DATED January 2026

ABERGAVENNY TOWN COUNCIL

and

Tithe Barn Community Wellbeing Café

COOPERATION AGREEMENT

for the provision of funding for

rental cost of the premises

AGREEMENT

DATED:

BETWEEN: Tithe Barn Community Wellbeing Café

(1) ABERGAVENNY TOWN COUNCIL of Town Hall, Cross Street, Abergavenny (the **"Council**").

COOPERATION AIMS

(A) Abergavenny Town Council has statutory duties under the Well Being of Future Generations Act and has identified several organisations that can help the Town Council fulfil their duties. The Tithe Barn Community Wellbeing Café is one such organisation.

(B) The Tithe Barn Community Wellbeing Café can help the Council address the identified priority areas which are protecting and enhancing the natural environment.

(C) Abergavenny Town Council support The Tithe Barn Community Wellbeing Café in its aims to provide ongoing voluntary support to the community, access and signposting to wellbeing services, advice and assistance.

(D) The Tithe Barn Community Wellbeing Café seeks security of funding to enable the group to have a sustainable future and to create increased capacity to develop the biodiversity of a supportive community.

1 COOPERATION SERVICES

1.1 During the Term of this Agreement, the Council shall provide capital and revenue funding to support the work of The Tithe Barn Community Wellbeing Café as set out in Annex 1.

1.2 The Tithe Barn Community Wellbeing Café will take appropriate steps to ensure value for money when letting contracts and that appropriate management arrangements are put in place to ensure that the quality of work is to a specified standard.

1.3 The agreement is to incorporate:

1.3.1 Capital and revenue funding to undertake the projects outlined in Appendix 1.

1.3.1 In the event that any of these projects cannot be undertaken the Council will consider favourably allowing The Tithe Barn Community Wellbeing Café to use such funds for other, approved, projects in line with the cooperation aims outlined above.

2 DELIVERABLES

2.1 The Tithe Barn Community Wellbeing Café will deliver against the Wellbeing of Future Generations Act and the Town Council Strategy & Action Plan to implement changes to enhance biodiversity which works towards Section 6 of the Environment Act. Details of deliverables are set out in Annex 2.

3 TERM AND TERMINATION & INDEMNITIES

3.1 Subject to earlier termination in accordance with its terms, this Agreement shall commence on the _____ and shall continue until _____.

3.2 This agreement may be terminated at any time by either party giving at least 12 months' clear written notice to the other party.

3.3 There will be a review point every 12 months during the term of this agreement.

3.4 The Tithe Barn Community Wellbeing Café should notify the Council at the earliest opportunity should the Group be considering closing down the project or that the project is in financial difficulty. This would enable the Council to consider its options regarding future funding.

3.5 The Tithe Barn Community Wellbeing Café has in place appropriate insurances which includes public liability insurance. The group has sole responsibility for dealing with any claims from accidents or other events resulting in loss or injury even if the activity was partially funded using Council funding.

3.6 The Tithe Barn Community Wellbeing Café will have in place appropriate safeguarding policies for all users and suitable arrangements for the training and safeguarding of all staff and volunteers. The Tithe Barn Community Wellbeing Café will ensure

they follow all appropriate and relevant guidance under Employment Law and advocate for equal opportunities for all.

4 PAYMENT

4.1 The Council will pay £11,000 for 3 Years in _____ following the signing of the agreement.

4.2 Thereafter the Council will pay the annual sum in 3 instalment(s); the instalment will be paid on the first working day of the month. Future year payments would be subject to satisfactory annual review.

5 VARIATION TO THE AGREEMENT

5.1 Should either party wish to discuss a significant variation to the agreement, representatives shall meet to agree such variations. Significant variations will be added to this Agreement as supplementary appendices.

6 PERFORMANCE MANAGEMENT

6.1 As a minimum, The Council and The Tithe Barn Community Wellbeing Café will meet annually. This will involve a visit to The Tithe Barn Community Wellbeing Café to view the project and if required, to deliver a presentation to the council members. The performance measures are set out in Annex 3.

6.2 One week before the arranged visit an update report will be sent to the Town Clerk for circulation. The annual report structured under the agreed objectives should capture what has worked well and also what hasn't worked well and future plans. It is important for both parties to be open and transparent to aid greater understanding. This report will form the basis for any changes to the deliverables for the coming year.

6.3 During the year, updates and copies of reports should be circulated to the Town Clerk for circulation to all Councillors.

Cooperation Meetings

6.4 Both parties can request that a cooperation meeting is convened. This could be to discuss and explore potential issues or new proposals. Both parties are encouraged to view this as a meaningful partnership, with both parties wanting the same outcome.

7 RESOLUTION OF DISPUTES

7.1 If there is a dispute between the parties concerning any matter arising from or in connection with this agreement, the parties will use reasonable endeavours to settle the matter in accordance with the dispute resolution procedure set out below.

7.2 Any dispute which has not been resolved between the Nominated Representatives (to be nominated by the Town Council at the May Council meeting) within fourteen (14) days of the matter being raised, may be escalated by either party to the Chair of The Tithe Barn and Full Council Committee by notice in writing.

8 PUBLICITY

8.1 The Tithe Barn Community Wellbeing Café will acknowledge the support of the Town Council whenever possible on their website, social media, printed materials etc.

Signed on behalf of Abergavenny Town Council) Signature:

) Date:

By Name:

Signed on behalf of _____) Signature:

) Date:

By Name:

ANNEX 1

COOPERATION FUNDING

The Tithe Barn Community Wellbeing Café (TBCWC)

Who We Are

The Tithe Barn Community Wellbeing Café (TBCWC) Community Interest Company works with the community to identify a variety of needs and deliver services/groups that support people in need. Community Cafes in the UK have an impact on improving health, community cafés have been seen as a means of meeting a range of policy objectives including improving health, tackling inequalities, community development, inclusion, and regeneration on a 'not-for-profit' basis.

Project foundation.

The Project success is built on the existing, very successful model of community support which was first introduced by **C**rafting 4 **C**ancer (C4C) in 2018. Expanding this community group based in The Tithe Barn, Abergavenny. C4C is self-funded by selling handmade crafts and running a small cafe every Tuesday. The group run by a small group of volunteers, has become financially viable through their efforts maintaining a weekly C4C café serving hot and cold beverages, light snacks and homemade cakes and opportunities sought in craft fairs and community engagement events throughout the year.

In January 2025, St Mary's Priory Centre offered the C4C group the opportunity to use the Tithe Barn more regularly. In response to several expressions of interest by members of the public community, a consultation took place in April 2024, and the Tithe Barn Community Wellbeing Café was created.

During the last 18 months TBCWC has grown from strength to strength providing a detailed program throughout the week supported by a group of volunteers, 5 part time paid staff and a committee of 6.

Our Mission

The Wellbeing Café is committed to proactively addressing community challenges. Through our support groups, collaborative training opportunities, and targeted intervention programmes, we strive to enhance both health and wellbeing in our local area. Our café serves as a welcoming venue where groups, advice services, therapies, and other resources come together to share information, network, offer guidance, and create a warm, safe environment for all.

Our group timetable is designed to meet the needs of people with both pre- and post-diagnoses across a range of conditions and lived experiences.

The Wellbeing Café addresses local community challenges by providing support groups, training, and intervention programmes to improve health and wellbeing. Our welcoming venue hosts advice services, support groups, and resources for networking

and guidance, offering a safe space for everyone. The group timetable supports individuals with various conditions, both pre- and post-diagnosis. We connect citizens to local services through advice and engagement, following our successful Crafting 4 Cancer (C4C) model. Activities include C4C sessions, Parkinson's and Long COVID support groups, memory café, Maggie's outreach social painting, and coffee mornings. Promotion of these activities take place, using notice board and information stands within the Café, social media Facebook Page, newsletters and Abergavenny focus.

Weekly Timetable of events

DAY	MORNING EVENT	AFTERNOON EVENT
MONDAY	Parkinson Support Group 11-12.30 – Starting	Memory Café 1.30 -3.30
TUESDAY	Crafting 4 Cancer 10.30 – 12.30	Maggie's Outreach 1st Tuesday Every Month
WEDNESDAY	Coffee Morning 10.30 -12.30	Life Music starts 19th Feb 2pm Running Fortnightly
THURSDAY	CLOSED	CLOSED
FRIDAY	Men's Breakfast Club starting 10.30-12.30pm Long Covid 11am 3rd Friday of the Month	Social Painting 1.30 -3.30 Seasonal Crafts 1- 3pm

We support Dementia friendly community's agenda creating community engagement, raising awareness and understanding, providing a space for Carers Education and 6 weekly support groups. It supports the Loneliness and isolation pathway. It is increasingly apparent from research studies that social isolation and loneliness can have severe adverse impacts, associated with about a 50% increased risk for dementia and other serious medical conditions including cardiovascular disease.

The café provides a welcoming and comfortable atmosphere that facilitates meetings for various community groups, such as walking groups, the Abergavenny Sanctuary MS Support Group, and the Long COVID Support Group.

We work jointly with a number of third sector organisations, Bridges of Monmouthshire, Gateway Church, Cwtch Angels, Tudor Street Centre (The Gathering), Greener Abergavenny, Maggie's Cardiff based Charity and a number of statutory organisations such as Aneurin Bevan Health Board, Jobcentre in Abergavenny, Monmouthshire County Council, King Henry VIII School , GP Wellbeing Liaison Teams, WIC and GAVO to provide our services and opportunities for voluntary work experience.

As detailed in the Monmouthshire Wellbeing Assessment (2022), Abergavenny and surrounding areas face a number of challenges now and in the future. In order to address these challenges, there is a need for public services and communities to work

together to implement solutions. Our services model strives to achieve a partnership approach.

Volunteering Opportunities

We are passionate about fostering a sense of belonging by providing meaningful volunteering opportunities for community members. Working alongside, voluntary services such as GAVO, Abergavenny Job centre and the local schools to create opportunities for volunteering. Volunteers can choose from a variety of roles, such as assisting in the café, supporting our different groups, or becoming a committee member. Volunteering with us is a chance to develop valuable skills, build new friendships, and make a genuine difference in the lives of others. By getting involved, volunteers not only contribute to the wellbeing of our community but also gain personal fulfilment and a sense of purpose. Since we started our project in 2024 we have recruited over 34 Volunteers.

The wellbeing timetable offers a structured approach to support that enables individuals to access relevant groups and activities suited to their unique circumstances. This consistency not only promotes routine and stability, but also encourages sustained engagement, which can lead to lasting improvements in mental and physical health. By catering to both pre- and post-diagnosis needs, the timetable ensures that no one is left behind, fostering inclusion and a sense of belonging. Furthermore, having a clear schedule empowers attendees to make informed choices about their participation and helps them plan around other commitments, making support more accessible and practical for all.

Regular group sessions also help build community connections, reduce feelings of isolation, and provide opportunities to learn new skills or coping strategies. The variety of activities, from support groups to creative sessions, encourages people to try something new, meet others with shared experiences, and contribute positively to their own wellbeing. In addition, the timetable allows volunteers and staff to prepare and deliver high quality support, ensuring that every session is welcoming, purposeful, and beneficial.

These groups are run by dedicated volunteers who receive training in the specific area, some volunteers have lived experience of the condition and are experts in their own right, other have particular interest and training is provided to assist them e.g. dementia awareness

The project is managed and measured through a series of review, action plan and governance arrangements in line with the charitable funds guidelines, bimonthly committee meetings are held, minuted and recorded to help evaluate and support the objectives of the project. This can be evidenced using quantitative and qualitative data through the number and types of groups delivered the number of attendees and service user and volunteer feedback.

Stakeholder Engagement - Community Consultation Event

Our Community Consultation event held on 23rd April 2024 engaged with the local community and gathered their views and ideas on what the Community Cafe could look like. The event was supported by Monmouthshire County Council and GAVO who have also supported the recruitment of additional volunteers from across the community who are willing to give their time to help support the startup and continued running of the café and help shape the future development of the community café.

The TBCWC now operates 5 days a week providing a venue to support the local community and community groups and a timetable of support groups. Throughout the year there have been several one-off events, e.g. Christmas fair, free to the community, summer fare with free activities for the children, Greener Abergavenny event, ABUHB consultation events, Bridges training sessions, Dementia Bus in the courtyard etc.

This initiative works to achieve joined up community-based services based on the principle of 'home first,' avoiding harm, waste, and variation, empowering people and delivering outcomes that matter to them. Supporting a "citizen friendly community" where peer support and access to care is facilitated at a time when needed to prevent crisis and empower people to live in their own community, avoiding unnecessary admissions to care facilities and remain as active and engaged in their local environments.

Key Milestone- Community Consultation Event/ Engagement

The additional investment sought in this funding application will safeguard and build upon the past 18 months of developments in trust, collaboration, and meaningful co-production with stakeholders, achieved through regular engagement with the Local Community a Community Consultation Event held on 23rd April 2024 and a further consultation event planned for the 27th February 26 which will continue to shape the direction of the wellbeing café .

Financial Position

Please see the Financial Appendix.

ANNEX 2

DELIVERABLES

How this project benefits the people of Abergavenny now and in the future.

The TBCWC aligns with many of the national and local health and social care strategies and policies with the aspiration for a well-supported community, working in collaboration and partnership with other agencies, services and most importantly the citizens of Abergavenny.

Some of these are identified below:

- The Wellbeing of Future Generations Act (Wales)2015
- This work supports the Cancer Strategy: Delivering a Vision 2020-2025 Maggie's group and Crafting 4 Cancer group
- All Wales strategy Shaping our Future Wellbeing: In Our Community 2015-25. 'Caring for People; Keeping People Well' where a person's chance of leading a healthy life is the same wherever they live and whoever they are.
- The All-Wales Dementia Action Plan (2018-2025) and the Dementia pathways in care.
- Alzheimers society. Dementia Friendly communities. Community Engagement, raising awareness, understanding and support.
- National Carers strategy: providing a space for Carers Education and 6 weekly support groups.
- Loneliness and isolation pathway. It is increasingly apparent from research studies that social isolation and loneliness can have severe adverse impacts on health and wellbeing.
- Warm hubs.
- Mental Health and wellbeing service, creating the Men's group breakfast club.
- Parkinson's Society, supporting living well agenda.
- Cancer Strategy: Delivering a Vision 2020-2025
- All-Wales strategy Shaping our Future Wellbeing: In Our Community 2015-25. 'Caring for People; Keeping People Well,' where a person's chance of leading a healthy life is the same wherever they live and whoever they are.

The 7 Well-being Goals of Wales come from the Well-being of Future Generations (Wales) Act 2015. They are designed to improve the social, economic, environmental, and cultural well-being of Wales.

A PROSPEROUS WALES

The Tithe a Barn Community Wellbeing Café supports a prosperous Wales by partnering with organizations to provide training, student placements, and work opportunities.

An innovative, productive, and low-carbon society that:

Uses resources efficiently

Develops a skilled and well-educated population

Provides decent work and economic opportunities

A MORE RESILIENT WALES

A nation that:
Maintains and enhances a biodiverse natural environment
Supports healthy ecosystems
Can adapt to climate change and environmental challenges

A HEALTHIER WALES

The Tithe Barn community wellbeing café is dedicated to supporting and enhancing individual wellbeing within the community by providing a range of activities, resources, and social opportunities.

A society where:
People's physical and mental well-being is maximised
Health inequalities are reduced

A MORE EQUAL WALES

The Tithe Barn community wellbeing café helps people reach their potential by providing volunteer opportunities and student placements to everyone, regardless of background. We have had several success stories with individuals from other countries who faced language barriers but successfully found employment after volunteering with us.

The Tithe Barn community wellbeing café empowers people to fulfil their potential by offering a range of volunteer opportunities and student placements open to all, regardless of background. For example, Maria, who moved to the UK from Thailand, improved her English skills through volunteering at the café and later secured a job

as a kitchen assistant. Similarly, Andrea, originally from Hungary, gained valuable work experience and confidence as a café assistant, which helped him obtain employment in customer service. Volunteer roles available include café assistant, kitchen assistant and group leader, enabling participants to develop practical skills, build confidence, and enhance their future prospects.

A country that:
Enables people to fulfil their potential
Reduces inequality regardless of background or circumstances

A WALES OF COHESIVE COMMUNITIES

The Tithe Barn Community Wellbeing Café offers a safe place for individuals to meet and connect with other members of the community, and we work in partnership with other local groups and services, such as the Cwtch Angels, Bridges, GAVO and ABUHB.

Communities that are:
Attractive
Viable
Safe
Well-connected

A WALES OF VIBRANT CULTURE AND THRIVING WELSH LANGUAGE

At the Tithe Barn community café, our social painting sessions invite participants to relax, unwind, and express their creativity in a welcoming and inclusive atmosphere, whether you're a complete beginner or an experienced artist. The arts and craft sessions offer a chance to get hands-on with a variety of materials, encouraging people of all ages to learn new skills, share ideas, and enjoy friendly conversation as they work together. These activities not only nurture individual talents but also bring people together, strengthening bonds and fostering a lively sense of community spirit. Events like our St David's Day celebration on 27th February, which is free for everyone to attend, help us celebrate Welsh culture and heritage, creating opportunities for local people to connect, appreciate, and take pride in our shared traditions.

A society that:
Promotes culture, heritage, and the arts
Encourages participation in sport and recreation
Protects and grows the Welsh language

A GLOBALLY RESPONSIBLE WALES

At the Tithe Barn community café, we use fair trade products as part of our commitment to global responsibility, recognising that every small action contributes to positive change. By choosing fair trade, we support ethical farming practices and help improve the livelihoods of farmers in developing countries, while also reducing our environmental impact.

Our volunteering opportunities foster a sense of community and enable individuals to make a meaningful contribution, whether by helping run the café, organising events, or supporting local initiatives.

We also collaborate with Cwtch Angels, a local organisation dedicated to reducing food waste, ensuring that surplus food from their project is used in our café where possible, rather than ending up in landfill.

A nation that:
Takes account of its global impact
Contributes positively to global well-being (e.g., fair trade, climate action)

SECTION 6 – ENVIRONMENT (WALES) ACT 2016

Biodiversity and resilience of ecosystems duty

ANNEX 3

PERFORMANCE MEASURES

The project will be monitored and evaluated using a number of measures evidence through but not limited to the annual report.

Outcome measures:

- To provide a venue and information hub for community groups i.e. Crafting 4 Cancer, Dementia friendly cafe; learning disabilities; men's group; visual impairment group, Parkinson group and other identified groups. Identify range of groups, services accessing the venue.
- Evaluate and seek feedback of impact of group on citizens, through experience stories.
- To include/ involve the residents of Abergavenny and surrounding area to be contributors to the development and facilitation of a community-based Wellbeing café. Record engagement events and opportunities, capture views and feedback.
- To offer support and resources to enable current and future groups and community developments. Evidence resources and information sharing .
- To arrange functions to support groups. Record events.
- To offer an accessible venue to support community practitioners to provide community services. Identify audits, review and adaptations.
- To run a variety of wellbeing workshops, e.g., crafts support groups.
- Create and promote Volunteer opportunities in the local area. Record numbers of volunteers, source and feedback.
- Provide ongoing training and support to Volunteers. Evidence induction programme.
- How many individuals have accessed the different group/activities
- Effectiveness and impact through feedback of people attending the project.
- Through the governance of financial management identify sustainability and feasibility of project.
- Committee meeting, action plan, records and minutes.