



**Café Neuro York**  
A Charity Incorporated Organisation (CIO)

**Trustees' Annual Report**

1 April 2023 - 31 March 2024

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 2024.

**Chair's report**

We are now into our fourth year as a charity and have seen significant progress this year thanks to our grant funding from Joseph Rowntree Housing Trust (JRHT) York Committee.

This meant we recruited a freelance worker to support us with promotion and building our presence with appropriate organisations during 2022 and 2023. Our freelance worker gave us a great foundation to achieve this, but, due to ill health, was not able to fulfil their contract and left in 2023.

Rather than recruiting another freelance worker, the trustees agreed to use the remaining funding (in agreement with JRHT York Committee) to run an awareness event in September 2023.

We recruited a different freelance worker to support the event and, along with the trustees and contacts built by the original freelance workers, invited more than 50 organisations and individuals to join us at the New Earswick Folk Hall for afternoon tea and to meet some of our trustees and cafe attendees in September 2023.

The event was extremely successful, and with features in York Press, helped raise the profile of Café Neuro York. This has led us to regularly see more than 20 people attending the day time cafe and between five and 12 people attending the evening cafes. It is exactly what we were hoping for when we applied for the funding and recruited our first freelance worker.

In 2024 we have continued to consolidate that work to attract new people to the cafes and have started to think about the future and our next steps.

Diana Toseland  
Café Neuro York Chair  
Café Neuro York Annual report 2023 - 2024  
Charity number: 1188805

## **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 met four times during 2023 – 2024, focusing on the next steps for the JRHT York Committee funding and developing the cafes.

All trustees were delighted by the event and the progress as a result of that and associated publicity and contacts.

In the year we also recruited one new trustees and said goodbye to one trustee 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 apart from January. Numbers of attendees are increasing and we are delighted that the day time cafes were regularly attracting 15 – 20 people by the end of the year and the evening cafes were starting to rebuild with between five and 12 people attending by the end of the year.

## Financial Review

<b>Unrestricted income</b>	<b>Total 2023 - 2024</b>	<b>Total 2022- 2023</b>	<b>Total 2021 – 2022</b>	<b>Total 2020 - 2021</b>
Carry forward	£910.40	£1,141.16	£1,019.42	£0
Donations	£125.58	£5.13	£121.74	£1,019.42
<b>Restricted income</b>				
Joseph Rowntree grant	£1539.40	£4,139	£0	£0
<b>Total income</b>	<b>£2,575.38</b>	<b>£5,285.29</b>	<b>£1,141.16</b>	<b>£1,019.42</b>
<b>Unrestricted expenditure</b>		<b>Total 2022 -2023</b>	<b>Total 2021-2022</b>	<b>Total 2020 - 2021</b>
Insurance	£136.99	£235.89*	£0	£0
<b>Restricted expenditure</b>				
Folk Hall room hire and refreshments for evening cafés	£872.50^	£295.00		
Recruitment and worker hire costs		£74.20		
Freelance worker payments	£510	£2,117.65		
DBS registration fee		£24.00		
Folk Hall room hire for September event		£88.75		
Stall at YOPA event	£15			
<b>Total restricted expenditure</b>	<b>£1397.50</b>	<b>£2,599.60</b>		
<b>Total expenditure</b>	<b>£1,534.49</b>	<b>£2,835.49</b>		

**Total assets**      £1,040.89      £2,449.80      £1,141.16      £1019.42

**Note:** The organisation does not 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.

^ Includes refreshments for the awareness event in September 2023.

Café Neuro York Annual report 2023 – 2024

Charity number: 1188805

## 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](http://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 five). Trustees would normally serve a term of three years, but at establishment, different terms were agreed for the founding trustees, with the chair appointed for four years. Trustees are also encouraged to agree their terms if different from three years.

Trustees are:

Diana Toseland	Chair	Appointed March 2020 for 4 years
Ruth Stockdale	Treasurer	Reappointed March 2023 for 2 years
Amelie Trickett		Appointed in October 2021
Kate Nicklin		Stepped down in August 2022
David King		Appointed in March 2023
Penney Mayall		Appointed in March 2023
Hannah Bevan		Appointed in November 2023

### Declarations

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

Signed on behalf of Café Neuro York's trustees

Signature(s)

Diana Toseland

Full name(s)

Diana Toseland

Position (eg Secretary,  
Chair, etc)

Chair

Date

14/11/2024



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Signed on behalf of Café Neuro York's trustees

Signature(s)	Diana Toseland	
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Full name(s)	Diana Toseland	
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Position (eg Secretary, Chair, etc)	Chair	
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Date	14/11/2024
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