Caring Town CIO

Registered Charity Number 1207802

Trustees' Report and Accounts

For the year ended 31 March 2026

Contents

	Page
Legal and administrative information	**2**
Trustees' report	
Structure, Governance and Management	**3**
Objectives and Activities	**3-5**
Achievements and Performance	**5-6**
Financial Review	**6**
Plans for future periods	**6-7**
Independent Examiners' report	**9**
Financial Statements	
Statement of financial activities	**10**
Balance sheet	**11**
Notes to the financial statements	**12-17**

Caring Town CIO

Legal and Administrative Information

(The information below forms part of the Trustees' Report)

Status	Caring Town CIO is a Charitable Incorporated Organisation (CIO) registered with the Charities Commission of England and Wales	
Trustees	Carole Ann Crellin-Whitty	resigned 28 May 2026
	Teresa Mary Louise Popham	resigned 28 May 2026
	Bethan Jane Edwards	resigned 28 May 2026
	Tony Lopez	resigned 28 May 2026
	Antonia Randall-Brandwood	appointed 20 April 2026
	Joel McIlven	appointed 20 April 2026
	Emily Love	appointed 20 April 2026
	Timothy John Bennett	appointed 20 April 2026
Charity number	1207802	
Registered office	45, Copland Meadows, Totnes Devon TQ9 6ES	
Accountant	MAP Accountants 2 Bridge Farm Offices Harberton Totnes TQ9 7PP	
Bankers	Lloyds Bank Plc 31 Fore Street Devon TQ9 5HH	

Caring Town CIO

Trustees' Report

The Trustees present their report and financial statements for the year ended 31 March 2026.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Memorandum & Articles of Association, and the Statement of Recommended Practice, "Accounting and Reporting by Charities" (SORP) issued in March 2005.

Structure, governance and management

Caring Town CIO (Caring Town) is a Charitable Incorporated Organisation (CIO) governed in accordance with the Constitution dated 16 April 2025. It was registered with the Charity Commission on 11 April 2025. Caring Town took over the assets and activities of Caring Town a company limited by guarantee on 1 April 2025.

The Board of Trustees
The Trustees are:

Carole Ann Crellin-Whitty	resigned 28 May 2026
Teresa Mary Louise Popham	resigned 28 May 2026
Bethan Jane Edwards	resigned 28 May 2026
Tony Lopez	resigned 28 May 2026
Antonia Randall-Brandwood	appointed 20 April 2026
Joel McIlven	appointed 20 April 2026
Emily Love	appointed 20 April 2026
Timothy John Bennett	appointed 20 April 2026

New Trustees and transition process
Following the completion of a large lottery funded project in October 2025, the Trustees decided on a period of evaluation and reflection on the way forward for Caring Town. That process confirmed that the Caring Town charity was both valued and needed in the community.
The board felt a refresh of energy was needed and appealed for new trustees to come forward to shape the next programme and to get funding in place .
There was a very positive response to the appeal and in addition to 4 new Trustees others came forward to offer support to ensure the future of the charity. The new trustees were appointed on 20 April 2026.
With a succession plan now in place, it became possible for the long-standing Trustee board to retire. All had been with the project for many years, some since its inception 13 years ago .

Appointment of Trustees
Trustees can be appointed at any general meeting, provided the conditions outlined in the charity's governing document are met.

Trustee induction and training
New trustees are given a copy of the Constitution, and the latest accounts and are explained their role by a current member of the Board. Continuing trustees are advised of updates as they arise. Trustees are invited to attend relevant trustee training courses in for example governance and safeguarding.

Organisational structure
The charity is governed by the board of trustee.

Public Benefit
The Trustees, in their meetings, have referred to the Charities Commission guidance on Public Benefit in making their decisions.

Risk management
The Trustees assess the risk to which Caring Town CIO is exposed on a continuous basis. This includes the on-going monitoring of core reserves (see the reserves policy below).

Objectives and activities

Our objectives:
The objects of the CIO are:

1. the relief of those in need, by reason of youth, age, ill-health, disability, social or economic circumstances living in Totnes and the environs.

2. the promotion of the efficiency and effectiveness of charities and the effective use of charitable resources in Totnes and the environs by charitable and non-charitable bodies for the benefit of the public.

The charity shall be non-party in politics and non-sectarian in religion.

Our activities:
Caring Town CIO was set up to take over the assets and activities of Caring Town, a company limited by guarantee. Although the charity was registered with the Charity Commission on 11 April 2024, the trustees decided not to take over the activities of the company within an accounting period which had already begun but instead to plan and set up the necessary systems in order to take over activities at the beginning of the financial year.

The transfer of assets and activities took place on 1 April 2025 and below is an overview of the achievements of Caring Town over the 4 years of the National Lottery funding which was completed during the year.

The **We Care...programme** was developed by Caring Town and partners with support from the National Lottery's *Reaching Communities* fund. Its aim:

- To strengthen community wellbeing and resilience.
- To address mental health, youth mental health, wellbeing, and isolation.
- To build sustainable, collaborative networks across voluntary, community, statutory, and faith sectors.
- To ensure local people—especially young people, families, and vulnerable groups—have a voice in shaping solutions.

Core Work Packages

1. Cost-of-Living Crisis: TQ9 Together We Care

- **Warm Spaces Programme**: Free/donation-based activities in community venues.
- **Funding**: £6,200 in Year 1 (Totnes Town Council + others), later topped up with further grants.
- **Delivery**: Calendar of activities hosted on Town Council website; outreach via Totnes Directory & Totnes Times.
- **Impact**: Hundreds of residents engaged; flagship "Bouncy Fun" sessions at Fusion Leisure attracted 1,900+ children, including SEND provision.
- **Governance**: Transparent grant management by the TQ9 Steering Group which comprised representatives from the Town Council, Caring Town and 3 partner organisations.

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2. Children & Young People's Mental Health: Space to Talk (STT) & Power2Parent

- **Secondary Schools (KEVICC)**:
  - 819 counselling sessions delivered; 73 students supported; 22 on waiting list.
  - Reduced reliance on CAMHS through early intervention.
- **Primary Schools**:
  - Assemblies and resilience workshops for Years 5–6 across 5 schools.
  - Focus on self-esteem, neurodiversity, transition to secondary school.
  - Strong positive feedback from teachers and pupils.
- **Parent/Carer Support (Power2Parent)**:

- 18-session programmes equipping parents with skills, self-care, and peer support.
- Independently evaluated by Exeter University as "highly effective."
- Alumni group *The Oasis* launched in 2025; Zoom delivery piloted for scalability.
- Devon County Council approved Early Help funding for sustainability.

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3. Youth Strategy: Listening to YouTH

- **Consultation**: Over 400 young people engaged through surveys, creative workshops, and events.
- **Themes Identified**:
  - Strengths: community spirit, nature, creative culture.
  - Challenges: lack of youth spaces, affordability, transport, exposure to drugs/alcohol.
  - Aspirations: youth hubs, affordable cafés, more sports/arts, better mental health support.
- **Outputs**:
  - Youth Strategy co-designed with young people.
  - Youth Action Group (YAG) established with local organisations TRAYE, Jamming Station, Resilient Lives, KEVICC, SPACE.
  - Action plan for priority activities and projects developed.
- **Next Step**: Drive collaborative funding bids and projects to bring the strategy to life.

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4. Tackling Isolation: Totnes Caring Befriending & Buddying

- **Volunteer Coordination**: £5,000 annually (Years 1–2), £3,000 in Year 3.
- **Scale**: 1,000+ clients, 140+ volunteers.
- **Activities**: Befriending, transport to appointments, Memory Café, pop-up cafés, cinema and cookery groups.
- **Impact**:
  - 74 clients supported in Year 3 through one-to-one befriending.
  - 1,800+ hours of companionship delivered.
  - 95% reported improved wellbeing; 89% felt less lonely.
- **Learning**: Volunteer drivers and befrienders act as "eyes and ears," preventing crises.

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5. Men's Wellbeing: Dough Bros & The Ageless Man Programme

- **Rationale**: Men account for 75% of UK suicides, yet are less likely to seek help.
- **Dough Bros**: Pizza-making and fireside conversations fostering openness.
- **Ageless Man Programme**:
  - 10-week pilot combining nature immersion, shared food, guest speakers, and dialogue.
  - 14 men participated; wellbeing scores improved significantly (trust, hope, social networks).
  - Outcomes included reduced alcohol use, reconnection with family, and peer leadership.
- **Future Direction**: Expand cohorts, strengthen GP/social prescriber links, and embed peer-led sustainability.

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6. Community, Staff & Volunteer Wellbeing

- **Practitioner Support**: Peer-to-peer "Space to Talk" sessions for frontline workers.
- **Training**:
  - Mental Health & Suicide Awareness workshops (Civic Hall, Rugby Club).
  - Dough Bros facilitator training to expand reach.
  - Peer-to-peer training for Power2Parent alumni.
- **Networks**:
  - Keeping Young Totnes Safe (later Youth & Intergenerational Network).
  - Cost-of-Living Partnership.
  - Leadership Group of local charity CEOs.

- **Learning**: Networks proved vital for collaboration, funding access, and the rapid exchange of ideas

Achievements and performance

Cross-Cutting Achievements

- **Collaboration**: Strong partnerships across VCSE, schools, councils, and health services.
- **Funding Leverage**: Local grants (Rotary, Town Council) matched with Lottery and national funds.
- **Innovation**: Youth-led workshops, podcasts, films, and creative evaluation methods.
- **Sustainability**: Transition from pilot projects to embedded, peer-led, and council-supported models.
- **Equity & Inclusion**: Focus on digitally excluded, isolated older people, young people facing disadvantage, and men's mental health.

Key Achievements

Between 2021–2025, the **We Care...programme** has:

- Built a **resilient network of organisations** working collaboratively.
- Delivered **practical, community-led responses** to crises (cost-of-living, isolation, youth mental health).
- Piloted and scaled **innovative wellbeing programmes** (Space to Talk, Power2Parent, Ageless Man).
- Ensured **young people's voices** shape the future of Totnes.
- Created a **sustainable legacy** of peer support, volunteer empowerment, and cross-sector collaboration.

Financial Review

The charity is funded by grants and small donations to specific projects. During the year total income amounted to £21,252 of which £20,060 (2025 - £0) was from grants and £1,192 (2025 - £0) from donations.
Total expenditure amounted to £15,975 (2025 - £0) of which the main cost was for salaries £12,781 (2025 - £0) for the co-ordinator.

Reserves Policy

The Board of Trustees continually reviews the reserves of the charity. Assets must be sufficient to enable the charity to operate effectively. The charity has a number of restricted funds; the purpose of these funds is detailed in the notes to the financial statements.

The charity aims to hold at least four months' running costs in reserve at all times. In making this calculation the level of restricted funds is taken into account. This is to ensure that the charity is able to meet all of its legal obligations should funding be withdrawn.

Plans for Future Periods

Youth Empowerment & Engagement

- **Youth Strategy Group**: Finalise and launch the Youth Strategy to guide cohesive service delivery.
- **Youth-led Initiatives**: Support projects like Dough Bros, Slice & Bars (rapping & pizza), and a Youth Café (run by young people).
- **Creative Expression**: Fashion show, storytelling day, photography projects (Totnes Caring/KEVICC), cinema/film club.
- **Leadership & Voice**: Build on "Youth Can Make a Difference" or create a new youth leadership group with training.

Mental Health & Peer Support

- **Space-to-Talk**: Expand and supervise peer-led spaces at KEVICC and for non-attending youth.
- **Peer Support**: Develop mentoring and bereavement support networks.
- **Community Mentors**: Coordinate support for families and parents, focusing on life skills beyond employability.

Inclusion & Safety

- **Housing Support**: Explore community hosting for homeless or sofa-surfing youth.
- **Power2Parent**: Engage parents of non-attending youth through community-led initiatives.
- **Food Dignity**: Address stigma around food poverty; propose a local food strategy to unify providers (FIC, food banks, etc.).

Intergenerational Connection

- **Shared Activities**: Intergenerational breakfast/brunch clubs, cooking sessions, photography, and events like Picnic-in-the-Park.
- **Skill Exchange**: Time-banking and volunteering to bridge generations and build community resilience.

Skills, Work & Volunteering

- **Work Experience & Volunteering**: Create pathways for youth to gain experience and contribute locally.
- **Training Needs**: Secure funding for essential training (e.g., food hygiene).
- **Creative Enterprise**: Support youth-led sales (Emo-Vintage swap rail, 50/50 sale) and family cafés.

Events & Festivals

- **Community Celebrations**: Plan music festivals, storytelling days, and shared prep events with seed funding.
- **Youth-led Programming**: Enable young people to design and run events that reflect their interests.

Infrastructure & Access

- **Youth Venue**: Advocate for a dedicated youth space.
- **Facilities**: Explore options like a skatepark and climbing wall.

- **Transport Solutions**: Address mobility barriers for youth participation.

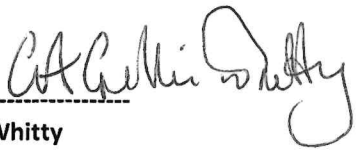
🔗 **Collaboration & Strategy**

- **Network Rebuild**: Reconstitute Keeping Young Totnes Safe into a Youth & Intergenerational Network
- **Communication & Outreach**: Strengthen collaboration across TRAYE, SPACE, KEVICC, Caring Town, and other partners.
- **Community-wide Approach**: Tackle school absence and youth challenges as shared responsibilities.

Approval

This report has been prepared in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities", (issued in March 2005).

On behalf of the Board of Trustees



Carole Whitty
(Chair)

Dated:

15.9.26

Caring Town CIO

Independent Examiner's Report

for the Year Ended 31 March 2026

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- follow procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in, any material respect, the requirements to keep accounting records in accordance with section 130 of the Charities Act or to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met.

Independent Examiner

Malldag — 11.09.2026

Signed **Dated**

MAP Accountants & Business Advisors
2 Bridge Farm Offices
Harberton
Totnes
Devon
TQ9 7PP

CARING TOWN CIO
STATEMENT OF FINANCIAL ACTIVITIES
for the year ended 31 March 2026

	Notes	Unrestricted funds 2026 £	Restricted funds 2026 £	Total funds 2026 £	Total funds 2025 £
Incoming resources					
Incoming resources from generated funds					
Voluntary income:					
Donations & grants	4	-	21,252	21,252	-
Total incoming resources		-	21,252	21,252	-
Resources expended					
Charitable activities	6	42	15,933	15,975	-
Total resources expended		42	15,933	15,975	-
Net incoming/(outgoing) resources before transfers		(42)	5,319	5,277	-
Gross transfers between funds		-	-	-	-
Net income/(expenditure) for the year		(42)	5,319	5,277	-
Net movement in funds					
Fixed assets taken over on 1 April 2025		167	-	167	-
Fund balances at 31 March 2026		125	5,319	5,444	-

CARING TOWN CIO
STATEMENT OF FINANCIAL POSITION
as at 31 March 2026

	Notes	2026 £	2025 £
Fixed Assets			
Tangible Assets	8	125	-
Current assets			
Cash at bank and in hand		5,619	-
		5,619	-
Creditors: amounts falling due within one year	9	(300)	-
Net current assets/(liabilities)		5,319	-
Total Assets less Current Liabilities		5,444	-
Net assets		5,444	-
Income Funds			
Restricted funds		5,319	-
Unrestricted fund		125	-
		5,444	-

These accounts were approved by the Trustee Board on 15.9. 2026 and signed on their behalf by

Carole Whitty
Chair

CARING TOWN CIO
NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 March 2026

1 Accounting Policies

Charity information
Caring Town CIO is a Charitable Incorporated Organisation

1.1 Accounting convention
These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, and UK Generally Accepted Accounting Practice as it applies from 1 January 2015. The charity is a Public Benefit Entity as defined by FRS 102. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The accounts are prepared in sterling which is the functional currency of the charity.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern
At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate future funding planned in order to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the account.

1.3 Incoming resources
Items of income are recognised and included in the accounts when all of the following criteria are met:

The charity has entitlement to the funds;
any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
there is sufficient certainty that receipt of the income is considered probable; and
the amount can be measured reliably

No amounts are included in the financial statements for services donated by volunteers.

1.4 Resources expended
Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted on the accruals basis.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examiner's fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis e.g. staff time or estimated usage

1.5 Irrecoverable VAT

Irrecoverable VAT is included in the Statement of Financial Activities and is reported as part of the expenditure to which it relates.

1.6 Tangible Fixed Assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Fixtures and fittings	25% Reducing balance

1.7 Fund accounting

Funds held by the charitable company are either:

Unrestricted general funds – these funds can be used in furtherance of the charitable objectives at the discretion of the Trustee Board.
Restricted funds – these funds can only be used for the particular restricted purposes within the objects of the charity. Restrictions, which are legally binding, arise when specified by the donor or when funds are raised for particular restricted purposes.
The aim and use of each restricted fund is set out in the notes to the financial statements.
Transfers to or from restricted funds are only made where a legal or constructive obligation has arisen requiring a transfer to be made.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

1.9 Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.10 Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.11 Financial instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Legal Status of the Charity

The charity is a Charitable Incorporated Organisation (CIO) and is regulated by the Charity Commission.

3 Net income for the year

	2026	2025
	£	£
Net income for the year is stated after charging:		
Depreciation	42	-
Independent examiner's fee	300	-

4 Donations & grants

	Unrestricted	Restricted	2026 Total	2025 Total
	£	£	£	£
Donations	-	1,192	1,192	-
	-	-	-	-
Grants:				
National Lottery Reaching Communities		10,942	10,942	-
Totnes Town Council		9,100	9,100	
Totnes Rotary		18	18	
	-	20,060	20,060	-
Total Donations & Grants	-	21,252	21,252	-

5 Taxation

The organisation is a registered charity and is therefore not liable to corporation tax on its charitable income.

6 Total resources expended

	Unrestricted £	Restricted £	2026 Total £	2025 Total £
Charitable activities				
Activities undertaken directly	-	13,669	13,669	-
Support Costs	42	2,264	2,306	-
Total	42	15,933	15,975	-

7 Resources expended

	Unrestricted £	Restricted £	2026 Total £	2025 Total £
Activities undertaken directly				
Staff salaries		12,781	12,781	-
Venue Hire		100	100	-
Event Costs		479	479	-
insurance		309	309	-
		13,669	13,669	-
Support Costs				
Office costs		161	161	-
Sundry expenses		35	35	-
Accountancy		1,638	1,638	-
Professional fees		130	130	-
Depreciation - Equipment	42	0	42	
Governance cost - Independent Examiners Fee		300	300	-
	42	2,264	2,306	-

Of the resources expended for 2025, £0 were unrestricted and £0 were restricted

8 Tangible fixed assets

	Equipment
	£
Cost	
At 1 April 2025	-
Additions in year	167
Disposals during the year	-
At 31 March 2026	167
Depreciation	
At 1 April 2025	-
Charge for year	42
At 31 March 2026	-
Net book value	
At 31 March 2026	125
At 31 March 2025	-

9 Creditors: amounts falling due within one year

	2026	2025
	£	£
Trade Creditors and Accruals	300	-
	300	-

10 Trustees and employees

Number of employees
There was 1 part time employee during the year

Trustees' remuneration and reimbursement
No trustee received remuneration or reimbursement during the year

11 Analysis of assets between funds

	Fixed Assets	Net Current Assets	Creditors of more than one year	Total
	£	£	£	£
Unrestricted funds				
General	125	-	-	125
Restricted funds	-	5,319	-	5,319
As at 31 March 2026	125	5,319	-	5,444

12 Summary of movement in funds

The restricted income funds of the charity arising through its activities are as follows:

Fund name (Funder)	Restricted purpose of funding
Connectors' Fund	A grant to maintain the Caring Town directory
National Lottery Reaching Communities	A grant to support the charity's work
Totnes Rotary Parent Carer Support	A grant to support the Parent Carer Support programme
Totnes Town Council	A grant to support the charity's work
Warm Spaces Fund	Donations to provide warm spaces for all during the winter months

13 The movements of funds for the year ended 31 March 2026 were as follows:

	Opening balance	Incoming resources	Outgoing resources	Transfers	Closing Balance
Restricted funds	£	£	£	£	£
Connector's Fund	-	623	-	-	623
National Lottery Reaching Communities	-	10,942	10,942	-	-
Totnes Rotary – Parent Carer Support	-	18	18	-	-
Totnes Town Council	-	9,100	4,673	-	4,427
Warm Spaces Fund	-	569	300	-	269
	-	21,252	15,933	-	5,319
Unrestricted funds					
General	-	167	42	-	125

Sufficient resources are held for each restricted fund in an appropriate form to enable funds to be applied in accordance with the restrictions.