



Café Neuro York
A Charity Incorporated Organisation (CIO)

Trustees' Annual Report

1 April 2024 - 31 March 2025

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 2025.

Chair's report

We are now into our fifth year as a charity and have again seen significant progress this year thanks to the continued work of our trustees and attendees.

We were able to build on the work completed, including the relaunch event in September 2023. We have been able to build up the numbers of people attending and mostly have between fifteen and twenty at each café. With increased numbers of people attending the café's, we can now look at further developments including making the charity more sustainable in the future.

Over the past year we have started fundraising including applying for grants which has been successful. Within this financial year, although we have been successful with the grant the money is not yet reached the bank this will occur in the next financial year. We applied to the Purey Cust fund, and Feoffees of which both were successful. We have also received sponsorship money particularly from someone sponsoring us in the York marathon.

The money from both the grant applications and sponsorship, as well as the just giving page, will enable us to employ freelance activity coordinator who can assist with the running of the charity as well as requested direct developments by the members. We will be able to put on more events, organise trips and generally make the charity more sustainable in the future.

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, which continues.

Developing the charity

The trustees continue to meet regularly to ensure the charity is running effectively. We met six times during 2024 – 2025, focusing on grant applications, and maintaining the cafes until we can make further developments.

All trustees agreed that we have made good progress, and with grant applications.

In the year one trustee stepped down and we gained two new trustees. We now have six trustees in total, and we can recruit two more up to the maximum of eight.

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 has remained consistently at between 15 – 20 people, for both cafes, and we have attracted new people as well as some regular attendees.

Financial Review

	Financial year				
	2024 -2025	2023 - 2024	2022- 2023	2021 – 2022	2020 - 2021
Brought forward	£1,040.89	£2,449.80	£1,141.16	£1,019.42	£0
Unrestricted income	£1,419.14	£125.58	£5.13	£121.74	£1,019.42
Restricted income	£0	£0	£4,139.00	£0	£0
Total income	£1,419.14	£125.58	£4,144.13	£1,141.16	£1,019.42
Unrestricted expenditure	£132.25	£136.99	£235.89	£0	£0
Restricted expenditure	£629.00	£1,397.50	£2,599.60	£0	£0
Total expenditure	£761.25	£1,534.49	£2,835.49		
Carry forward	£1,698.78	£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.

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 the chair appointed for four years. Trustees are also encouraged to agree their terms if different from three years.

Trustees are:

Diana Toseland	Chair	Reappointed March 2024 for 4 years
Ruth Stockdale	Treasurer	Reappointed March 2025 for 2 years
David King		Appointed in March 2023
Penney Mayall		Appointed in March 2023
Hannah Bevan		Appointed in November 2023
Cathy Hunter		Appointed in August 2024

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 R Toseland
Position (eg secretary, chair, etc)	Chair
Date	