Café Neuro York

A Charity Incorporated Organisation (CIO)

Trustees' Annual Report

1 April 2025 **-** 31 March 2026

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 2026.

Chair's report

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

This has been very busy and exciting year for us, not only in receiving grants and significant donations, but also to employ a freelance activity coordinator who has helped us develop the charity. We received a significant donation of £2870 in April, as well as other donations totalling £3,955.43. In July we received grants from Purey Cust for £2870 as well as Feoffees grant of also £2870. We are very grateful for the support in the form of grants. The total income this year (£9,902.93) has been much greater than in previous years which has enabled us to develop the charity to provide a better service to our members. We are very grateful for all the hard work that some people have done through sponsored marathons, and also very grateful for the donations we have received from people who recognise the value of the charity.

With the appointment of the freelance activity coordinator, in in October 2025, we have been able to set up a programmed of events and offer more of what has been requested by members. Our membership has grown and we now have of the order of 20 people attending each café. Other developments included setting up a database of contacts, which can be developed over the coming years. The website has also been updated and is now has listing of planned events. Again, this can be developed over the coming years. Having better communicate with members and carers, volunteers, professional who wish to be included, and trustees.

Our aims for the coming year include the further development of an activity and speaker programme in accordance with the members wishes, set up trips and outings with the first being summer event which is likely to be a picnic. With the establishment of the database, we will be able to communicate with our members to keep them updated of any changes and inform them of the up-and-coming activities and events with the charity. We will continue to gather ongoing feedback to ensure that we are meeting the needs of the members as far as possible, and also to detail the limits of the scope of the charity.

With the appointment of the freelance activity coordinator, trustees will be enabled to dedicate more time to managing the charity, financial matters including fundraising, and future proofing the charity. We also look for opportunities to recruit more volunteers, trustees, and make sure we are present in the local community. The regional networking group, HNYABI group (Hull and North Yorkshire Acquired Brain Injury) which reaches many other charities and statutory services in our region. The group, although with the main focus in brain injury, does also include other long-term neurological conditions.

We are pleased also to report that there are other Café Neuro groups that have developed in the area which have been set up because of the of the work of Café Neuro York. Although we are not directly involved with the groups, there is a growing network of groups which is an excellent development of the people we aim to support. The groups have been set up in Bridlington, North Lincs and Scunthorpe and there are plans for other groups to be set up.

In summary, future aim is to enhance our sustainability for the future, not only financially but also to the structure of the charity.

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 2025 – 2026, focusing on grant applications, appointment of the freelance activity coordinator in September, developing the activity programme as well as a means of communication with members, and maintaining the cafes while 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 aim to recruit new trustees and to that end have placed an advertisement in York CVS volunteer recruitment process. We now have five trustees in total, and we can recruit three more up to the maximum of eight.

Peer support

We have continued to run 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 remined 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					
	2025 -2026	**2024 -2025**	**2023 – 2024**	**2022- 2023**	**2021 – 2022**	**2020 – 2021**
Brought forward	£1,698.78	£1,040.89	£2,449.80	£1,141.16	£1,019.42	£0.00
Donations and legacies	£3,901.23	£1,111.14	£125.58	£5.13	£121.74	£1,019.42
Charitable activity		£0.00	£0.00	£0.00	£0.00	£0.00
Other charitable activity	£207.50	£308.00	£0.00	£0.00	£0.00	£0.00
Unrestricted total income	£4108.73	£1,419.14	£125.58	£5.13	£121.74	£1,019.42
Grants	£5,740.00	£0.00	£0.00	£4,139.00	£0.00	£0.00
Other trading activity	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Restricted total income	£0.00	£0.00	£0.00	£4,139.00	£0.00	£0.00
Total income	£9,848.73	£1,419.14	£125.58	£4,144.13	£1,141.16	£1,019.42
Unrestricted expenditure	£722.87	£132.25	£136.99	£235.89	£0.00	£0.00
Restricted expenditure	£2,136.92	£629.00	£1,397.50	£2,599.60	£0.00	£0.00
Total expenditure	£2,859.79	£761.25	£1,534.49	£2,835.49	£0.00	£0.00
Total carry forward	£8,687.72	£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 July 2021
Penney Mayall		Appointed in March 2023
Cathy Hunter		Appointed in August 2024
Hannah Bevan		Stepped down

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(s)	
Chair of Board of Trustees	
Date 21st September 2026	