



Café Neuro York
A Charity Incorporated Organisation (CIO)

Trustees' Annual Report

1 April 2022 - 31 March 2023

Charity number: 1188805

The Trustees are pleased to present their annual report along with financial statements of the charity for the year ending 31 March 2023.

Chair's report

We are now into our third year as a charity and continue to build follow the Covid restrictions and pause in our face-to-face cafés. This year we have been delighted to restart our evening cafés to run monthly alongside the daytime cafés, both at the Folk Hall in New Earswick. Our evening cafés restarted in May 2022 on the first Wednesday of each month. We have tried to have a focus for our evening cafés, these have included games nights, Bingo and making Christmas decorations as well as peer support and social evenings.

In February 2022, we were successful in our application to Joseph Rowntree Housing Trust York Committee for funding to recruit a part time worker and fund our evening cafés at the Folk Hall among other plans. We received the grant in April, restarted our evening cafés in May and began the process of recruiting a worker to support the development of the cafés and to build awareness of what we do and a mailing list to help us share updates.

Our new worker, Ruth Batty, started in August 2022. Unfortunately, Ruth had to resign the role in December 2022 due to ill health. She had started to build us a good contact database and had been working hard to get information out about Café Neuro York.

The trustees reviewed our plans at that stage and decided, with the agreement of Joseph Rowntree Housing Trust York Committee, to use the remaining resources on developing promotional materials and holding an event to promote our work, rather than try to recruit someone for a limited time to continue the work that Ruth Batty had started.

Our trustees have continued to build our contacts and stay in touch, and we are now planning for an event in September 2023 to help further raise our profile.

Thanks to Ruth Batty's work, we have welcomed a number of new people to the cafés and continue to spread the work to encourage others to attend.

Diana Toseland
Café Neuro York Chair

Objectives and activities

The object of Café Neuro York is:

The relief of people in need by reason of long term neurological condition or related disadvantage in York and surrounding areas by providing and assisting in the provision of facilities for social inclusion, engagement, wellbeing, learning, peer support and creativity.

The vision that shapes our work is to provide opportunities for peer support for people with and affected by neurological conditions in York and the surrounding area to get peer support through organising safe social spaces (cafes) where people can meet, socialise and gain information about services and support available to them. We aim to develop further opportunities, including providing further activities and opportunities for peer support as the charity develops.

Our activities in the period can be divided into two categories: developing our charity and providing peer support. We were delighted to move to face-to-face for two cafés a month, ending our online socials.

Developing the charity

The trustees continue to meet regularly to ensure the charity is running effectively. We focused on using our Joseph Rowntree Housing Trust York Committee grant funding to recruit a worker to help us build café attendance and spread the word about our work.

As above, we were disappointed that our worker had to resign the role due to ill health in December 2022, but that has enabled us to look at a different approach to promote Café Neuro York. We are using the remaining funding to develop some promotional materials and run an awareness event. The event is scheduled for September 2023 to be held as an afternoon tea at the Folk Hall.

We also identified and sourced insurance for the café to cover all our activities. In the year we also recruited three new trustees and said goodbye to two trustees who left for personal reasons.

Peer support

We ran face-to-face cafés on the third Friday of each month from 11.30am – 1pm and our evening cafés on the first Wednesday of each month from 6 – 7.30pm starting in May. Numbers of attendees are increasing and we are delighted that 10 new people have joined us over the year.

Financial Review

Unrestricted income	Total	Total	Total
	2022- 2023	2021 – 2022	2020 - 2021
Carry forward	£1,141.16	£1,019.42	£0
Donations	£5.13	£121.74	£1,019.42
Restricted income			
Joseph Rowntree grant	£4,139	£0	£0
Total income	£5,285.29	£1,141.16	£1,019.42
Unrestricted expenditure	Total	Total	Total
	2022 -2023	2021-2022	2020 - 2021
Insurance	£235.89*	£0	£0
Restricted expenditure			
Folk Hall room hire and refreshments for evening cafés	£295.00		
Recruitment and worker hire costs	£74.20		
Ruth Batty payments for work	£2,117.65		
DBS registration fee	£24.00		
Folk Hall room hire for September event	£88.75		
Total restricted expenditure	£2,599.60		
Total expenditure	£2,835.49		
Total assets	£2,449.80	£1,141.16	£1019.42

Note: The organisation does not currently have any employees or have other assets, so trustees do not see a need to hold any reserves currently. This is reviewed on a regular basis.

*The insurance costs included cover 2021 – 22 and 2022 – 23 as the invoice for the latter was paid before the end of March 2023.

Structure, Governance and Management

Café Neuro York is a Charitable Incorporated Organisation (CIO) established on 30 March 2020 and governed by a constitution of a CIO (Foundation Model).

Charity number: 1188805

Charity address: C/O Sintons LLP, 14 Tower House Business Centre, Fishergate, York, YO10 4UA.

Charity website: www.cafeneuroyork.org.uk

Trustees

Trustees are appointed in line with our constitution, and we have a minimum of three trustees and a maximum of eight (we currently have six). Trustees would normally serve a term of three years, but at establishment, different terms were agreed for the founding trustees, with two trustees appointed for one year.

Trustees are:

Diana Toseland	Chair	
Ruth Stockdale	Treasurer	
Charlotte Foxton		Stepped down in March 2023
Amelie Trickett		Appointed in October 2021
Alan Ball		Stepped down in March 2023
Kate Nicklin		Appointed in July 2022
David King		Appointed in March 2023
Penney Mayall		Appointed in March 2023

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of Café Neuro York's trustees

Signature(s)		
Full name(s)	Diana Toseland	
Position (eg Secretary, Chair, etc)	Chair	
Date	28 th August 2023	