSkate and Tavistock Town Council
Planning for Momentum and Wellbeing 2026 'Tavistock Heritage Trust'
Marjon Placement Student

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 six 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 three 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 six 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 three 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 three month reserve.

If the funds in the current account dip below one 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 AL Philanthropies, the Primary Care Network, Awards for All, Sport England 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.

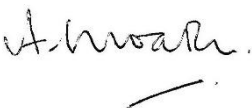
Section F Other optional information

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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	13/01/2026	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name New Tavistock Youth Cafe	No (if any) 1164173
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Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/24	To	Period end date 31/03/25
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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	56,268	43,226	-	99,494	89,468
DONATIONS	1,321	3,102	-	4,423	7,952
FUNDRAISING	288	484	-	771	119
TRIPS	144	743	-	886	848
PREMISES & EQUIPMENT HIRE	220	-	-	220	50
OTHER	1,113	-	-	1,113	1,361
YOUTH WORKER SERVICES	1,281	59,746	-	61,027	57,061
	-	-	-	-	-
Sub total (Gross income for AR)	60,635	107,300	-	167,935	156,859
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	60,635	107,300	-	167,935	156,859
A3 Payments					
OVERHEADS	20,629	6,153	-	26,781	20,956
PAYROLL COSTS	21,509	79,836	-	101,346	103,406
ACTIVITIES	4,105	5,322	-	9,427	13,925
TRIPS	24	5,985	-	6,009	5,816
FUNDRAISING	669	-	-	669	283
CONSULTING	-	-	-	-	2,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	46,936	97,296	-	144,232	146,386
A4 Asset and investment purchases, (see table)					
COMPUTER EQUIPMENT	349	-	-	349	-
	-	-	-	-	-
Sub total	349	-	-	349	-
Total payments	47,285	97,296	-	144,581	146,386
Net of receipts/(payments)	13,350	10,004	-	23,354	10,473
A5 Transfers between funds	- 7,340	7,340	-	-	-
A6 Cash funds last year end	73,209	17,153	-	90,362	79,890
Cash funds this year end	79,219	34,497	-	113,716	90,363

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	79,198	34,497	-
	Petty Cash	21	-	-
		-	-	-
	Total cash funds	79,219	34,497	-
	(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 funds	4,161	-
	Computer Equipment	Unrestricted funds	604	-
	Plant and Machinery	Unrestricted funds	9,879	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
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 2025

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 31/03/2025.

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:

18/12/2025

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.