ANNUAL REPORT

CATHAYS AND CENTRAL YOUTH AND COMMUNITY PROJECT

Cathays & Central Youth & Community Project is Registered Charity Number 1122532 & company limited by guarantee - registered in Wales - Number 06141902 2019 2020



CANOLFAN GYMUNEDOL CATHAYS

CATHAYS COMMUNITY CENTRE



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Trustees Report

On March 1st 2020 with a month of the financial year left it had been a year much like the previous. More users and groups to the centre, increased income, new building developments, expanding projects and staff teams, plus improvements to our governance and systems. All in all, a successful year of positive outcomes and growth with an annual income now approaching £400,000.

Then the unprecedented appearance of Covid 19 arrived and we closed our doors on March 20th not knowing we wouldn't re-open them until July 20th, four months later. Some things didn't change – Riverside Sourdough continued baking right though lockdown and the roof still leaked even when we were closed! Luckily lockdown blessed us with predominantly a dry hot early summer and a generous furlough scheme that at times paid half the staff's wages.

Lots of things did change though: after about a month Embassy Youthclub; Impact LGBT Youthclub; Day provision, Inclusive Youth provision and Memory Lane Social Club had all moved online to something called Zoom. Members had been contacted and soon staff were engaging in online activities every day, helping each other to get through the lockdown.

Some young people needed more help though and in partnership with Social Services, a dedicated team of staff signed up to taking out those most in need out into the fresh air. Where families were at crisis point, we were able at least to give them a few hours respite. This relationship with Social services has continued to expand where we are now increasing our capacity to support higher levels of social care both at the centre and out in the community.

Trustees Report

Some things may never return as before though and on re-opening it is apparent that where we had previously countless groups hiring out space, only half have returned so far. Emmanuel Church have moved elsewhere and Dragon-Pro Wrestling are not likely to be back anytime soon. The rehearsal rooms are only open for a limited amount of time and demand is much less than usual.

It should be mentioned that the Cafe's weekend operator Herbivore had left just before lockdown to new premises. Simon the director had run Herbivore on weekends and occasional evenings for the last four and a half years and had also helped establish the café some fifteen years previously, so it has been sad to see him go.

Pre- Covid our situation had seen many positives with extra funding to secure Memory Lane Social Club for a third year. Day provision was running everyday with increasing numbers and the Café had new operators in Wild Thing now running seven days a week.

We had secured funding for building a corridor to the music rooms thus enabling user's access without walking through activities in the main hall. Though through the years this may have added some charm to proceedings it has been a long overdue development that will provide much needed privacy to hall and music room users.

Some progress had been made in repairing leaks in the roof and work had continued on our fire door improvement. The garden area has seen the most development alongside the repainting of the front of the building, reception, the youth hall and bingo hall. The number of Bike racks has been increased and moved to a more secure space which has also opened for more undercover seating in the garden with the addition of a yurt and gazebo.

Trustees Report

Exercise equipment has been installed which has proved to be very popular. Also, a fundraiser was set up to raise money for a defibrillator to be installed at the front of the building which thanks to generous donors is now in place.

The board too have been busy, rewriting our constitution which had become obsolete and no longer fit for purpose. Passing this through the charity commission was an arduous task alongside the push for new trustees and members. We have also again seen improvements made in our Finance and HR systems which enable us to operate effectively in line with our growth.

Though the effects of the pandemic have had a lasting impact on the centre, it is remarkable six months on how well we have adapted. Financially we have coped despite the lockdown and we are currently no worse off than when we closed. Though I am sure there are challenging times ahead, it appears we are suitably placed to adapt our services to the new situations arising. Whereas we had seen the importance of utilising the building to maximise income and usage, we are now seeing the importance of utilising our staff team's knowledge, skills and dedication in developing new services thus assisting us to create a sustainable future responding to our communities' needs.

Bud Harper Centre Manager on behalf of the Trustees

Groups at Cathays 2019/2020

- · Cardiff West High School / AL Direct
- · Wilford School of Dancing
- · Apostolic Vision Church
- Dogs Trust Training Classes
- Dragon Pro Wrestling
- United Taekwondo International Wales
- Pilates with Steph
- Cardiff University Broadway Dance Society
- Expression Dance Society
- · Herbivore Cafe
- · Yoga with David
- · Christheirs Fellowship
- · Seren Fach Playgroup
- Cardiff Council: Homeless Music Project
- · Ucele Yoga
- Funbari Yoga
- Rail Futures
- Emmanuel Church
- Disability Arts Cymru
- Extinction Rebellion
- Attack! Pro Wrestling
- 30 Minute Society, Cardiff University
- Puppet Theatre Wales
- Gem Yoga
- YMCA Clothes Bank
- Cardiff People's Assembly
- UCL Dance Team
- Vintage Kilo Sale
- Twist & Pout Events
- Absorb Nutrition Workshops
- Cardiff and the Vale College ESOL courses
- GO Dance
- Christ Embassy Church
- · Sudanese Community association of Cardiff
- · Cardiff University Cheerleading Society
- Welsh Blood Transfusion Service
- · Capoeira with Dson
- Virtus Longswords





What a year!

Autumn 2019 saw lots of activities and events, the Inclusive Youth Provision was going from strength to strength, youth clubs were running to capacity and October and February half term provision saw lots of new members joining and many familiar faces returning. Some members progressed to the role of mentor or Member Volunteer, offering support and guidance to younger or less able peers.

Hollibobs club had a wonderful holiday in Corfu, with all participants rating the experience as 10 out of 10 and "banging". The group went sailing and swimming, took part in Greek dancing, learned a bit of Greek, and improved their independent living skills.

There were Social Breaks to London, Weston Super Mare and Swansea, and a good time was had by all; things were going so well and then along came Coronavirus!!! and on March 17th Cathays Community Centre shut its doors.

From the outset of lockdown measures, the Inclusive Youth Provision moved to online meetings, activities and workshops using ZOOM. Online activities were accessed by many members and were available on youth club nights and during the Easter Holidays. CCYCP worked closely with Social Services and using online activities as point of contact staff were able to inform RAG (Red, Amber, Green) ratings, used by Social services to decide whether people were in critical need of additional services.

As Covid lockdown continued it became apparent that some households and individuals were struggling and in danger of personal and/or familial breakdown. As soon as guidelines stated that people in profound need of services could access the community for non-essential services it was requested by Social Workers and other partner organisations that staff from CCYCP take



young people out walking in the park or countryside in order to give carer's a break, and to reduce feelings of stress and isolation. Initially (in March) three households were referred, by the end of initial lockdown 21 households were receiving this service, with more referrals being made.

Amy Reed, team manager for the Child Health and Disability Team, emailed to say:

"I want to take this opportunity to say thank you to you and your team for all the support provided at this difficult time. We had a team meeting this week where we shared good news stories and your name and team came up so many times. This has made such a huge difference so please pass on our thanks to the staff. Thank you, Debbie, for all of your hard work at such a difficult time". (May 2020)



Comments from people accessing the provision include:

I really enjoyed being out, I felt much better afterwards.

I can talk to my support worker about stuff I wouldn't say to my mum.

I can't wait to see Angie
(support worker) she makes
me laugh and I forget
about being
fed up.



Evaluation forms from parents include comments such as:

"This service has been absolutely essential over lockdown, it gets K off the internet, widens his circle of friends and human interactions. The support worker is more than a carer he is a role model and relates to K as a friend, a role his parents cannot fulfil".

"For us, her carers, to attempt to take L out requires 100% of our attention, this is often confrontational and draining. Having youth workers take her out has taken the pressure off us during lockdown and as she moves through her teenage years".

"We are especially grateful that I is collected by car, it is extremely difficult for us to get him out as we have other children to consider".

"I can honestly say that it's made a huge difference to our overall wellbeing as a family. We were at breaking point but this bit of respite has really helped".



On July 20th Cathays Community Centre was able to open its doors once again for summer holiday provision, because of high demand this provision ran for 6 weeks and ran to capacity. Restrictions were in place due to social distancing and a reduced program of activities was offered, however most people were happy to be able to socialise and see old friends, and/or make new ones. Online activities and walking groups were also part of the summer program of activities.

Supported Community Sessions came about as a response to Covid, however there is ongoing demand for this service, and with the aid of a grant secured from the Big Lottery, we are now able to offer community support to many more young people.

As Manager of Cathays Inclusive Youth Provision, I would like to say a big thankyou to the staff team, throughout lockdown not a single community support or online session got cancelled, and the entire team pulled together to make sure the most vulnerable young people had the service they were offered. Thankfully members of the team (with no input from me!) were able to run online sessions with very few difficulties or hiccups, and these proved a lifeline to members who were self-isolating. All in all, hardly a cross word was spoken and there was always a lot of laughter.



Community Support Project

I'm sure all reading this will agree that since the spring, everything in the world has been crazy! In spite of everything that 2020 has thrown at us however, I'm very proud of what The Community

Support Project has achieved since it's inception. From supporting one family in need, during the first lockdown, this has now snowballed to supporting over twenty; I feel the project has been a great success.

The feedback we have received from families and social services has been **overwhelmingly positive**, but most importantly the feedback from the young people and adults we have been supporting in the community has been excellent.

As a project we are committed to providing a service that is person centred and looks to give our service users the **best opportunities to explore their passions and interests during these uncertain times.**Additionally, we are trying to restore some normality to those who's routines have been upset and find it hard to make sense of what is going on in the world, during these confusing times. We are dedicated to embedding the values and ethics of youth and community work into our service, **providing families something different to the typical 'respite' session**.



Community Support Project

We have achieved this through the impassioned work of our Community Support Workers who, spend time to build relationships with the people they are supporting; getting to know them as a person and then catering sessions to them. As many places that the people we support normally would go to are closed, we have been thinking hard on how we can still get the young people and adults we have been working with to engage in their favourite activities.





One young person expressed an interest in art, so the Community Support Worker on session brought along a canvas and spray cans and together they created some art in a park. Whilst the sun was shining we spent a lot of time exploring nature, going on adventures in forests and braving the fearsome Mount Caerphilly! Another, young person has been unable to go swimming, as the swimming pools are closed. However, there is nothing to stop us from getting that young person in a wetsuit; along with their Community Support Workers and going swimming in the sea! We have also been supporting young adults, helping them transition into joining the Adults Inclusive Day Provision. Here they can socialise, learn life skills and also have fun and engage in actives such as African drumming or media projects like stop motion animation. Additionally, some service users have just wanted to hang out with someone, meet outside the centre, grab a drink and just go for a stroll through Bute Park. Every session is person centred and everyone has been working hard to find solutions, not problems.

Community Support Project

Going forward there is still much work to be done and we are grateful of the constructive advice we've had off families on how we can make the service even better. I have the greatest belief that this project will be an ongoing fixture at Cathays and Central Youth and Community Centre for a long while to come.

Anyway, no one wants to read me rambling on any further so here's some photos of what we've been up to! (The wonderful photos with no-one in were taken by young people on session)







Considering the dramatically wet winter, Day provision managed to start the year with a robust timetable of activities, of independent living skills and informal learning such as, money management, cookery, travel training



with plenty of time for social connections. The Members took part in filming workshops, First aid training, personal fitness goals, music and drama.

We had numerous students on placement, as well as international students from Spain, Italy and Sweden. The international students

led activities on their culture and shared traditional recipes. Members were also keen to share traditions and made welsh cakes for St David's day and hosted an afternoon tea.



Day provision now has its own office space in the meeting area. The Members and staff all spent time cleaning and decorating the area together. We were lucky enough to have office furniture and paint donated from members of the local community



Covid struck and on March 20th we closed our doors, for what we hoped would be only a few weeks, but it turned out to be over 5 months.

This was a hard and uncertain time for all. In the first few weeks of lockdown we were contacted by members and families who felt isolated, confused, and needed support desperately. The Day provision team contacted individual members to video chat, but 1-1 chats were not enough. Members missed the social aspect of the provision and the friends and relationships they had built.

We decided to go online and offered a weekly timetable of activities through Zoom. This started off slowly with only 3 or 4 members linking on to begin with, however as members confidence grew, we adapted to a Day time provision, online that worked fantastically well. A session could have as many members as 15 at one time.

Members were able to see their closest friends and continue with a new social scene where they could play games, sing, exercise and talk about any issues or concerns they had. We provided morning and afternoon sessions daily. All members were welcome to link on, no matter what day they usually attended.





The Day time provision staff team worked incredibly hard to keep morale high and a fun exciting service for all our members. This was reciprocated with such amazing feedback from members and their families.

Hi Hannah I just wanted to say a massive thank you for today,

Moses is the happiest I have seen him in weeks.

\[\Pi \Pi \Pi \Pi \Pi \]

Thank you, guys, for the fun & laughter []
Alysha loved Zoom and we'd have been
lost without it. I had to learn as well @
she's looking forward to seeing you next
week [] xx

Some comments from our questionnaire regarding online sessions.

'It's made me feel a lot happier and not so lonely.'

'because of shielding Sam is unable to access any of her support

network, being involved in the zoom sessions, has helped to keep in

touch with friends, which she is missing.'

'I have something to look forward to.'

'I am a social person and miss my friends, so it makes me feel connected to them.'

'Good happy Amazing, fabulous.'
'Given a structure to the day.'

We reopened Day provision on the 2.09.20.

Members were excited to get back to reality and see all their friends in the flesh. We had to create a new kind of normality. As a team we were concerned about how the members would cope wearing facemasks and socially distancing from one another but they have adapted with ease into the new structure, with the team on hand offering support and encouragement all the way.

The first few weeks have run smoothly, with a strict hygiene regime. Day provision has a limited capacity in order to stay in line with recommended guidelines. We are now full and have a waiting list for potential members wanting to join.



The winter months are now approaching. It is an uncertain time, however we will continue to offer our service whether it's at Cathays community centre or online, reaching out to as many members as possible

Embassy Youth Club

Generally, this year for Monday Youth Club has gone well. With on average around 10-20 members each session when based in the centre and a range of 5-10/15 members attending online sessions. We started the year focusing on the structure and general flow of youth clubs. Then the obvious difficulties caused by covid-19 led that focus to shift, the focus then aimed towards keeping connected with the young people and ensuring they are coping okay with the current situation and providing a safe space online for them to communicate and to have fun.



Embassy Youth Club

The staff team has worked hard to adapt its methods of delivery to go from face-to-face to purely online provision. Activities that have taken place online are: quizzes, drama, music, self care, karaoke and a range of online games. Hopefully, moving forward we can return to face to face work when possible and then begin to move forward with the youth club. As a whole, the young people have adapted well under the circumstances and even in a completely new medium, we have still managed to keep connected and provide support where possible.

Going on to the new year we are hoping to work on the inclusivity of the club, encouraging mainstream young people to attend. We are hoping to do this by expanding the music provision we currently provide, modernising our approach in order to fit the current state of the music industry and using the equipment and resources we have at the centre to our advantage.

Memory Lane Social Club

Memory lane social club has been running for a number of years and is for people affected by dementia and their carers.

Funding for 2020 - 2021:

Dementia Friends = £4953.00 Lottery awards for all: £6811

Total: £11,674

This years' project started on the 19 May 2020 and will run for 12 months on a Tuesday afternoon. 2pm to 4pm

2 paid members of staff:

Philip Racz Sharon Meredith

1 volunteer:

Pauline Atienza

When the centre closed because of the lockdown we decided to move our provision online so that we could keep in touch with our members. The sessions include a sing a long, some games and a social chat via Zoom.

Cardiff Councils independent living department are now partnering with us and are advertising the project on their website. Jo Davies, Jamie Clarke and Patricia Baily from the council regularly attend the sessions. The connection with council has been very useful as if any of our members are having concerns' they can be sign posted to relevant support networks.

Memory Lane Social Club

Our members group:

Habid and Blossom
John and Sonia Rasmusen
Isobel and Jeff Nunn
Jamie Clarke
Jo Davies
Patricia Bailey





Flyers have been sent to action point for the NHS who distributed our flyers to all doctors' surgeries in Cardiff area. We are looking to grow our member group. We are also on the Dewis resource site.

The plan is to keep doing our sessions online with a view to eventually moving Memory Lane back into the centre when we are sure it is safe to do so.

Our members have given **positive feedback** about the meetings. I will be providing a feedback form for our members to complete. We always aim to look at ways in which to improve on our delivery.

IMPACT

This year has been difficult for Impact, as it has been for most provisions. We ended last year with our Winter show, which saw us raise £200 for the provision, with 15 regular members and almost 30 on our mailing list. At the start of 2020 we had made great plans for a year full of activity, including baking, workshops and trips out over the summer.



IMPACT

That all had to change as we entered lockdown, and we moved our provision online. We moved through a few different platforms, starting with Padlet, then Slack, finally settling on Discord. We set up a secure server with the support of our members, who helped setting permissions and troubleshooting. This server helps us stay in touch with our members, and even for the few weeks we were allowed to meet in person we continued running group online for anyone not able to make it.

Although our plans for the year have had to be paused we are still looking at ways we can do things together as a group. We have looked in to playing Dungeons and Dragons, and our members have given us a great list of ideas for socially distanced activities that we are looking in to, that are mainly arts and crafts.





we will be using for materials for our socially distanced activities.

Through the year we still took on new members and now have 35 on our mailing list, and have between 4 and 12 people attending every week. We continue to see turnout going up and down, as every week is different, and we hope that once restrictions ease and we can meet in person again things will quickly get back to normal.

IT Manager - Jon O'Shea BSc. (Hons)



The greatest IT guy the world has ever seen, according to him. Jon's in charge of everything computer related. With over 10 years of experience in IT and Web Development, he's an expert at turning things off and on again.

Staff Member Since: June 2009 (11 years)

E-mail: jon.oshea@cathays.org.uk

<u> IT Assistant – Kyle Prangley</u>



The Centre's IT prodigy, Kyle has been with us for 2 years now and continues to accelerate the IT system's progress and shape the future of the Centre.

Volunteer Since: 2018

E-mail:

kyle.prangley@cathays.org.uk

What does the team do?



The IT department's job is a good mix of IT and Web Development:

- Providing technical support to staff, members, and customers
- Troubleshooting any problems that arise within the computer systems
- Maintaining the computer hardware and network
- Keeping and managing the computer systems' offline and online accounts and passwords
- Maintaining the backup system
- Website Development, Search Engine Optimisation and e-mail system management

And much more!

Notable IT Achievements 2019-2020

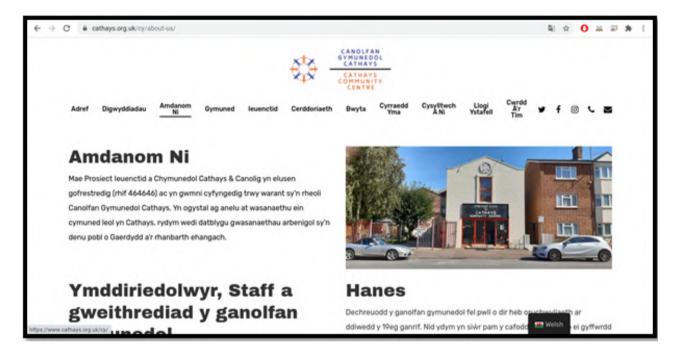
CCTV System (Credit to James Clark)



The community centre now has a CCTV system, including 3 cameras, an NVR, and a monitor fixed to the wall in the main office, providing the centre's staff, members, and customers extra security and peace of mind.

Jon would like to thank James for providing him with more IT hardware to look after.

Community Centre Website Now in Welsh! (Credit to Caitlin Jones)



A translation system has been installed on the website to enable it to be bilingual, and Caitlin has translated the entire website! Visitors can choose whether to view the site in English or Welsh.

VPN / Laptops Connect From Home

The centre's laptops can now connect to the community centre's network from anywhere with an internet connection via a VPN. This enables centre staff to log in to the laptops like usual and be able to access any work files they have saved on the centre's network rather than OneDrive.

IT Induction Document

For new staff and volunteers on placement, an IT induction document has been created to streamline the induction process and provide them with all the information they need.

New HR System (Breathe)

Don't get too excited now! We have a new HR system.

Moving on...

SSD Upgrades

Some of the PCs at the centre have been given a significant upgrade via the installation of SSDs, giving them a speed boost and making things better for our staff.

Lenovo Mini PCs / Extra PCs

We have managed to acquire some excellent Lenovo PCs, one of which has replaced an old, slow PC and the rest are ready to be deployed. For the first time ever, we have more PCs than we need! (Don't tell anyone).



Reel Time Recording Studio, Run by Meurig Hailstone (trading as Reel Time Sound Services)

Established at the community centre in late 2003, Reel Time is now in its 17th year at CCYCP.

Reel Time operates as a commercial professional recording studio, also working alongside the Community Centre.

The recording studio is available for hire by anyone from members of the public to industry professionals. Also a great deal of the recording is for young bands, musicians, singers & rappers, some of which are associated with the community centre, whether it be through the use of the practice rooms or members of the youth club. I provide not only the recording it's self but help them as either Producer, or co-producer on their material, and giving musical and technical guidance to those with little or no previous studio experience

Aside from recording, mixing and format transfers, Reel Time Studio is also used by established artists, producers etc for its professional mastering services, providing a finished product that will then be sent for replication and sold on general release in stores and on download & Streaming sites. Some example of regular clients are Drum & Bass artist Mr Traumatik, singer songwriter Christopher Rees with his 4 most recent albums (inc. "Heart On Fire" with the South Austin Horns), and the 2 most recent album from Zervas & Pepper. Aside from Recording, mixing and Mastering I now offer the digitising and archiving of old family recordings on Cassette, Reel-To-Reel, Video tape, and 78rpm disks that they wish to have

transferred to digital formats and also cleaned and restored.



This service has gradually been increasing in popularity over the last few years as more people move towards having all their media stored on phones, tablets and laptops rather than tapes and DVDs.

This year has seen more technical upgrades to the studio including additional outboard equipment plus additional video conversion hardware and software to meet increasing demand for video archiving.

2020 has been a challenging year so far with the Covid-19 pandemic and lockdown, which saw the studio closed to the public for over 4 months. This meant I had to adapt by promoting and talking on more on-line work. some of my regulars would record their vocals / instruments at home as best they could, send them over to me for me to clean-up, mix and master. Also I heavily promoted the archiving of video and audio tapes, 78rpm acetates and other unusual formats from the past, working partly from home, offering members of the public to drop them off to a safe box, where they would be left to stand 72 hours, sanitised then copied to digital formats, with the finished results returned to the customer online, removing the need for non-essential travel.

Recording. During the easment of lockdown mid-July, I re-opened the strudio to professional musicians, on a "one person at a time" basis, following HSE guidance and using all the same guidelines used by large studios such as "Air Lindhurst", to make sure I was doing everything correctly. Unfortunately due to continued and now tightening social distancing rules, I can not record groups / bands at present which has been quite a blow to the studio. However where possible I do offer to record the musicians one person/instrument at a time, with only them being present in the studio. These (solo artist) recording services ramain available as long as they are permitted under the covid guidance.



As the **Covid-19** restrictions are likely to continue in to 2021, I have decided to promote my **online mixing and mastering** services more, and also the **various transfer and digital archiving services** as these can be carried out without breaking any social distancing measures and local lockdown rules. All of which can now be carried out in the studio (rather than at home) and to an even higher standard due to equipment upgrades carried out over the summer.

Mastering for the film, television and online media industries has continued relatively unaffected through lockdown, with Cardiffbased composer Jordan Rees (film & TV trailers, game soundtracks etc), London-based composer Alan Baker, and film music company "Audio Machine" regularly sending in work online. These customers have also recommended my services to other composers starting out in the industry and I have now begun booking online mastering sessions.

New service starting October 2020, online mixing & music technology tuition/tutorials, delivered via google meet or zoom

Sponsorship & Advertising

*Advertising is mostly through the Reel Time website, the CCYCP / Under Construction websites and through the Reel Time Twitter account. Also flyers are always available in the centre reception.



A new advert has gone live daily on GTFM community radio across Rhondda Cynon Taf and parts of Cardiff (plus around the world – with their online stream). I also now present their monthly Vinyl show, and have become a Trustee in charge of Engineering at the station.



I continue to provide audio and electronic-related technical support for the community centre.

Providing discounted professional Mastering for users of Studio 2, so their own recordings can be finished off to the correct industry standard for release on CD and /or download.

Other voluntary work at the centre involves the setting-up and repair of audio/visual equipment around the community centre, which includes the main hall, meeting room, practice rooms and studio 2.

Also this year I have continued to undertake repairs of sound equipment, amps speakers, leads etc for CCYCP/Under Construction on a voluntary basis, plus PAT Testing and have delivered PAT Training to some staff members.



Contact:

07747188380

email: reeltimestudios@hotmail.com

web: www.reeltimesoundservices.co.uk

twitter: @reeltimestudio

Studio Rates 2020:

£25 for One Hour £23 per hour for 2 or more

Further Discounts available for full-day sessions as well as loyalty discounts for regulars.



Wild Thing have been back operating since July 2020 after the first nationwide lockdown. Since then the cafe has been busy with customers enjoying the garden and sitting in the cosy cafe. Everything in the cafe is now pay what you can afford making good food accessible for all. Over the past few months Wild Thing have hosted community dinners, using surplus food from Fareshare to create a delicious meal for the community. The community dinners have a special atmosphere, with candles and fairylights for a cosy vibe - but is an accessible dinner for all. The community dinners are volunteer led and have been a huge success!

Wild Thing have taken on the operational duties of the community fridge and have a new team of volunteers involved with collections and outreach. The fridge now has a new business contribution programme, where local food businesses can contribute easily to the fridge.







During the Welsh firebreak lockdown, WIId Thing are operating takeaway only. Friday and Saturday nights takeaway suppers are available for collection and delivery.

Wild Thing hope to be reopen for sit ins post lockdown and in the future would love to open in evenings too.

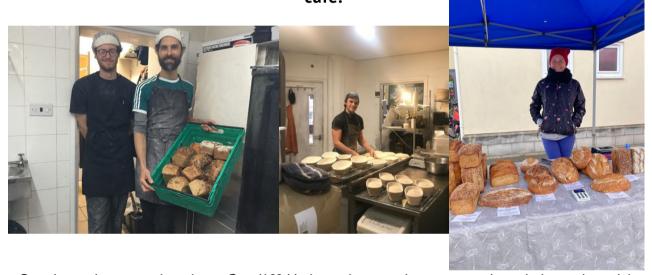




Angharad, Alan, Jack, Mark and Will would like to thank the centre and its directors and staff for their good work and friendly disposition!

This past year we have **enjoyed our first year** working next to the staff at Wild Thing cafe. All of whom we all liked a lot!

We have made good use of the space we rent from the centre next to the cafe.



Our bread was using in a Cardiff University study on sourdough bread and its impact on IBS sufferers. The people in the trial found no impact to their health eating our bread!

We have expanded our production level. To do this we invested in a second oven and a larger mixer. We are now able to also employ a new person.

We Joined the living wage campaign. We are now able to pay all staff £9.50 per hour (up from £8.70 per hour).

We would like to express gratitude to the centre in particular for allowing us to operate a collection point from the cafe front door, when all farmers Markets were closed due to lockdown. It helped us a huge amount because Markets are a big part of our income. It helped us keep connected to our regular customers and maintain a sense of normalcy, until we were able to attend markets again.

We look forward to our next year of working at this amazing vibrant place!

Cardiff and Vale College, ESOL

Cardiff and Vale College runs two ESOL Entry 2 classes at Cathays Community Centre - they are a mixture of online and face to face classes as we ensure a safe and socially distanced delivery due to the current circumstances. The learners appreciate the support in ensuring they are able to continue with their English development and work towards exams. Cathays community centre provides us with well equipped, comfortable rooms where the teacher is able to deliver fun, engaging classes using a blend of technology and more traditional teaching practices. More importantly, the community centre is an important link between the college and the community, and helps us deliver classes with the community in mind, reaching learners who otherwise would find it difficult to participate in ESOL classes.



Terry's Report



Hello! I'm Terry, a regular visitor to Cathays Community Centre. I've been asked to device a few quizzes for the centre, in future, I'll make them a bit easier.

I do regular litter-picks near the centre, I was often at the Coffee Mornings, but that has had to cease during lockdown. I am part of film club, where my suggestions for films have gone from one extreme to the other.

Sie been arked to devise a few quizzges for the centre. In future, I'll make them a hit easier.

I'll make them a hit easier.

I do regular litter piels near the centre, I was often at coffee morning, but that has had to cease during look-down. I am part of film club, where my suggestion for films have gone from one extreme to the other.

I support Phil Race's Memory Lane meetings. During look-down we transferred these to on-line meetings. Phil Rad me to make a recording of me playing some of my compositions on the legyboard. He hopes to make his own arrangement of one of my tunes.

Recently, I did one of my party pieces for some of the centre's people. He keylowed was rigged up so that I was faxing the wall, with my back to the audience. It must have seemed lizarre to the onlookers.

their halp over the years. I was sorry to hear that ardres is unwell. Perhaps now we should get to see the result of her project, for which I supplied many plastic bottles.

I've been asked to include one of my poems:

a Convolution

There's one thing you should bear in mind
as you listen to my verse:

I want to thank the centre staff & volunteers for

One day my poems may improve, and we know they can't get worse!

I support Phill Racz's Memory Lane meetings. During lockdown we transferred there to online meetings. Phill had me to make a recording of me playing some of my compositions on the keyboard. He hopes to make his own arrangements of one of my tunes.

Recently, I did one of my party pieces for some of the centre's people. The keyboard was rigged upon that I was facing the wall, with my back to the audience. It must have seemed insane to the onlookers.

I want to thank the centre staff and volunteers for their help over the years. i was sorry to hear that Andrea is unwell. Perhaps now we shant get to see the result of her project, for which I supplied many plastic bottles.

I've been asked to include one of my poems.

There's one thing you should bare in mind
as you listen to my verse:

One day my poems may improve
and for now they can't get worse!

Registered Charity Number 1122532 Company Registered Number 06141902

CATHAYS & CENTRAL YOUTH AND COMMUNITY PROJECT

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2020

CATHAYS & CENTRAL YOUTH AND COMMUNITY PROJECT

TRUSTEES REPORT YEAR ENDED 31 MARCH 2020

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2020.

LEGAL STATUS

Cathays & Central Youth And Community Project was formed in March 2007. The is a registered charity limited by guarantee.

Registered Charity Number 1122532

Company Registered Number 06141902

OBJECTIVES OF THE CHARITY

The company is governed by a memorandum and articles of association. The principal object of the company is to promote the benefits of the inhabitants predominately of the administrative wards known as Cathays and Central in the City of Cardiff and the neighbourhood without distinction of sex or of political, religious or other opinions by associating the local authorities, voluntary organisation and inhabitants in a common effort to advance education and to provide facilities in the interest of social welfare for recreation and leisure time occupation with the object of improving the lives of the said inhabitants.

The charity is organised so that the Board meet regularly to manage its affairs. There are full time employees, who manage the day to day administration of the charity and further its objectives.

REVIEW OF DEVELOPMENTS, ACTIVITIES AND ACHIEVEMENTS

On March 1st 2020 with a month of the financial year left it had been a year much like the previous. More users and groups to the centre, increased income, new building developments, expanding projects and staff teams, plus improvements to our governance and systems. All in all, a successful year of positive outcomes and growth with an annual income now approaching £400,000

Then the unprecedented appearance of Covid 19 arrived and we closed our doors on March 20th not knowing we wouldn't re-open them until July 20th, four months later.

Some things didn't change - Riverside Sourdough continued baking right though lockdown and the roof still leaked even when we were closed! Luckily lockdown blessed us with predominantly a dry hot early summer and a generous furlough scheme that at times paid half the staff's wages.

Lots of things did change though: after about a month Embassy Youth club; Impact LGBT Youth club; Day provision, Inclusive Youth provision and Memory Lane Social Club had all moved online to something called Zoom. Members had been contacted and soon staff were engaging in online activities every day, helping each other to get through the lockdown.

Some young people needed more help though and in partnership with Social Services, a dedicated team of staff signed up to taking out those most in need out into the fresh air. Where families were at crisis point, we were able at least to give them a few hours' respite. This relationship with Social services has continued to expand where we are now increasing our capacity to support higher levels of social care both at the centre and out in the community. Some things may never return as before though and on re-opening it is apparent that where we had previously countless groups hiring out space, only half have returned so far. Emmanuel Church have moved elsewhere and Dragon-Pro Wrestling are not likely to be back anytime soon. The rehearsal rooms are only open for a limited amount of time and demand is much less than usual.

It should be mentioned that the Cafe's weekend operator Herbivore had left just before lockdown to new premises. Simon the director had run Herbivore on weekends and occasional evenings for the last four and a half years and had also helped establish the café some fifteen years previously, so i see him go.

Zoom

Pre- Covid our situation had seen many positives with extra funding to secure Memory Lane Social Club for a third year. Day provision was running everyday with increasing numbers and the Café had new operators in Wild Thing now running seven days a week.

We had secured funding for building a corridor to the music rooms thus enabling user's access without walking through activities in the main hall. Though through the years this may have added some charm to proceedings it has been a long overdue development that will provide much needed privacy to hall and music room users. Some progress had been made in repairing leaks in the roof and work had continued on our fire door improvement. The garden area has seen the most development alongside the repainting of the front of the building, reception, the youth hall and bingo hall. The number of Bike racks has been increased and moved to a more secure space which has also opened for more undercover seating in the garden with the addition of a yurt and gazebo. Exercise equipment has been installed which has proved to be very popular. Also a fundraiser was set up to raise money for a defibrillator to be installed at the front of the building which thanks to generous donors is now in place.

The board too have been busy, rewriting our constitution which had become obsolete and no longer fit for purpose.

The board too have been busy, rewriting our constitution which had become obsolete and no longer fit for purpose. Passing this through the charity commission was an arduous task alongside the push for new trustees and members. We have also again seen improvements made in our Finance and HR systems which enable us to operate effectively in line with our growth.

Though the effects of the pandemic have had a lasting impact on the centre, it is remarkable six months on how well we have adapted. Financially we have coped despite the lockdown and we are currently no worse off than when we closed. Though I am sure there are challenging times ahead, it appears we are suitably placed to adapt our services to the new situations arising. Whereas we had seen the importance of utilising the building to maximise income and usage, we are now seeing the importance of utilising our staff team's knowledge, skills and dedication in developing new services thus assisting us to create a sustainable future responding to our communities' needs.

RISKS POLICY

The major risk identified by the trustees is the loss of grant funding and charitable donations.

RESULTS

The results for the year and the charity's financial position at the end of the year are shown in the attached financial statements.

THE TRUSTEES

Miss Francesca Morris – appointed 21 January 2020
Adam Richard Kaps
Isobel Sweet
Mrs Norma Mackie – appointed 17 September 2019
Dave Andrews-resigned 17 September 2019
Sarah Lynn – resigned 17 September 2019
Samantha Louise Deltaitre –resigned 17 September 2019
Rhys Pinder resigned 17/09/2019
Amelia Thomas – resigned 17 September 2019

RESPONSIBILITIES OF DIRECTORS

The trustees (who are also the directors of CCYCP for the purposes of company law) are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to;

Rotate

RESPONSIBILITIES OF DIRECTORS (CONTINUED)

- · Select suitable accounting policies and then apply them consistently;
- · Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material
 departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 1985. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINER

A resolution to re-appoint Gordon Down & Company Limited as independent examiner for the ensuing year will be proposed at the Annual Governance Meeting.

DECLARATION

This report was approved by the board on .20/10/20

Signed on behalf of the charity's trustees.

Isobel Sweet - Trustee

CATHAYS & CENTRAL YOUTH AND COMMUNITY PROJECT

REPORT TO THE MEMBERS OF CATHAYS & CENTRAL YOUTH & COMMUNITY PROJECT ON ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2020

I report on the accounts of the charity for the year ended 31 March 2020 set out on pages 5 to 10

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also directors of CATHAYS & CENTRAL YOUTH AND COMMUNITY PROJECT for the purpose of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 43(2) of the Charities Act 1993 (the 1993 Act) (as amended by section 28 of the Charities Act 2006) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act, as amended);
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act, as amended) and
- to state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on whether the accounts present a 'true and fair view'.

Independent Examiners 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 trustees have not met the (1) requirements to ensure that:
 - proper accounting records are kept (in accordance with section 221 of the Companies Act 1985); and
 - accounts are prepared which agree with the accounting records, comply with the accounting requirements of section 226(A) of the Companies Act 1985 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities;

to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to (2) be reached.

Date 27/1/2 Signed

L.S.Cohen FCA Independent Examiner

Gordon Down & Company, Accountants Temple Court, 13a Cathedral Road Cardiff CF5 1JB

CATHAYS & CENTRAL YOUTH AND COMMUNITY PROJECT STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account) FOR THE YEAR ENDED 31ST MARCH 2020

	Note	Unrestricted Funds £	Restricted Funds	Total 2020 £	Total 2019 £
Incoming Resources Voluntary Income Charitable Activities	2	1,681 271,986	106,124 0	107,805 271,986	94,220 215,567
Total Incoming Resources		273,667	106,124	379,791	309,787
Resources Expended Governance Costs Charitable Activities Total Resources Expended	3	2,154 273,011 275,165	0 100,254 100,254	2,154 373,265 375,419	1,902 313,584 315,486
Net (outgoing)/incoming resources for the year and net income/(expenditure) for the year Funds brought forward Funds carried forward		-1,497 66,256 64,759	5,870 9,309 15,179	4,373 75,565 79,938	-5,699 81,264 75,565

The Statement of Financial Activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities

CATHAYS & CENTRAL YOUTH AND COMMUNITY PROJECT BALANCE SHEET AS AT 31ST MARCH 2019

	Note	2020		2019	
		£	£	£	£
Current Assets					
Debtors		500		2,770	
Cash at Bank		83,559		73,977	
		84,059		76,747	
Creditors: Amounts falling due within one year	4	4,122		1,182	
Net Current Assets			79,937		75,565
Total Assets less Current Liabilities			79,937		75,565
Net Assets			79,937		75,565
Funds					
General Unrestricted Funds	8		64,759		66,256
Restricted Funds	8		15,179		9,309
			79,937		75,565

The trustees are satisfied that the company is entitled to exemption from the requirements to obtain an audit under section 477 of the Companies Act 2000 and that the members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to applicable records and the preparation of accounts.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

The financial statements are approved by the trustees on ... 20/10/20

And are signed on their behalf by:

Isabel Sweet Trustee

The notes on pages 7 to 10 form an integral part of these financial statements

CATHAYS & CENTRAL YOUTH AND COMMUNITY PROJECT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2020

1. Accounting policies

Basis of accounting – The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Companies (effective January 2007), the Companies Act 1985 and follow the recommendations in 'Accounting and Reporting by Charities'; Statement of Recommended Practice, 2005.

Cash flow statement – The directors have taken advantage of the exemption in Financial Reporting Standard No. 1 from including a cash flow statement on the grounds that the company is small.

Incoming resources – All incoming resources are recognised when receivable and when all conditions for receipt have been met. No expenditure has been netted off incoming resources in the Statement of Financial Activities.

Resources expended – costs of activities in furtherance of the charity's objects represent those costs incurred directly in connection with charitable activities. Management and administration costs comprise costs associated with managing and administering the charity and include an appropriate apportionment of overheads.

Funds structure – Unrestricted funds are those available for general use by the charity. Designated funds are unrestricted funds which have been set aside by the Trustees for specific purposes. Restricted funds are those where the donor has imposed restrictions on their use.

The nature and purpose of each fund is set out in note 9.

CATHAYS & CENTRAL YOUTH AND COMMUNTITY PROJECT NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2020

3	Resources Expended	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
	Governance Costs			2,154	1,902
	Professional Fees	2,154	0 0	2,154	1,902
	Total Governance Costs	2,154		2,134	1,702
	Cost of Charitable Activities				
	Management and Administration Costs				
	Staffing Costs			222.052	188,808
	Youth and Community Workers	176,935	57,018	233,953	0
	Cleaning and Maintenance	0	0	0	30,745
	Payroll costs	35,807	0	35,807	219,553
		212,742	57,018	269,760	219,555
	Premises Costs				2,996
	Rent and water	11,036	0	11,036	15,074
	Heat & light	18,032	0	18,032	9,943
	Building Maintenance	16,762	0	16,762	9,543
	Building Development	500	0	500	28,013
		46,330	0	46,330	20,013
	General Administrative Expenses			9 222	1,464
	Materials & Equipment		8,323	8,323 4,422	6,716
	Printing, Postage & Stationery	4,422	0	1,981	1,036
	Telephone	1,981	0	4,094	4,473
	Insurance	4,094	0	1.021	802
	Licences & Fees	1,021	0	414	576
	Bank Charges	414	0	576	302
	Sundry	576 12,508	8,323	20,831	15,368
	Cost of Generating Voluntary Income				
	Food Activity	1,430	0	1,430	996
	Youth & Community Activities	0	34,913	34,913	49,654
		1,430	34,913	36,343	50,650
	Total Cost of Charitable Activities	273,011	100,254	373,264	313,584
	Total Resources Expended	275,165	100,254	375,418	315,486

CATHAYS & CENTRAL YOUTH AND COMMUNTITY PROJECT NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2020

V Decourage	Unrestricted	Restricted	Total	Total
Incoming Resources	Funds	Funds	2020	2019
	£	£	£	£
Voluntary Income				
Grants and Donations			20 700	28,780
Action For Children	0	28,780	28,780	12,704
Active Inclusion Fund	0	0	0	1,000
Asda Brunch Club Grant	0	0	23,959	6,750
BBC CIN	0	23,959	318	3,856
Big Lottery Fund 18-19	0	318	6,811	0
Big Lottery Awards For All Grant	0	6,811	0,811	868
Big Music Project	0	0		0
CS3 Changing Places	0	1,000	1,000	4,690
CAVAMH	0	4,541	4,541 500	0
CCC Building Grant	0	500		0
CCC Impact Grant	0	7,125	7,125	7,564
CCC Sunday Club	0	3,482	3,482	0
Community Foundation Wales	0	720	720	0
CO-OP Community Fund Grant	0	2,107	2,107	0
Donations (De-Fib Project)	0	761	761 0	1,000
Groundwork UK / One Stop	0	0	500	0
Lloyds Bank Exercise	0	500	0	580
Monmouthshire Grant	0	0		0
Morrisons	0	6,500	6,500	1,000
Rotary Club Charity Fund	0	0	0	1,000
Round Table Fund	0	0	400	0
Salavation Army Music Fund	0	400	0	15,000
Section 106	0	0		0
Virgin Grant	0	250	250	3,000
Virdor Grant	0	0		0
YIG Grant	0	13,750	13,750	0
YMCA 1910 Grant	0	4,620	4,620	6,428
Sundry Donations	1,681	106,124	1,681	94,220
	1,681	100,124	107,000	7.1,00
Charitable Activities	84,862	0	84,862	75,61
Community Activities			9,139	9,15
Food Activities	9,139		32,808	30,32
Music Activities	32,808		145,177	100,47
Youth Activities	145,177			
	271,986	0	271,986	215,56
	273,667	106,124	379,791	309,78
Total Incoming Resources				

CATHAYS & CENTRAL YOUTH AND COMMUNTITY PROJECT NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2020

Total Charity Funds

		2020	2019
		£	£
4 Creditors : Amounts falling due within one year			
Paye		2,311	0
Nest pension		617	0
Accruals		1,195	1,182
		4,122	1,182
5 Payments to Trustees			
No ttrustee received any remuneration from the char	rity during the year.		
6 Staff Costs & Numbers		2020	2019
Wages & Salaries		269,760	219,553
The average number of employees during the year		9.0	9.0
calculated on the basis of full time equivalents, was		9.0	
		Net Current	
7 Analysis of Net Assets Between Funds		Assets	Total
		64,759	64,759
Unrestricted Funds		15,179	15,179
Restricted Funds		79,937	79,937
8 Fund Balances	Balances		Balances at 31/03/2020
	at 31/03/2019	Movement	64,759
Unrestricted Funds	66,256	-1,497 5,870	15,179
Restricted Funds	9,309	4,372	79,93
Total Charity Funds	75,565	4,312	

CATHAYS & CENTRAL YOUTH AND COMMUNTITY PROJECT NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2020

Restricted Funds				
Restricted Funds	Balance at			Balance at
	31/03/2019	Income	Expenditure	31/03/2020
	0	28780	28780	0
Action For Children	0	23959	22459	1500
BBC Children In Neod	3656	0	3656	0
Big Lottery Fund 18-19	0	318	0	318
Big :Lottery 18-19	0	1000	1000	0
C3SC Changing Places Grant	1652	4541	6193	0
CAVAMH	0	500	500	0
CCC Building Grant		7125	7125	0
CCC Impact Grant	0	6811	711	6100
Big Lottery Awards for all Grant	0	3482	3482	0
CCC Sunday Club	0	720	720	0
Community Foundation Wales	0	2106	2106	0
CO-OP Community Fund Grant	0	761	0	761
Donations (De-Fib Project)	0		1000	0
Groundwwork UK/One Stop	1000	0	400	0
Salvation Army Music Fund	0	400		0
Virgin Grant	0	250	250	0
•	3000	0	3000	0
Viridor Grant	0	13750	13750	0
YIG Grant .	0	4620	4620	
YMCA 1910 Grant	0	6500	0	6500
Morrisons	0	500	500	0
Lloyds Bank Foundation				
	9308	106123	100252	15179