

BRENT CENTRE FOR YOUNG PEOPLE

England & Wales · Charity number 1081903

Details

Other names	BRENT ADOLESCENT CENTRE, BRENT CENTRE FOR YOUNG PEOPLE
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Status	Registered
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Legal form	Charitable company
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Company number	04037793
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Registered	2000-08-08
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Register	View on the Charity Commission register
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Contact

Address	51 Winchester Avenue London NW6 7TT
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Phone	02073280918
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Email	info@brentcentre.org.uk
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Website	www.brentcentre.org.uk
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Activities

Objects: 2.1 The Company is established for the following "Objects": 2.1.1 to engage in psychoanalytic research into adolescence in general, and in particular with reference to the factors which cause or contribute to psychopathology during adolescence; 2.1.2 to promote and assist such research by others; 2.1.3 to obtain and assist others in obtaining relevant data concerning normal and psychologically abnormal development and behaviour during adolescence; 2.1.4 to treat or assist in the psychoanalytic treatment of young people presenting mental and emotional difficulties or disorders; 2.1.5 to publish studies of such research as aforesaid whether such research was undertaken by the Company or by others; 2.1.6 to organise seminars and conferences for professional and other persons whose professional activity or interest is concerned with or connected with adolescence; 2.1.7 to disseminate knowledge of adolescence and the results of psychoanalytic research into adolescence, adolescent psychopathology and related matters; 2.1.8 to provide psychoanalytic and psychotherapeutic services to young people as well as psychological and therapeutic support to parents and carers; 2.1.9 to promote mental health, as well as welfare to young people in schools, youth clubs, voluntary and statutory organisations and others; 2.1.10 to establish and maintain outpatient facilities and services for the care and treatment of young people presenting mental, emotional and psychological difficulties or disorders; 2.1.11 to establish and maintain a library for the purpose of facilitating research into adolescence and related matters; and 2.1.12 to make grants, donations or subscriptions to other institutions, trusts and bodies formed for exclusively charitable purposes having Objects wholly, partly or incidentally similar to or complementary to the Objects of the Company.

Activities: The Brent Adolescent Centre is committed to the well being of vulnerable young people in and around the London borough of Brent (aged 14-21) and provides free mental health support services - in house and in the community. It also undertakes research into adolescent breakdown.

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- Brent
- City Of Westminster
- Ealing

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,478,388	£1,715,888	£1,129,700	46
2024-03-31	£1,736,951	£1,855,394	£1,359,798	47
2023-03-31	£1,335,360	£1,630,995	£1,421,937	45
2022-03-31	£1,450,223	£1,365,448	£1,735,902	40
2021-03-31	£1,133,914	£1,241,987	£1,562,008	36

Trustees

Name	Role	Appointed
Anoushka Babbar		2020-04-01
BERNARD ROBERTS		
Charlotte Rose Naser		2025-02-26
Christiane Maria Laurence		2025-02-26
Dr Gregory Noel Battle		2025-02-26
Gideon Hadary		2020-05-11
Ian Murray Barnes		2020-04-01
Pessi Elias		2020-04-18
Randy Mannie		2020-04-01
Simon Dodds		2020-04-01

Accounts

Charity Registration No. 1081903
Company Registration No. 04037793 (England and Wales)

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

BRENT CENTRE FOR YOUNG PEOPLE

LEGAL AND ADMINISTRATIVE INFORMATION PAGE

Trustees	Dr B L Roberts MB ChB FRCPsych	
	Ms Pessi Elias MSc	
	Mr Randy Mannie (Treasurer)	
	Mr Gideon Hadary MSc	
	Mr Simon Dodds	
	Mr Ian Barnes	
	Ms Anoushka Babbar	
	Dr Gregory Battle	(appointed on 26 February 2025)
	Ms Charlotte Nesar	(appointed on 26 February 2025)
	Ms Christiane Laurence	(appointed on 26 February 2025)
	Mr Philip Stokoe	(resigned on 26 February 2025)
	Mr Philip Bard	(resigned 29 April 2024)
	Dr Maxim De Sauma	(resigned 29 April 2024)
	Mrs Valentina Levi	(resigned 6 November 2024)
Chief Executive	Mrs Valentina Levi	
Company Secretary	Mr Niall Henderson	(appointed 6 November 2024)
	Mrs Valentina Levi	(resigned 6 November 2024)
	Dr Maxim De Sauma	(resigned 29 April 2024)
Charity number	1081903 / SCO052246	
Company number	04037793	
Registered office	51 Winchester Avenue London NW6 7TT	
Auditor	Azets Audit Services 2 nd Floor Regis House 45 King William Street London EC4R 9AN United Kingdom	
Investment managers	Seven Investment Management LLP 55 Bishopsgate London EC2N 3AS	
Bankers	HSBC Bank UK Plc	

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

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BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

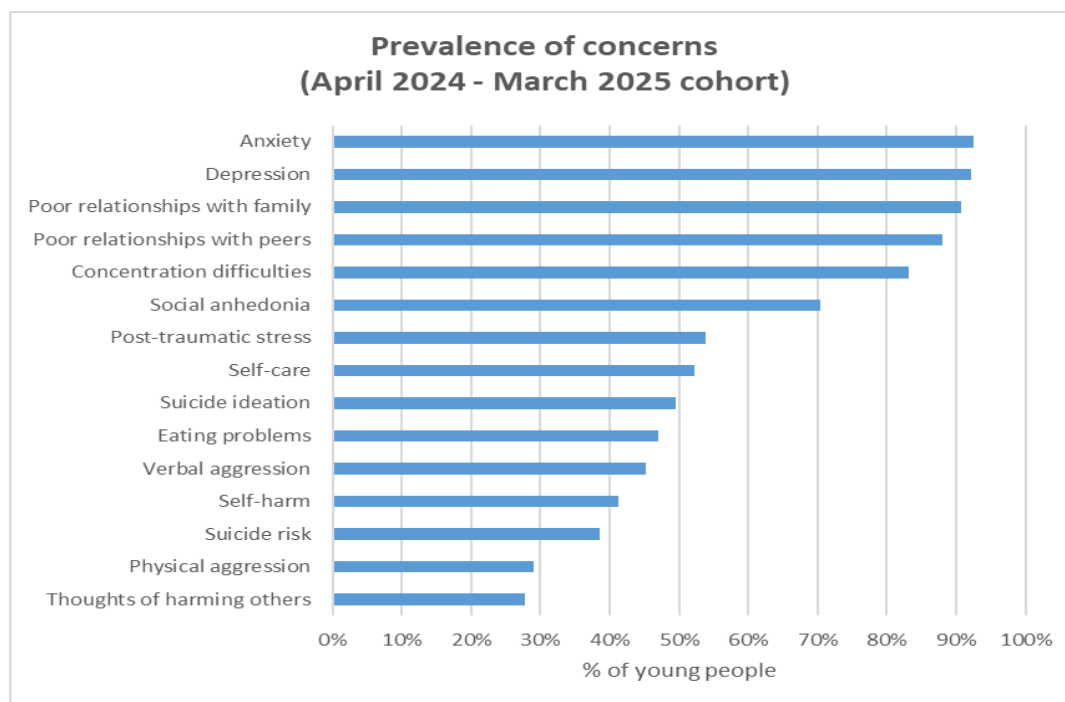
TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

The Board of Trustees are pleased to present their Trustees' Annual Report and financial statements for the year ending 31 March 2025. The Trustees' Annual Report contains a Directors' Report as required by company law. The Trustees confirm they have complied with the requirements of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. The financial statements comply with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

The main objectives of the charity as set out in the charity's Articles of Association and memorandum are to provide assessment, treatment and interventions, information to young people in the areas of Health (mainly Mental Health) and other areas relevant, and to research adolescence and the causes of adolescent breakdown.

The principal activities of the charity continue to be the provision of services to young people around Mental Health and development of a clinical audit, an outcome study on adolescent psychotherapy and research into adolescent breakdown. The Brent Centre for Young People (Brent Centre) provides Adolescent Exploratory Therapy (AET) and Psychotherapy services to help young people who experience a range of emotional and mental health difficulties. The most prevalent problems across all service users in the past year include:



These challenges can be addressed head-on through the Brent Centre's range of therapy services. If they aren't talked through in early adulthood, the problem presented can significantly impair mental and physical health and limit young people's ability to progress into fulfilling adult lives.

The aim is to help young people make positive changes and improve their wellbeing. This can lead to:

- **Improved relationships**
- **Reduced social exclusion**
- **Lower risk of breakdown in adulthood**
- **Better educational attainment**

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

The Brent Centre's activities are provided through, Individual Adolescent Exploratory Therapy (AET), Individual Psychotherapy, Private Services, Parental Support and Family Therapy, Practical Support, Young Offenders Project, Schools Services, Sport and Thought, Research and Scottish Highlands. AET, Psychotherapy, Parent Support and Family Therapy, Practical Support and Research activities are undertaken at Laufer House and Byron House (WCYP), and the other projects take place in outreach locations such as Schools and Brent Youth Offending Services.

- **Adolescent Exploratory Therapy (AET):** Is the exceptional core analytic provision specifically to meet the needs of adolescents and was created and developed by the Brent Centre. It is the first therapeutic provision through a series of consultations in which a young person explores their feelings and difficulties and begins to understand what is worrying them and why. The young person and therapist will think together about what changes could be made and what might make the person feel better. Proven to help young people cope with feelings of depression, anxiety, anger, low self-esteem, relationship difficulties and even suicidal thoughts, sessions last for 45 minutes and continue for as long as they are needed.
- **Individual psychotherapy:** Designed for those who have had AET but need additional support, sessions are offered three times a week for up to three years. This gives young people space to understand their situation, feelings, and behaviours - empowering them to make needed changes.
- **Private Services:** The Private service offered a total of 967 sessions to 50 young people. The private service continues to be a therapeutic home to a range of young people and their families in distress. We offer short term and longer term AET, Psychotherapy, parent support and family therapy. As a service we provide treatment opportunities to young people whose presentation is too disturbed and complex to be treated by a therapist working solo.
- **Parental support:** Support is offered to parents and carers whose children are already in therapy. This creates opportunity for them to talk openly about their child's needs, discuss concerns and develop new ways to help their loved one overcome the issues they face.
- **Family therapy:** Engaging parents, carers and siblings in group work, where they are encouraged to take an active role in the treatment process. Guided by Brent Centre therapists, they learn to understand the difficulties they face and work together to build a better future.
- **Practical support:** Offered alongside therapy for as long as it is needed. It is designed to help young people access key services such as education, health, housing and employment – smoothing out practical challenges so that they are better able to address their mental health difficulties.
- **Working with Young Offenders:** The Young Offenders Project is based at the Brent Civic Centre working in conjunction with the Youth Justice Service. At the Youth Justice Service (YJS), Brent Centre offer AET, parent support, family therapy and group discussion programs. On behalf of the YJS, Brent Centre run one-off victim awareness sessions for youths on conditional cautions or out of court disposals. Brent Centre staff also provide support to YOS staff, helping them to better identify signs of distress and understand the mental health needs of the young people under their care.
- **Schools:** At schools, Brent Centre provide one-to-one support through AET and a pilot brief intervention service, for pupils with less severe difficulties. In response to specific concerns raised by teachers, Brent Centre provide therapeutic group work for pupils to work through shared difficulties together. Brent Centre supports academic and pastoral care staff to better identify and assist students struggling with mental health. Lastly, Brent Centre provide parents and carers the chance to talk openly about their children's needs through parental or family therapy. The project is based in one primary and eight secondary schools. Supervision, individual and group work are provided to school staff.
- **Sport and Thought:** Sport & Thought is a combined football coaching and group therapy programme delivered by adolescent psychotherapists. Sport & Thought creates a safe place for young people to build friendships and address the root cause of their behaviours, facilitating improvements in their social functioning, general behaviour, and focus. The project is run at two secondary schools, a local football club, and a youth Centre.

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

- **Research:** Brent Centre continues to research the area of adolescent mental health and is currently working on several articles for mental health publications, particularly on young offending and Adolescent Exploratory Therapy.
- **Westminster Centre for Young People (WCYP):** Westminster Centre was set up to provide AET, individual psychotherapy, parental support and family therapy in the neighbouring borough of Westminster. This service takes place at Byron House.
- **Scottish Highland:** The Brent Centre Highlands aims to support young people aged 14 – 21 years in the Scottish Highlands. It has offered 611 sessions to 64 young people. Suicide is the leading cause of death amongst young people in Highland aged between 15-24 years. For young people those added risk factors include LGBT, suicide related internet use, bereavement, academic pressure, NEET, physical health problems, and alcohol / drug use.
- **Training/Seminars:** Brent Centre training is one aimed at GPs, frontline workers, and a series of lectures and clinical seminars aimed at psychotherapeutic professionals and trainees.

ACHIEVEMENTS AND PERFORMANCE

Brent Centre for Young People is delighted that in the year 2024/25 it:

- Helped 858 young people
- Offered 11,311 sessions
- Supported 194 parent/carers
- Liaised with 82 professionals

Brent Centre for Young People has continued to develop its outreach therapeutic work in 9 schools in the boroughs of Brent and Ealing, the Brent Youth Justice Service, and 'Sport and Thought' project.

The young people who used Brent Centre's services during 2024/25 were aged between 11 and 25, and their ethnicities reflect the diversity of the boroughs in which the BCYP works.

To assess the impact of their work on young people, Brent Centre conducts regular clinical audits of their service. Therapists regularly provide assessments of their patients, to track progress over time and understand the impact of therapy. Young people are also asked to periodically complete a self-assessment, which helps us to build a picture of their own sense of wellbeing. By comparing the data from a young person's initial assessment with their most recent assessment, we can measure change in presentation and provide an indicator of therapeutic progress. The information from these assessments is measured according to five key outcome areas: mental health/emotional difficulties, social functioning, academic/employment functioning, risks towards self, and risks towards others.

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Outcomes for Mental Health/Emotional Difficulties

Note: Stabilisation of difficulties is an important step towards recovery. It is recognised as an achievement. However, improvements in specific areas do not necessarily mean total recovery.

We saw significant therapeutic achievements in mental health and emotional difficulties.

- 82% experienced a stabilisation or a reduction in their anxiety
- 83% experienced a stabilisation or an improvement in their family problems
- 80% experienced a stabilisation or a reduction in their concentration difficulties
- 84% experienced a stabilisation or a reduction in their depression
- 80% experienced a stabilisation or a reduction in suicide ideation
- 80% experienced a stabilisation or an improvement in their peer relationships
- 81% experienced a stabilisation or a reduction in self-harming
- 80% experienced a stabilisation or a reduction in eating problems/disordered eating

Clinical Services Case Study.

Musa was 17 when he was referred to the Centre by his CAMHS Case Manager for support with emotional dysregulation, aggressive outbursts, suicidal thoughts and interpersonal difficulties. The referrer linked lots of Musa's symptoms to multiple adverse childhood experiences and trauma growing up in Pakistan. His father died when he was very young and his mother had serious mental health difficulties, meaning she had to hand over Musa and his sister's care to her extended family when Musa was eight.

When Musa arrived in Brent, fleeing violence from his grandfather, he quickly came to the attention of mental health services and received a diagnosis of ADHD through his local CAMHS team. He was receiving medication and check-in appointments from a psychiatrist, but it was clear that he needed more in-depth therapeutic support to help him feel safe and stable enough to manage a difficult transition to life in the UK. There was no possibility of accessing this within CAMHS due to long waiting lists. Musa was under the care of his paternal aunt who was desperate for him to have a space to slow down and reflect, as his moods were increasingly unstable and he was often getting into fights with other young people at his new school, jeopardising his place there.

In the early stages of his therapy, Musa spoke for almost the whole of the sessions, his anxieties about managing at his new college and being liked by his peers pouring out, alongside frightening and detailed descriptions of the physical and emotional abuse inflicted on him by his grandfather. He came across as chronically overwhelmed and traumatised, constantly in a rush and expressed a real fear that his therapist would abandon him in the way that all adults had seemingly abandoned him in his life. Simultaneously, Musa found himself in a very intense relationship with a new girlfriend and his aunt was raising concerns about their arguments and his addiction to his phone.

Musa's therapist took time to listen to him in an attentive and thoughtful way, talking to his fears and worries about how much he could trust him, as well as helping notice how his body reacted to intense feelings of anger, anxiety and fear. When Musa became more settled and trusting in the consistency of his sessions, the therapist helped him make links between situations where he felt out of control and helpless, to his more extreme behaviours and moods, and his past experiences in Pakistan.

After a period of stability and some initial progress, Musa then became very down and depressed around the first break in his therapy over Christmas, which coincided with the breakdown of the relationship with his girlfriend. He found it hard to get up in the morning, come to school or his sessions, and was expressing suicidal thoughts that worried his aunt. A separate clinician met with Musa's aunt on two occasions and these sessions seemed to help Musa make his way back to therapy, feel reassured that we were still thinking about him as a team. Together with his therapist, he was gradually able to put into words what was making him feel so hopeless – he had invested everything in his relationship with his girlfriend that helped to fill the hole left by his mother and he felt terrified about the idea of becoming an adult. Musa said that in some senses he felt totally cheated by his childhood and that he wanted more time; he was struggling to let go of the family experiences he didn't have and that he saw everyone else having around Christmas. His breakdown happening around the time of the break in his therapy enabled important discussion about how quickly Musa had 'put everything' on his therapist, leaving him feeling empty and abandoned during the break. An important part of the next phase of work was helping him to prioritise looking after himself, putting in safe and helpful boundaries in his relationships and tuning in to his own internal resources.

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

From here, Musa was able to build himself back up and started to attend both his college and sessions more consistently. In the end, he was able to pass all his A-Level exams and did better than he had expected in many of his subjects. Although he was still prone to burning himself out, he felt more able to manage his intense feelings of anger and fear, more secure in his friendships and relationship with his aunt, and less dependent on external supports (gym, phone, partner) to help him manage day to day. One of the most important things he took away from therapy was an improved ability to sit with his own thoughts and memories, to be still, feeling more at peace with the trauma he experienced and with the experiences he didn't have in his own family, but could hope for in his adult life. He left therapy after 14 months, feeling more hopeful about his future and more prepared to face life as a young adult.

FINANCIAL REVIEW

The charity is wholly dependent on regular and consistent funding to carry out its work with young people. Who are provided the services free except for the Private Services Clinic. In the financial year ending 31 March 2025, the Brent Centre for Young People received funding from the following organisations who kindly donated towards the different activities:

The In-house and Irish Projects were supported with funding from: NWL ICB (Brent), John Lyon's Charity, Government of Ireland: Emigrant Support Programme, Irish Youth Foundation, National Lottery Community Fund, The Rayne Trust and Young Brent Foundation.

The Schools and Sport & Thought projects were funded by John Lyon's Charity, The Allen and Overy Shearman Foundation, BBC Children in Need, Hargreaves Foundation, Harrow Care Plus, The Hedley Foundation and National Lottery Communities Fund (Million Hours Fund).

The Westminster Centre for Young People project was funded by: John Lyon's Charity, Westminster Foundation, Strand Parishes Trust and Young Westminster Foundation.

Scottish Highlands project was funded by The Hugh Fraser Foundation, National Lottery Communities Fund, Anne Duchess of Westminster Fund, The Highland Council, Sported Foundation, Gordan & Ena Baxter Foundation, Rotary Club of Nairn, Nairn Inner Wheel Club, The Northwood Charitable Trust, Tesco Community Grant and The Mackintosh Foundation.

The Young People in Crisis project, which works across the above projects, was funded by The Sobell Foundation, The Henry Smith Charity, Garfield Weston Foundation, Jusaca Charitable Trust, Peter Stebbings Memorial Charity, Pantheon Charitable Trust and Masonic Charitable Foundation.

BCYP core activities received funds from donations by marathon events, individuals, training/seminars, The Julius Silman Charitable Trust, The Hollick Family Foundation and Felicity Wilde Charitable Trust.

For the year ended 31 March 2025, the Brent Centre for Young People had total income amounting to £1,478,388 (2024: £1,736,951) including capital income. The total expenditure was £1,715,889 (2024: £1,855,394) with the net movement in funds being a deficit of £230,098 (2024: Deficit £62,140).

The Brent Centre for Young People is dependent on the generosity of our donors for our daily activities.

The demand for our expertise and services to vulnerable young people has never been greater. The main sources of income for the Brent Centre for Young People have been through NWL ICB, Schools and Grant Making Trusts.

Going Concern

The Trustees after making appropriate enquiries, have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future, at least twelve months from the date of approval of these financial statements. For this reason, they continue to adopt the going concern basis in preparing financial statements. Further details of the adoption of the going concern basis can be found in the accounting policies.

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

RESERVES POLICY

Brent Centre's policy is to hold sufficient free reserves to cover expenditure of between three and six months. This will allow the charity to continue some level of its activities in the event of a sudden deterioration in its finances and give and to give a degree of freedom to find new opportunities.

Each year the Executive Committee of Trustees reviews the appropriate level of reserves by assessing the risks facing the Brent Centre and the potential financial impact of these. The policy requires the Trustees to ensure that the reserves are adequate to:

- allow time for fundamental restructuring in the event of a major downturn and consequential future funding uncertainties;
- enable the charity to continue the ongoing programme of work, much of which is long-term in nature, in spite of unexpected variations in income.

As at the end of the year, of the total reserves, the amount of free reserves held by the Brent Centre was £628,734 which is approximately 5 months of planned forward expenditure. We are comfortable with this level considering the fluctuations in the economy. The Trustees review the activities and expenditure of the charity and consider which services and expenditure could be reduced, if needed.

Whilst our fundraising activity results in a spread of income from a broad range of sources, some of which are longer term, the impact of sudden and major loss in income would impose serious risk on our ability to maintain our activities. However, our reserves policy provides for a period of stability. In addition, the Brent Centre owns the freehold interest in its building in Brondesbury Park. Further risks which have been identified include allegations of impropriety of our personnel and more usual risks associated with natural catastrophes, such as fire, flood, communications failure, data breach, etc. (most of which are covered by our insurance, in any case). Risks are reviewed regularly.

Brent Centre aims to keep the amount invested in reserves such that, most of the income can be spent on the services that it provides to young people, while also ensuring reasonable financial security.

Investment Policy

Brent Centre invests funds in a balanced portfolio of securities administered by 7IM (seven investment management LLP) in accordance with the charity's investment policy and ethical values.

PLANS FOR FUTURE PERIODS

The clinical services of the Brent Centre are reaching a large number of young people. With the expansion of the clinical services of the centre, there is an increased need of an infrastructure that supports the excellent work taking place in our many projects. To this end the Brent Centre is continuing to focus on expanding our fundraising and communication strategy. This with a view of expanding the reach of the Brent Centre geographically, both within London, and more widely.

Training and research are important strategic developments for the Brent Centre, in terms of reaching more young people with our therapeutic model and expertise, and in continuing to understand adolescent mental health. The Brent Centre will continue to expand the seminar series to GPs, frontline workers, international series of lectures and clinical seminars aimed at psychotherapeutic professionals and trainees. These new directions in training will continue to bring a source of funding to the Brent Centre.

The Brent Centre additionally held a very successful conference with Westminster School in 2024 and look forward to holding a third conference in the summer of 2025.

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Brent Centre for Young People is a registered charity (1081903) in England and Wales, and (SCO052246) in Scotland. The charity is set up under its Memorandum and Articles of Association as a company limited by guarantee (registration number 04037793). The company was incorporated on 17 July 2000. Prior to this, the unincorporated charity operated as the Centre for Research into Adolescent Breakdown.

The Board of Trustees are the charity's Trustees and the legal directors of the company. They are eligible for reappointment after three for a further three-years term at the Annual General Meeting. As the need to recruit new Trustees arises, Brent Centre analyses the skills and capacity of its current board.

The Brent Centre will then seek to identify potential candidates who will bring relevant knowledge and experience to the board in line with its needs. Candidates are then invited to apply. The current board will discuss the candidates and select new Trustees who must be appointed at a Board meeting. The training needs of Trustees are identified by the Chair of Trustees with the Board.

The Trustees who served during the year were: Dr B L Roberts MB ChB FRCPsych (Chair); Ms. Pessi Elias, MSc, ACP Member; Mr. Randy Mannie (Treasurer); Mr. Gideon Hadary, MSc, ACP Member, Fellow of the Inst. Psychoanal; Mr Simon Dodds; Mr. Ian Barnes; Ms. Anoushka Babbar; Mr. Philip Stokoe; Dr Gregory Battle; Ms Charlotte Naser and Ms Christiane Laurence.

Key management personnel

Chief Executive Officer, Mrs. Valentina Levi, ACP Member; Head of Branding & Development and Private Services, Ms. Anna Honeysett; Administration and Finance Manager, Mr. Jameel Ukaye; Head of Outreach Services, Ms. Jana Duchonova; Head of Data and Impact, Mr. Niall Henderson and Clinical Development Manager, Mr. Barnaby Dunn.

The Board of Trustees meets at least four times a year. The Board set and reviewed strategy and monitored operational matters.

The Chief Executive Officer (CEO) was appointed by the Board of Trustees to manage the running of the organisation. In the absence of the CEO, there is a senior management team consisting of the Head of Branding & Development and Private Services, Administration and Finance Manager, Head of Outreach Service, Head of Data and Impact and Clinical Development Manager, to help with the strategy and management of the organisation. The CEO is the manager of heads of the departments, all the heads of the departments manage their respective departments, Finance & Resources, Fundraising, Communications, Clinical Services (In-House and Outreach services), Training and Research, and Private Services. All clinical in-house and outreach staff attend clinical meetings and are allocated a small supervision groups.

New Trustees should be provided with a detailed induction pack and an induction programme involving meeting with key members of staff to gain an understanding of the organisation and the external environment in which it operates. Trustees are encouraged to attend the meetings and conferences, training and other events organised by the Charity. The CEO sends Trustees a list of possible training courses.

The removal of any member of the Executive by the Executive Committee is undertaken if a member of the Executive Committee fails to attend three consecutive meetings of the Executive Committee, the Executive Committee may resolve that he/she be removed from the Executive Committee. The member must be given at least 7 days' notice in writing of the resolution.

The CEO oversees setting the pay and remuneration for management personnel. These are presented to the Board of Trustees who discuss the implications on the budget before approving.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)**

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Internal control and risk management

The Board of Trustees is responsible for ensuring that Brent Centre has an appropriate system of financial controls that regulates the efficient and effective operation of the charity. The Trustees ensure that the charity complies with relevant laws and regulations and approve policies relating to them. The trustees have evaluated the major risks to which the charity is exposed and are satisfied that systems are in place to manage those risks.

Key identified risks and approaches to mitigate are:

- Income volatility because of the economic uncertainty and austerity- good financial controls, development of the private services to provide additional predictable income and the regional services to diversify income streams and spread the risk. Increased applications to Trusts and foundations and investment in marketing and communication such as upgrade to the website.
- Security of assets- good financial procedures in place including segregation of roles, vigilance against fraud including cybercrime, investment in IT.
- Ongoing challenges of reduced income through tenders due to public services reductions- continued investment in all income generating initiatives, ongoing review and developing services models to ensure relevance and value for money.

Brent Centre policies are initially written by the member of staff most involved in that policy area in conjunction with the Administration and Finance Manager. The policy is then reviewed and amended by the CEO before submitting it to the Board of Trustees for approval. If a policy is not approved, the Trustees will comment, and it will be returned to the CEO and the Senior Management Team. Decision making is taken at the most appropriate level depending on the risk involved. All decisions are made with the knowledge of the CEO. For decisions that involve a large commitment or level of risk to the organisation, the Board's approval is required.

Disclosure of information to auditor

Each of the directors has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information

Auditor

In accordance with section 485 of the Companies Act 2006, a resolution proposing that Azets Audit Services be re-appointed as auditor of the company will be put to the Annual General Meeting.

On behalf of the Board of Trustees



Dr Bernard Roberts MB ChB FRCPsych
Chairperson
Date: 1 December 2025



Randy Mannie
Treasurer
Date: 1 December 2025

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF TRUSTEES' RESPONSIBILITIES**

FOR THE YEAR ENDED 31 MARCH 2025

The Trustees, who are also the directors of Brent Centre for Young People for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Opinion

We have audited the financial statements of Brent Centre for Young People (the 'charitable company') for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet, the Statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8* of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Report of the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees, who are also directors for the purposes of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the company through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx>.

This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services

J Howard FCA (Senior Statutory Auditor)
for and on behalf of Azets Audit Services
Statutory Auditor

2nd Floor
Regis House
45 King William Street
London
EC4R 9AN

Date: 3 December 2025

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025

Current financial year		Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £	Total 2024 £
	Notes					
<u>Income and endowments from:</u>						
Donations	3	665,844	-	575,033	1,240,877	1,462,606
Charitable activities	4	224,029	-		224,029	261,475
Investment income	5	13,265	-	217	13,482	12,870
Total income		903,138	-	575,250	1,478,388	1,736,951
<u>Expenditure on:</u>						
Raising funds	6	165,237	-	-	165,237	162,138
Clinical services	7	866,032	28,015	656,604	1,550,651	1,693,256
Total expenditure		1,031,269	28,015	656,604	1,715,888	1,855,394
Net gains/(losses) on investments	11	7,402	-	-	7,402	56,303
Net movement in funds		(120,729)	(28,015)	(81,354)	(230,098)	(62,140)
Fund balances at 1 April 2024		749,463	289,799	320,536	1,359,798	1,421,938
Fund balances at 31 March 2025		628,734	261,784	239,182	1,129,700	1,359,798

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2024

Prior financial year					
		Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes				
<u>Income and endowments from:</u>					
Donations	3	752,144	-	710,462	1,462,606
Charitable activities	4	261,475	-	-	261,475
Investment income	5	12,717	-	153	12,870
Total income		1,026,336	-	710,615	1,736,951
<u>Expenditure on:</u>					
Raising funds	6	162,138	-	-	162,138
Clinical services	7	644,942	77,729	970,585	1,693,256
Total expenditure		807,080	77,729	970,585	1,855,394
Net gains/(losses) on investments	11	56,303	-	-	56,303
Net movement in funds		275,559	(77,729)	(259,970)	(62,140)
Fund balances at 1 April 2022		473,904	367,528	580,506	1,421,938
Fund balances at 31 March 2023		749,463	289,799	320,536	1,359,798

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2025

		2025		2024	
	Notes	£	£	£	£
Fixed Assets					
Tangible assets	12		143,959		148,411
Investments	13		694,775		888,395
			838,734		1,036,806
Current assets					
Debtors	15	84,471		154,361	
Cash bank and in hand		473,010		293,104	
		557,481		447,465	
Creditors: amounts falling due within one year	16	(266,515)		(124,473)	
Net current assets			290,966		322,992
Total assets less current liabilities			1,129,700		1,359,798
Income funds					
Restricted funds	18		239,182		320,536
<u>Unrestricted funds</u>					
Designated funds	19	261,784		289,799	
General unrestricted funds	20	628,734		749,463	
					1,039,262
			1,129,700		1,359,798

The financial statements were approved by the Trustees on 1 December 2025.....



Dr Bernard Roberts MB ChB FRCPsych
Trustee

Company Registration No. 04037793

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2025

		2025	2024
	Notes	£	£
Cash flows from operating activities			
(Cash absorbed by) / generated from operations	23	(24,175)	(170,353)
Investing activities			
Investment income received		4,081	4,087
Withdrawal		200,000	-
Net cash generated from/(used in) investing activities		204,081	4,087
Net cash used in financing activities		-	-
Net increase/(decrease) in cash and cash equivalents		179,906	(166,266)
Cash and cash equivalents at beginning of year		293,104	459,370
Cash and cash equivalents at end of year		473,010	293,104

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

1. Accounting policies

Company information

Brent Centre for Young People is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 Winchester Avenue, London NW6 7TT.

1.1 Accounting convention

The financial statement has been prepared in accordance with the Charity's Memorandum and Articles of Association, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 and "Accounting and reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of investments at fair value. The principal accounting policies adopted are set out below.

1.2 Going Concern

The Trustees, after considering the Charity's financial results and financial forecast, have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Design funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purpose and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grant income is recognised in full in the year in which it is receivable, using the performance model, unless there are specific performance related conditions that prevent its recognition and instead the income is deferred.

1.5 Expenditure

All expenditure is accounted for on an accrual basis and has been classified under headings that aggregate all costs related to the category. Staff costs not directly identified have been allocated on the following basis:

Fundraising costs	Direct cost
Support costs	7% of total cost
Direct charitable activities	93% of total cost

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025**

1 Accounting policies

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following basis:

Freehold property	3% on reducing balance
Equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expected as incurred.

1.8 Impairment of fixed assets

As each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

1.10 Financial instruments

The Charity has elected to apply the provisions of Section 11 "Basic Financial Instruments" and Section 12 "Other Financial Instruments Issues" of FRS 102 to all of its financial instruments.

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments, other than investments, are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The Trustees do not consider there to be any critical accounting estimates or judgements applied in the preparation of the financial statements.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES ON THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

3 Donations

	Unrestricted funds general 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds general 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	<u>665,844</u>	<u>575,033</u>	<u>1,240,877</u>	<u>752,144</u>	<u>710,462</u>	<u>1,462,606</u>

4 Charitable activities

	2025 £	2024 £
Private and clinical services	<u>224,029</u>	<u>261,476</u>

5 Investment income

	2025 £	2024 £
Interest and dividend income	<u>13,482</u>	<u>12,870</u>

6 Raising funds

	2025 £	2024 £
<u>Fundraising and publicity</u>		
Fundraising costs	25,925	25,456
Staff costs	<u>128,888</u>	<u>126,646</u>
	154,813	152,102
<u>Investment management</u>	<u>10,424</u>	<u>10,036</u>
	<u>165,237</u>	<u>162,138</u>

7 Clinical Services

	2025 £	2024 £
Staff costs	1,250,158	1,230,920
Depreciation and impairment	4,452	4,736
Other	<u>-</u>	<u>199</u>
	1,254,610	1,235,855
Share of support costs (see note 8)	268,757	441,801
Share of governance costs (see note 8)	<u>27,284</u>	<u>15,600</u>
	<u>1,550,651</u>	<u>1,693,256</u>
Analysis by fund		
Unrestricted funds – general	866,032	644,942
Unrestricted funds – designated	28,015	77,729
Restricted funds	<u>656,604</u>	<u>970,585</u>
	<u>1,550,651</u>	<u>1,693,256</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

8 Support costs

	Support costs	Governance costs	2025	Support costs	Governance costs	2024
	£	£	£	£	£	£
Staff costs	94,098	-	94,098	223,194	-	223,194
Head office costs	58,751	-	58,751	103,499	-	103,499
Other costs	115,908	-	115,908	115,168	-	115,168
Audit fees	-	27,284	27,284	-	15,600	15,600
	<u>268,757</u>	<u>27,284</u>	<u>296,041</u>	<u>441,861</u>	<u>15,600</u>	<u>457,461</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

There were no reimbursed expenses to trustees during the year (2024: nil).

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Management and administrative staff	11	10
Research and clinical staff	35	37
	<u>46</u>	<u>47</u>

Employment costs

	2025 £	2024 £
Wages and salaries	1,315,970	1,407,494
Social security costs	123,287	135,864
Other pension costs	33,889	37,402
	<u>1,473,146</u>	<u>1,580,760</u>

The number of employees whose annual remuneration was £60,000 or more were:

	2025 Number	2024 Number
£60,000 - £69,999	1	-
£70,000 - £79,999	-	1
£80,000 - £89,999	-	1
£90,000 - £99,999	-	-
£100,000 - £119,999	1	-
£120,000 - £129,999	-	-
£130,000 - £139,999	-	1

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, Administration and Finance Manager, Head of Private Services, Head of Outreach, Head of Data & Impact and the Clinical Development Manager. The total benefits of the key management personnel of the charity were £408,664 (2024: £392,467). Pension costs in respect of higher paid employees was £13,568 (2024: £9,793).

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

11 Net gains/(losses) on investments

	Unrestricted funds general 2025 £	Unrestricted funds general 2024 £
Revaluation of investments	7,402	56,303
	<u>7,402</u>	<u>56,303</u>

12 Tangible fixed assets

	Freehold property £	Equipment £	Total £
Cost			
At 1 April 2024	341,440	40,806	382,246
At 31 March 2025	<u>341,440</u>	<u>40,806</u>	<u>382,246</u>
Depreciation and impairment			
At 1 April 2024	193,029	40,806	233,835
Depreciation charged in the year	4,452	-	4,452
At 31 March 2025	<u>197,481</u>	<u>40,806</u>	<u>238,287</u>
Carrying amount			
At 31 March 2025	<u>143,959</u>	<u>-</u>	<u>143,959</u>
At 31 March 2024	<u>148,417</u>	<u>-</u>	<u>148,417</u>

13 Fixed asset investments

	Listed investments £	Cash in portfolio £	Total £
Cost or valuation			
At 1 April 2024	876,608	11,787	888,395
Additions	240,598	(240,597)	1
Valuation changes	7,402	-	7,402
Withdrawal	-	(200,000)	(200,000)
Investment income	-	9,401	9,401
Management charges	-	(10,424)	(10,424)
Disposals	<u>(487,543)</u>	<u>487,543</u>	<u>-</u>
At 31 March 2025	<u>637,065</u>	<u>57,710</u>	<u>694,775</u>
Carrying amount			
At 31 March 2025	<u>637,065</u>	<u>57,710</u>	<u>694,775</u>
At 31 March 2024	<u>876,608</u>	<u>11,787</u>	<u>888,395</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

14 Financial Investments

	2025	2024
	£	£
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	<u>637,063</u>	<u>876,608</u>

15 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Trade debtors	72,368	142,416
Other debtors	600	600
Prepayments and accrued income	<u>11,503</u>	<u>11,346</u>
	<u>84,471</u>	<u>154,362</u>

16 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	43,565	56,334
Trade creditors	20,013	15,821
Other creditors	525	1,993
Accruals and deferred income	<u>202,412</u>	<u>50,325</u>
	<u>266,515</u>	<u>124,473</u>

17 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

The charge to statement of financial activities in respect of defined contribution schemes was £33,889 (2024 - £37,402).

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

18 Restricted funds

The income funds of the charity include the restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			
	Balance at 1 April 2023	Income	Expenditure	Balance at 31 March 2024	Income	Expenditure	Balance at 31 March 2025
	£	£	£		£	£	
In house projects	224,930	116,080	(285,984)	55,026	104,661	(123,351)	36,336
Development Fund	59,111	-	-	59,111	-	-	59,111
Schools project	97,690	136,950	(183,952)	50,688	150,500	(143,417)	57,771
YOS Project	65,613	48,050	(83,727)	29,936	11,875	(36,562)	5,249
Sport and Thought	30,051	83,993	(86,182)	27,862	49,749	(77,611)	-
Healthy minds Brighter Future (Big Lottery)	20,219	142,872	(151,044)	12,047	93,169	(105,216)	-
Irish Projects	28,500	26,150	(48,150)	6,500	26,000	(26,000)	6,500
Highlands	-	26,000	(12,650)	13,350	81,467	(50,568)	44,249
WCYP Projects	54,392	130,520	(118,896)	66,016	37,829	(90,532)	13,313
Capital Project	-	-	-	-	20,000	(3,347)	16,653
	<u>580,506</u>	<u>710,615</u>	<u>(970,585)</u>	<u>320,536</u>	<u>575,250</u>	<u>(656,604)</u>	<u>239,182</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

18 Restricted funds

In House Projects – Funded to support, Healthy minds, brighter futures through Adolescent Exploratory Therapy, Parent Support and Family Therapy, Practical support and Research activities undertaken at Laufer House.

Development Funds – Staff professional development.

Schools project - Outreach at schools, currently working with 9 schools in Brent and beyond. BCYP provide one-to-one support through Adolescent Exploratory Therapy and pilot brief intervention service for pupil with less severe difficulties.

YOS Project - The Young Offenders Project is based at the Brent Civic Centre working in conjunction with the Youth Offending Services. Youth Offending Service offered for Adolescent Exploratory Therapy, Parent support, Family therapy, and group discussion programs.

Sport and Thought - Sport and Thought is a combined football coaching and group therapy programme delivered by adolescent psychotherapists. Sport and Thought creates a safe place for young people to build friendship and address the root cause of their behaviours.

Irish Projects - The funds were restricted to the Irish Mental Health and practical support project, included within In House projects offered at Laufer House. It offers Adolescent Exploratory Therapy, Parent Support, and Family support. During the year the Government of Ireland, awarded a grant of £22,000 towards the Emigrant Support Programme for the year 1 July 2024 to 30 June 2025.

WCYP - collaborative service with the Institute of Psychoanalysis and the British Psychoanalytic Society to develop a child and adolescent clinic. The WCYP offers assessments, Adolescent Exploratory Therapy, Parent and family support.

19 Designated funds

	Balance at 1 April 2023 £	Expenditure £	Balance at 1 April 2024 £	Expenditure £	Balance at 31 March 2025 £
Fixed Asset Funds	153,147	(4,736)	148,411	(4,452)	143,959
Research Projects	64,381	(64,381)	-	-	-
Education and Training Development	150,000	(8,612)	141,388	(23,563)	117,825
	<u>367,528</u>	<u>(77,729)</u>	<u>289,799</u>	<u>(28,015)</u>	<u>261,784</u>

Fixed asset fund – equates to the value of fixed assets at the balance sheet date.

Research project – funds designated to help manage costs of future research projects.

Education and Training Development – funds designated to the development of training projects.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

20 Analysis of net assets between funds

Fund balances at 31 March 2025 are represented by:

	Unrestricted funds 2025 £	Designated funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Designated funds 2024 £	Restricted funds 2024 £	Total 2024 £
Tangible assets	-	143,959	-	143,959	-	148,411	-	148,411
Investments	576,950	117,825	-	694,775	747,007	141,388	-	888,395
Current assets/(liabilities)	51,784	-	239,182	290,966	2,456	-	320,536	322,992
	<u>628,734</u>	<u>261,784</u>	<u>239,182</u>	<u>1,129,700</u>	<u>749,463</u>	<u>289,799</u>	<u>320,536</u>	<u>1,359,798</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

22 Related party transactions

There were no disclosable related party transactions during the year (2024 – none).

23 Cash generated from operations

	2025	2024
	£	£
(Deficit)/Surplus for the year	(230,099)	(62,140)
Adjustments for:		
Investment income recognised in statement of financial activities	(13,481)	(12,870)
Loss/(gain) on disposal investments	-	-
Fair value gains and losses on investments	(7,402)	(56,303)
Investment management charges	10,424	10,036
Depreciation and impairment of tangible fixed assets	4,452	4,736
Movement in working capital:		
Decrease/(increase) in debtors	69,890	(55,626)
Increase in creditors	142,041	1,812
(Decrease) / Increase in deferred income	-	-
Cash generated from/ (absorbed by) operations	<u>(24,175)</u>	<u>(170,353)</u>

The charity had no debt during the year.

Accounts

Charity Registration No. 1081903
Company Registration No. 04037793 (England and Wales)

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

BRENT CENTRE FOR YOUNG PEOPLE

LEGAL AND ADMINISTRATIVE INFORMATION PAGE

Trustees	Mr P J Bard BCom MBA MSc (Chair) (resigned on 29 April 2024) Dr B L Roberts MB ChB FRCPsych (appointed Chair on 29 April 2024) Pessi Elias MSc Mr Randy Mannie (Treasurer) Mr Gideon Hadary MSc Mr Simon Dodds Mr Ian Barnes MS Anoushka Babbar Mr Philip Stokoe
Chief Executive	Dr M J A de Sauma MD, F. Inst. Psychoanal. (resigned on 15 April 2024) Mrs Valentina Levi (appointed 16 April 2024)
Company Secretary	Dr M J A de Sauma MD, F. Inst. Psychoanal. (resigned on 15 April 2024) Mrs Valentina Levi (appointed 16 April 2024 / resigned 6 November 2024) Mr Niall Henderson (appointed 6 November 2024)
Charity number	1081903 / SCO052246
Company number	04037793
Registered office	51 Winchester Avenue London NW6 7TT
Auditor	Azets Audit Services 2 nd Floor Regis House 45 King William Street London EC4R 9AN United Kingdom
Investment managers	Seven Investment Management LLP 55 Bishopsgate London EC2N 3AS
Bankers	HSBC Bank UK Plc

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

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BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

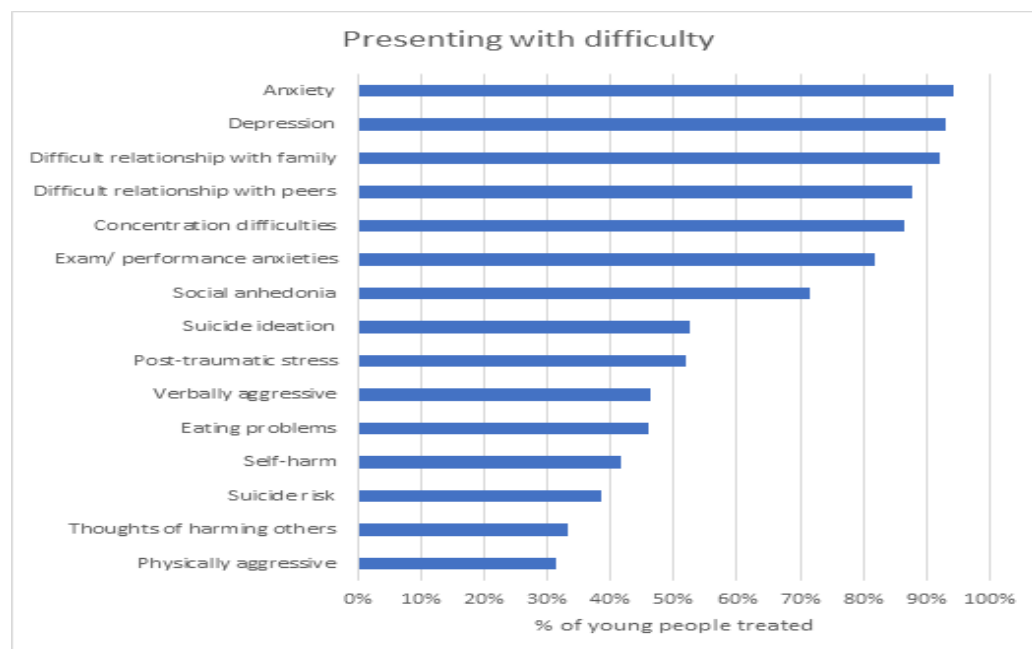
TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

The Board of Trustees are pleased to present their Trustees' Annual Report and financial statements for the year ending 31 March 2024. The Trustees' Annual Report contains a Directors' Report as required by company law. The Trustees confirm they have complied with the requirements of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. The financial statements comply with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

The main objectives of the charity as set out in the charity's Articles of Association and memorandum are to provide assessment, treatment and interventions, information to young people in the areas of Health (mainly Mental Health) and other areas relevant, and to research adolescence and the causes of adolescent breakdown.

The principal activities of the charity continue to be the provision of services to young people around Mental Health and development of a clinical audit, an outcome study on adolescent psychotherapy and research into adolescent breakdown. The Brent Centre for Young People (BCYP) provides Adolescent Exploratory Therapy (AET) and Psychotherapy services to help young people who experience a range of emotional and mental health difficulties. The most prevalent problems across all service users in the past year include:



These challenges can be addressed head-on through the Centre's range of therapy services. If they aren't talked through in early adulthood, the problem presented can significantly impair mental and physical health and limit young people's ability to progress into fulfilling adult lives.

The aim is to help young people make positive changes and improve their wellbeing. This can lead to:

- **Improved relationships**
- **Reduced social exclusion**
- **Lower risk of breakdown in adulthood**
- **Better educational attainment**

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

The Centre's activities are provided through, Individual Adolescent Exploratory Therapy (AET), Individual Psychotherapy, Private Services, Parental Support and Family Therapy, Practical Support, Young Offenders Project, Schools Services, Sport and Thought, Research and Scottish Highlands. AET, Psychotherapy, Parent Support, Practical Support and Research activities are undertaken at Laufer House and Byron House (WCYP), and the other projects take place in outreach locations such as Schools and Brent Youth Offending Services.

- **Adolescent Exploratory Therapy (AET):** Is the exceptional core analytic provision specifically to meet the needs of adolescents and was created and developed by BCYP. It is the first therapeutic provision through a series of consultations in which a young person explores their feelings and difficulties and begins to understand what is worrying them and why. The young person and therapist will think together about what changes could be made and what might make the person feel better. Proven to help young people cope with feelings of depression, anxiety, anger, low self-esteem, relationship difficulties and even suicidal thoughts, sessions last for 45 minutes and continue for as long as they are needed.
- **Individual psychotherapy:** Designed for those who have had AET but need additional support, sessions are offered three times a week for up to three years. This gives young people space to understand their situation, feelings, and behaviours - empowering them to make needed changes.
- **Private Services:** The Private service continued to grow in 2023-24 seeing a 5.4% increase in invoice revenue from the previous year. We offered a total of 1,054 sessions to 52 young people. The private service continues to be a therapeutic home to a range of young people and their families in distress. We offer short term and longer term AET, Psychotherapy, Parent support and family therapy. As a service we provide treatment opportunities to young people whose presentation is too disturbed and complex to be treated by a therapist working solo.
- **Parental support:** Support is offered to parents and carers whose children are already in Therapy. This creates opportunity for them to talk openly about their child's needs, discuss concerns and develop new ways to help their loved one overcome the issues they face.
- **Practical support:** Offered alongside therapy for as long as it is needed. It is designed to help young people access key services such as education, health, housing and employment – smoothing out practical challenges so that they are better able to address their mental health difficulties.
- **Working with Young Offenders:** The Young Offenders Project is based at the Brent Civic Centre working in conjunction with the Youth Offending Service. At the Youth Offending Service (YOS), BCYP offer AET, parent support, family therapy and group discussion programs. On behalf of the YOS, BCYP run one-off victim awareness sessions for youths on conditional cautions or out of court disposals. BCYP staff also provide support to YOS staff, helping them to better identify signs of distress and understand the mental health needs of the young people under their care.
- **Schools:** At schools, BCYP provide one-to-one support through AET and a pilot brief intervention service, for pupils with less severe difficulties. In response to specific concerns raised by teachers, BCYP provide therapeutic group work for pupils to work through shared difficulties together. BCYP supports academic and pastoral care staff to better identify and assist students struggling with mental health. Lastly, BCYP provide parents and carers the chance to talk openly about their children's needs through parental or family therapy. The project is based in two primary, one infant and eight secondary schools. Supervision, individual and group work are provided to school staff.
- **Sport and Thought:** Sport & Thought is a combined football coaching and group therapy programme delivered by adolescent psychotherapists. Sport & Thought creates a safe place for young people to build friendships and address the root cause of their behaviours, facilitating improvements in their social functioning, general behaviour, and focus. The project is run at two secondary schools, a local football club, and a youth Centre.
- **Research:** BCYP continues to research the area of adolescent mental health and are currently working on several articles for mental health publications, particularly on young offending and Adolescent Exploratory Therapy.

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

- **Westminster Centre for Young People (WCYP):** Westminster Centre was set up to provide AET, individual psychotherapy, parental support and family therapy in the neighbouring borough of Westminster. This service takes place at Byron House.
- **Scottish Highland:** This is a new project, and our first ever project in Scotland, the Brent Centre Highlands aims to support young people aged 14 – 21 years in the Scottish Highlands. Since starting in early January 2024, it has offered 17 sessions to eight young people. Suicide is the leading cause of death amongst young people in Highland aged between 15-24 years. For young people those added risk factors include LGBT, suicide related internet use, bereavement, academic pressure, NEET, physical health problems, and alcohol / drug use.
- **Training/Seminars:** BCYP started two seminar series from January 2024, one aimed at GPs and frontline workers, and the other an international series of lectures and clinical seminars aimed at psychotherapeutic professionals and trainees.

ACHIEVEMENTS AND PERFORMANCE

Brent Centre for Young People is delighted that in the year 2023/24 it:

- Helped 777 young people
- Offered 10,232 sessions
- Supported 257 parent/carers
- Liaised with 143 professionals

The Brent Centre for Young People has continued to develop its outreach therapeutic work in 8 schools in the boroughs of Brent and Ealing, the Brent Youth Offending Service, and the 'Sport and Thought' project.

The young people who used BCYP services during 2023/24 were aged between 11 and 25, and their ethnicities reflect the diversity of the boroughs in which the BCYP works.

To assess the impact of their work on young people, the BCYP conducts regular clinical audits of their service. Therapists regularly provide assessments of their patients, to track progress over time and understand the impact of therapy. Young people are also asked to periodically complete a self-assessment, which helps us to build a picture of their own sense of wellbeing. By comparing the data from a young person's initial assessment with their most recent assessment, we can measure change in presentation and provide an indicator of therapeutic progress. The information from these assessments is measured according to five key outcome areas: mental health/emotional difficulties, social functioning, academic/employment functioning, risks towards self, and risks towards others.

Outcomes for Mental Health/Emotional Difficulties

Note: Stabilisation of difficulties is an important step towards recovery. It is recognised as an achievement. However, improvements in specific areas do not necessarily mean total recovery.

We saw significant therapeutic achievements in mental health and emotional difficulties.

- 85% experienced a stabilisation or a reduction in their anxiety
- 81% experienced a stabilisation or an improvement in their family problems
- 82% experienced a stabilisation or a reduction in their concentration difficulties
- 87% experienced a stabilisation or a reduction in their depression
- 79% experienced a stabilisation or a reduction in suicide ideation
- 79% experienced a stabilisation or an improvement in their peer relationships
- 81% experienced a stabilisation or a reduction in self-harming

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)**

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

Clinical Services Case Study.

Bella, 15, was referred to the service due to low mood, anxiety and self-harm. The referral confirmed she was in temporary foster care, having absconded from home and family placements on multiple occasions. Bella had described to her Social Worker a complex and traumatic history including parental neglect, severe domestic violence together with sexual, physical and emotional abuse.

Whilst Bella generally presented in a pseudo-adult way, there were glimmers of young, child-like naivety and innocence. She was doing very well at school and played high-level cricket, but despite her obvious capacities, it was clear that she was extremely vulnerable and that there were few protective factors in her life. Bella had an intense relationship with her boyfriend she had been with for three years, but her boyfriend was very controlling, had tried to stop her attending therapy and made her quit her cricket team. She had become very isolated.

Bella attended weekly therapy sessions for seven months, despite being wary of making new connections due to the pain of the loss she experiences when relationships end. She had a good capacity for thought and told me that she valued the calm and reflective space to help her think and make decisions. Towards the end of the intervention, Bella had settled into her permanent foster care placement after a difficult start, ended her relationship with her boyfriend and rejoined her cricket team.

Schools Services Case Study.

Caleb, aged 15, was referred to the Brent Centre while awaiting CAMHS support. His school was deeply concerned, reporting suicidal thoughts, past attempts, and the impact of domestic violence at home. Though academically gifted, his performance was declining, and he struggled with anxiety and "meltdowns." The Centre provided Caleb with four years of therapy, followed by two years of practical support from a youth liaison officer.

Initially, therapy focused on Caleb's family challenges, his low mood, and his critical inner voice. Persistent suicidal thoughts and feelings of hopelessness were addressed through a supportive network involving social services and school safeguarding leads. Over time, he explored feelings of abandonment linked to early traumatic experiences and began to understand his parents' struggles, fostering forgiveness and reducing self-blame.

Recognising traits of autism, Caleb's therapist facilitated an autism diagnosis through CAMHS, which proved pivotal. Therapy shifted to helping him understand his sensory sensitivities, social difficulties, and executive functioning challenges. This understanding allowed Caleb to reframe painful memories and accept himself, leading to a decrease in suicidal thoughts and an improvement in managing anxiety.

Practical support from BCYP's youth liaison officer helped him navigate academic choices, university applications, and extracurricular activities. He joined a prestigious community and personal development programme and cadets, which offered structure and a sense of belonging. Opting for less academic A-levels, Caleb discovered a passion for photography and gained confidence in pursuing university education.

As therapy neared its conclusion, Caleb explored complex feelings about gender and relationships, finding relief in a non-judgmental space. Though leaving therapy was difficult, he reflected on his progress, now envisioning a future for himself. Support structures were arranged for his university transition, empowering him to face challenges with resilience and independence.

Caleb's journey highlights the transformative impact of comprehensive support, enabling him to overcome significant obstacles and build a hopeful, fulfilling path forward.

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

FINANCIAL REVIEW

The charity is wholly dependent on regular and consistent funding to carry out its work with young people, who are provided the services free except for the Private Services Clinic. In the financial year ending 31 March 2024, the Brent Centre for Young People received funding from the following organisations who kindly donated towards the different activities:

The In-house and Irish Projects were supported with funding from: NWL (Brent) ICB, John Lyon's Charity, Government of Ireland: Emigrant Support Programme, Irish Youth Foundation, National Lottery Community Fund and Young Brent Foundation.

The Schools and Sport & Thought projects were funded by John Lyon's Charity, BBC Children in Need, Hargreaves Foundation, The ASDA Foundation, The Percy Bilton Charity, The Hedley Foundation and National Lottery Communities Fund (Million Hours Fund).

Youth Justice Service project was funded by The 29th May 1961 Charitable Trust, Beatrice Laing Trust, Charles Hayward Foundation, The Austin & Hope Pilkington Trust and Dentons LLP.

The Westminster Centre for Young People project was funded by: John Lyon's Charity and Westminster Foundation.

Scottish Highlands project was funded by Scottish Children's Lottery Trust, The Barcapel Foundation, The Hugh Fraser Foundation, Crerar Trust and the Susan Emery Trust.

The Young People in Crisis project, which works across the above projects, was funded by The Sobell Foundation, The Henry Smith Charity, The James Tudor Foundation, David Riddell Memorial Trust, William Allen Young Charitable Trust, Garfield Weston Foundation, Jusaca Charitable Trust, Peter Stebbings Memorial Charity, Pantheon Charitable Trust, and The Belvedere Trust.

BCYP core activities received funds from donations by marathon events, individuals, training/seminars, The Julius Silman Charitable Trust and The Vintners' Foundation.

For the year ended 31 March 2024, the Brent Centre for Young People had total income amounting to £1,736,951 (2023: £1,335,360) including capital income. The total expenditure was £1,855,394 (2023: £1,630,995) with the net movement in funds being a deficit of £62,140 (2023: Deficit £313,965).

The Brent Centre for Young People is dependent on the generosity of our donors for our daily activities.

The demand for our expertise and services to vulnerable young people has never been greater. The main sources of income for the Brent Centre for Young People have been through NWL ICB, Schools and Grant Making Trusts.

Going Concern

The Trustees after making appropriate enquiries, have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future, at least twelve months from the date of approval of these financial statements. For this reason, they continue to adopt the going concern basis in preparing financial statements. Further details of the adoption of the going concern basis can be found in the accounting policies.

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

RESERVES POLICY

BCYP's policy is to hold sufficient free reserves to cover expenditure of between three and six months. This will allow the charity to continue some level of its activities in the event of a sudden deterioration in its finances and give and to give a degree of freedom to find new opportunities.

Each year the Executive Committee of Trustees reviews the appropriate level of reserves by assessing the risks facing the BCYP and the potential financial impact of these. The policy requires the Trustees to ensure that the reserves are adequate to:

- allow time for fundamental restructuring in the event of a major downturn and consequential future funding uncertainties;
- enable the charity to continue the ongoing programme of work, much of which is long-term in nature, in spite of unexpected variations in income.

As at the end of the year, of the total reserves, the amount of free reserves held by the BCYP was £749,463 which is approx. 5 months of planned forward expenditure. We are comfortable with this level considering the fluctuations in the economy. The Trustees review the activities and expenditure of the charity and consider which services and expenditure could be reduced, if needed.

Whilst our fundraising activity results in a spread of income from a broad range of sources, some of which are longer term, the impact of sudden and major loss in income would impose serious risk on our ability to maintain our activities. However, our reserves policy provides for a period of stability. In addition, the Centre owns the freehold interest in its building in Brondesbury Park. Further risks which have been identified include allegations of impropriety of our personnel and more usual risks associated with natural catastrophes, such as fire, flood, communications failure, data breach, etc. (most of which are covered by our insurance, in any case). Risks are reviewed regularly.

BCYP aims to keep the amount invested in reserves such that, most of the income can be spent on the services that it provides to young people, while also ensuring reasonable financial security.

Investment Policy

The charity invests funds in a balanced portfolio of securities administered by 7IM (seven investment management LLP) in accordance with the charity's investment policy and ethical values.

PLANS FOR FUTURE PERIODS

The clinical services of the Brent Centre are reaching a large number of young people. With the expansion of the clinical services of the centre, there is an increased need of an infrastructure that supports the excellent work taking place in our many projects. To this end we are continuing to focus on expanding our fundraising and communication strategy. This with a view of expanding the reach of the Centre geographically, both within London, and more widely.

Training and research are important strategic developments for the Centre, in terms of reaching more young people with our therapeutic model and expertise, and in continuing to understand adolescent mental health. The Centre will continue to expand the seminar series to GPs, frontline workers, international series of lectures and clinical seminars aimed at psychotherapeutic professionals and trainees. These new directions in training will continue to bring a source of funding to the Centre.

The Centre additionally held a very successful conference with Westminster School in 2023 and look forward to holding a second conference in the summer of 2024.

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Brent Centre for Young People is a registered charity (1081903) in England and Wales, and (SCO052246) in Scotland. The charity is set up under its Memorandum and Articles of Association as a company limited by guarantee (registration number 04037793). The company was incorporated on 17 July 2000. Prior to this, the unincorporated charity operated as the Centre for Research into Adolescent Breakdown.

The Board of Trustees are the charity's Trustees and the legal directors of the company. They are eligible for reappointment after three for a further three-years term at the Annual General Meeting. As the need to recruit new Trustees arises, BCYP analyses the skills and capacity of its current board.

The Brent Centre for Young People will then seek to identify potential candidates who will bring relevant knowledge and experience to the board in line with its needs. Candidates are then invited to apply. The current board will discuss the candidates and select new Trustees who must be appointed at a Board meeting. The training needs of Trustees are identified by the Chair of Trustees with the Board.

The Trustees who served during the year were: Mr. P J Bard BCom MBA MSc (Chair); Dr B L Roberts MB ChB FRCPsych, Fellow of the Inst. Psychoanal; PhD; Ms. Pessi Elias, MSc, ACP Member; Mr. Randy Mannie (Treasurer); Mr. Gideon Hadary, MSc, ACP Member, Fellow of the Inst. Psychoanal; Mr Simon Dodds; Mr. Ian Barnes; Ms. Anoushka Babbar and Mr. Philip Stokoe.

Key management personnel

Chief Executive Officer and Company Secretary, Dr M J A de Sauma MD, F. Inst. Psychoanalysis; Head of Clinical Services, Ms. Valentina Levi, ACP Member; Head of Finance and Resources, Ms. Edith David; Head of Private Services, Ms. Anna Honeysett; Research Manager, Ms. Sarah Fielding.

The Board of Trustees meets at least five times a year. The Board set and reviewed strategy and monitored operational matters. The Management and Finance Committee is a sub-committee of the Board of Trustees which includes the Chair, Treasurer, three Trustees and the Chief Executive Officer. They meet to review the general and financial management of the Centre, annual financial statements, matters relating to internal and external audits, investment and reserves policies and changes in remuneration of staff. Other sub-committees are the Schools Sub-Committee, Private Services Sub-committee, Fundraising, development & Communications and Governance Working party. All recommendations from sub-committees are presented at subsequent Trustees' meetings and a decision is finalised by the board.

The Chief Executive Officer (CEO) and Clinical Director was appointed by the Board of Trustees to manage the running of the organisation. In the absence of the CEO and Clinical Director, there is a senior management team consisting of the Research Manager, Head of Finance and Resources, Head of Clinical Services and Head of Private Services, to help with the strategy and management of the organisation. The CEO and Clinical Director is the manager of heads of the departments, all the heads of the departments manage their respective departments, Finance & Resources, Fundraising, Communications, Clinical Services (In-House and Outreach services), Research, and Private Services. All clinical in-house and outreach staff attend clinical meetings and are allocated a small supervision group.

Trustees are elected annually by members at the Annual General Meeting, but the Board can also co-opt people during the year.

New Trustees should be provided with a detailed induction pack and an induction programme involving meeting with key members of staff to gain an understanding of the organisation and the external environment in which it operates. Trustees are encouraged to attend the meetings and conferences, training and other events organised by the Charity. The CEO and Clinical Director sends Trustees a list of possible training courses.

The removal of any member of the Executive by the Executive Committee is undertaken if a member of the Executive Committee fails to attend three consecutive meetings of the Executive Committee, the Executive Committee may resolve that he/she be removed from the Executive Committee. The member must be given at least 7 days' notice in writing of the resolution.

The CEO and Clinical Director oversees setting the pay and remuneration for management personnel. These are presented to the Board of Trustees who discuss the implications on the budget before approving.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)**

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

Internal control and risk management

The Board of Trustees is responsible for ensuring that BCYP has an appropriate system of financial controls that regulates the efficient and effective operation of the charity. The Trustees ensure that the charity complies with relevant laws and regulations and approve policies relating to them. The trustees have evaluated the major risks to which the charity is exposed and are satisfied that systems are in place to manage those risks.

Key identified risks and approaches to mitigate are:

- Income volatility because of the economic uncertainty and austerity- good financial controls, development of the private services to provide additional predictable income and the regional services to diversify income streams and spread the risk. Increased applications to Trusts and foundations and investment in marketing and communication such as upgrade to the website.
- Security of assets- good financial procedures in place including segregation of roles, vigilance against fraud including cybercrime, investment in IT.
- Ongoing challenges of reduced income through tenders due to public services reductions- continued investment in all income generating initiatives, ongoing review and developing services models to ensure relevance and value for money.

BCYP policies are initially written by the member of staff most involved in that policy area in conjunction with the Head of Finance and Resources. The policy is then reviewed and amended by the CEO before submitting it to the Board of Trustees for approval. If a policy is not approved, the Trustees will comment, and it will be returned to the CEO and the Senior Management Team. Decision making is taken at the most appropriate level depending on the risk involved. All decisions are made with the knowledge of the CEO. For decisions that involve a large commitment or level of risk to the organisation, the Board's approval is required.

Disclosure of information to auditor

Each of the directors has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information

Auditor

In accordance with section 485 of the Companies Act 2006, a resolution proposing that Azets Audit Services be re-appointed as auditor of the company will be put to the Annual General Meeting.

On behalf of the Board of Trustees



Dr Bernard Roberts MB ChB FRCPsych
Chairperson
Date: 16 December 2024



Randy Mannie
Treasurer
Date: 16 December 2024

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2024

The Trustees, who are also the directors of Brent Centre for Young People for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Opinion

We have audited the financial statements of Brent Centre for Young People (the 'charitable company') for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the Statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8* of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Report of the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees, who are also directors for the purposes of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the company through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx>.

This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services

J Howard FCA (Senior Statutory Auditor)
for and on behalf of Azets Audit Services
Statutory Auditor

2nd Floor
Regis House
45 King William Street
London
EC4R 9AN

Date: 17 December 2024

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2024

Current financial year		Unrestricted funds general 2024	Unrestricted funds designated 2024	Restricted funds 2024	Total 2024	Total 2023
	Notes	£	£	£	£	£
<u>Income and endowments from:</u>						
Donations	3	752,144	-	710,462	1,462,606	1,160,730
Charitable activities	4	261,475	-	-	261,475	164,626
Investment income	5	12,717	-	153	12,870	10,004
Total income		1,026,336	-	710,615	1,736,951	1,335,360
<u>Expenditure on:</u>						
Raising funds	6	162,138	-	-	162,138	104,965
Clinical services	7	644,942	77,729	970,585	1,693,256	1,526,030
Total expenditure		807,080	77,729	970,585	1,855,394	1,630,995
Net gains/(losses) on investments	11	56,303	-	-	56,303	(18,329)
Net movement in funds		275,559	(77,729)	(259,970)	(62,140)	(313,964)
Fund balances at 1 April 2023		473,904	367,528	580,506	1,421,938	1,735,902
Fund balances at 31 March 2024		749,463	289,799	320,536	1,359,798	1,421,938

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023

Prior financial year		Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes				
Income and endowments from:					
Donations	3	585,619	-	575,111	1,160,730
Charitable activities	4	164,626	-	-	164,626
Investment income	5	10,004	-	-	10,004
Total income		760,249	-	575,111	1,335,360
Expenditure on:					
Raising funds	6	104,965	-	-	104,965
Clinical services	7	936,195	93,754	496,081	1,526,030
Total expenditure		1,041,160	93,754	496,081	1,630,995
Net gains/(losses) on investments	11	(18,329)	-	-	(18,329)
Net movement in funds		(299,240)	(93,754)	79,030	(313,964)
Fund balances at 1 April 2022		773,144	461,282	501,476	1,735,902
Fund balances at 31 March 2023		473,904	367,528	580,506	1,421,938

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2024

		2024		2023	
	Notes	£	£	£	£
Fixed Assets					
Tangible assets	12		148,411		153,147
Investments	13		888,395		833,346
			1,036,806		986,493
Current assets					
Debtors	15	154,361		98,736	
Cash bank and in hand		293,104		459,370	
		447,465		558,106	
Creditors: amounts falling due within one year	16	(124,473)		(122,662)	
Net current assets			322,992		435,444
Total assets less current liabilities			1,359,798		1,421,937
Income funds					
Restricted funds	18		320,536		580,506
<u>Unrestricted funds</u>					
Designated funds	19	289,799		367,528	
General unrestricted funds		749,463		473,903	
			1,039,262		841,431
			1,359,798		1,421,937

The financial statements were approved by the Trustees on 16 December 2024



Dr Bernard Roberts MB ChB FRCPsych
Trustee

Company Registration No. 04037793

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

		2024	2023
	Notes	£	£
Cash flows from operating activities			
Cash absorbed by) / generated from/(operations	23	(170,353)	(136,344)
Investing activities			
Investment income received		<u>4,087</u>	<u>1,577</u>
Net cash generated from/(used in) investing activities		4,087	1,577
Net cash used in financing activities		<u>-</u>	<u>-</u>
Net increase/(decrease) in cash and cash equivalents		(166,266)	(134,767)
Cash and cash equivalents at beginning of year		<u>459,370</u>	<u>594,137</u>
Cash and cash equivalents at end of year		<u>293,104</u>	<u>459,370</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1. Accounting policies

Company information

Brent Centre for Young People is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 Winchester Avenue, London NW6 7TT.

1.1 Accounting convention

The financial statement has been prepared in accordance with the Charity's Memorandum and Articles of Association, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 and "Accounting and reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of investments at fair value. The principal accounting policies adopted are set out below.

1.2 Going Concern

The Trustees, after considering the Charity's financial results and financial forecast, have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Design funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purpose and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grant income is recognised in full in the year in which it is receivable, using the performance model, unless there are specific performance related conditions that prevent its recognition and instead the income is deferred.

1.5 Expenditure

All expenditure is accounted for on an accrual basis and has been classified under headings that aggregate all costs related to the category. Staff costs not directly identified have been allocated on the following basis:

Fundraising costs	Direct cost
Support costs	15% of total cost
Direct charitable activities	85% of total cost

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following basis:

Freehold property	3% on reducing balance
Equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expected as incurred.

1.8 Impairment of fixed assets

As each reporting end date, the Charity review the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

1.10 Financial instruments

The Charity has elected to apply the provisions of Section 11 "Basic Financial Instruments" and Section 12 "Other Financial Instruments Issues" of FRS 102 to all of its financial instruments.

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments, other than investments, are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The Trustees do not consider there to be any critical accounting estimates or judgements applied in the preparation of the financial statements.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES ON THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

3 Donations

	Unrestricted funds general	Restricted funds	Total	Unrestricted funds general	Restricted funds	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations and gifts	752,144	710,462	1,462,606	585,619	575,111	1,160,730

4 Charitable activities

	2024	2023
	£	£
Private and clinical services	261,476	164,626

5 Investment income

	2024	2023
	£	£
Interest and dividend income	12,870	10,004

6 Raising funds

	2024	2023
	£	£
<u>Fundraising and publicity</u>		
Fundraising costs	25,456	20,603
Staff costs	126,646	75,155
	152,102	95,758
<u>Investment management</u>	10,036	9,207
	162,138	104,965

7 Clinical Services

	2024	2023
	£	£
Staff costs	1,230,920	1,119,295
Depreciation and impairment	4,736	8,135
Other	199	9,725
	1,235,855	1,137,155
Share of support costs (see note 8)	441,801	373,807
Share of governance costs (see note 8)	15,600	15,068
	1,693,256	1,526,030
Analysis by fund		
Unrestricted funds – general	644,942	936,195
Unrestricted funds – designated	77,729	93,754
Restricted funds	970,585	496,081
	1,693,256	1,526,030

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

8 Support costs

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Staff costs	223,194	-	223,194	174,688	-	174,688
Head office costs	103,499	-	103,499	119,512	-	119,512
Other costs	115,168	-	115,168	79,607	-	79,216
Audit fees	-	15,600	15,600	-	15,068	15,068
	<u>441,861</u>	<u>15,600</u>	<u>457,461</u>	<u>373,807</u>	<u>15,068</u>	<u>388,875</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

There were no reimbursed expenses to trustees during the year (2023: nil).

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Management and administrative staff	10	12
Research and clinical staff	37	33
	<u>47</u>	<u>45</u>

Employment costs

	2024 £	2023 £
Wages and salaries	1,407,494	1,218,806
Social security costs	135,864	118,601
Other pension costs	37,402	31,731
	<u>1,580,760</u>	<u>1,369,138</u>

The number of employees whose annual remuneration was £60,000 or more were:

	2024 Number	2023 Number
£70,000 - £79,999	1	1
£80,000 - £89,999	1	-
£120,000 - £129,999	-	1
£130,000 - £139,999	1	-

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Head of Clinical Services, the Head of Finance and Resources, the Head of Private Services and the Research Manager. The total benefits of the key management personnel of the charity were £392,467 (2023: £329,481). Pension costs in respect of higher paid employees was £9,793 (2023: £8,150).

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

11 Net gains/(losses) on investments

	Unrestricted funds general 2024 £	Unrestricted funds general 2023 £
Revaluation of investments	56,303	(19,541)
Gain/(loss) on sale of investments	-	1,212
	<u>56,303</u>	<u>(18,329)</u>

12 Tangible fixed assets

	Freehold property £	Equipment £	Total £
Cost			
At 1 April 2023	341,440	40,806	382,246
At 31 March 2024	<u>341,440</u>	<u>40,806</u>	<u>382,246</u>
Depreciation and impairment			
At 1 April 2023	188,293	40,806	229,099
Depreciation charged in the year	4,736	-	4,736
At 31 March 2024	<u>193,029</u>	<u>40,806</u>	<u>233,835</u>
Carrying amount			
At 31 March 2024	<u>148,411</u>	<u>-</u>	<u>148,411</u>
At 31 March 2023	<u>153,147</u>	<u>-</u>	<u>153,147</u>

13 Fixed asset investments

	Listed investments £	Cash in portfolio £	Total £
Cost or valuation			
At 1 April 2023	810,915	22,431	833,346
Additions	567,113	(567,113)	-
Valuation changes	56,303	-	56,303
Investment income	-	8,782	8,782
Management charges	-	(10,036)	(10,036)
Disposals	<u>(557,723)</u>	<u>557,723</u>	<u>-</u>
At 31 March 2024	<u>876,608</u>	<u>11,787</u>	<u>888,395</u>
Carrying amount			
At 31 March 2024	<u>876,608</u>	<u>11,787</u>	<u>888,395</u>
At 31 March 2023	<u>810,915</u>	<u>22,431</u>	<u>833,346</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

14 Financial Investments

	2024	2023
	£	£
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	<u>876,608</u>	<u>810,915</u>

15 Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Trade debtors	142,416	91,490
Other debtors	600	711
Prepayments and accrued income	<u>11,346</u>	<u>6,535</u>
	<u>154,362</u>	<u>98,736</u>

16 Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxation and social security	56,334	46,528
Deferred income	-	-
Trade creditors	15,821	21,493
Other creditors	1,993	1,063
Accruals and deferred income	<u>50,325</u>	<u>53,578</u>
	<u>124,473</u>	<u>122,662</u>

17 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

The charge to statement of financial activities in respect of defined contribution schemes was £37,402 (2023 - £31,731).

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

18 Restricted funds

The income funds of the charity include the restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			
	Balance at 1 April 2022	Income	Expenditure	Balance at 1 April 2023	Income	Expenditure	Balance at 31 March 2024
	£	£	£	£	£	£	
In house projects	130,614	120,983	(26,667)	224,930	116,080	(285,984)	55,026
Development Fund	59,111	-	-	59,111	-	-	59,111
Schools project	59,691	87,145	(49,146)	97,690	136,950	(183,952)	50,688
YOS Project	67,334	32,500	(34,221)	65,613	48,050	(83,727)	29,936
Sport and Thought	14,976	80,657	(65,582)	30,051	83,993	(86,182)	27,862
Healthy minds Brighter Future (Big Lottery)	-	156,990	(136,771)	20,219	142,872	(151,044)	12,047
Irish Projects	11,750	22,000	(5,250)	28,500	26,150	(48,150)	6,500
Tablets	-	12,836	(12,836)	-	-	-	-
Highlands	-	-	-	-	26,000	(12,650)	13,350
WCYP Projects	158,000	62,000	(165,608)	54,392	130,520	(118,896)	66,016
	<u>501,476</u>	<u>575,111</u>	<u>(496,081)</u>	<u>580,506</u>	<u>710,615</u>	<u>(970,585)</u>	<u>320,536</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

18 Restricted funds

In House Projects – Funded to support, Healthy minds, brighter futures through Adolescent Exploratory Therapy, Parent Support and Family Therapy, Practical support and Research activities undertaken at Laufer House.

Development Funds – Staff professional development.

Schools project - Outreach at schools, currently working with 8 schools in Brent and beyond. BCYP provide one-to-one support through Adolescent Exploratory Therapy and pilot brief intervention service for pupil with less severe difficulties.

YOS Project - The Young Offenders Project is based at the Brent Civic Centre working in conjunction with the Youth Offending Services. Youth Offending Service offered for Adolescent Exploratory Therapy, Parent support, Family therapy, and group discussion programs.

Sport and thought - Sport and Thought is a combined football coaching and group therapy programme delivered by adolescent psychotherapists. Sport and Thought creates a safe place for young people to build friendship and address the root cause of their behaviours.

Irish Projects - The funds were restricted to the Irish Mental Health and practical support project, included within In House projects offered at Laufer House. It offers Adolescent Exploratory Therapy, Parent Support, and Family support. During the year the Government of Ireland, awarded a grant of £22,000 towards the Emigrant Support Programme for the year 1 July 2023 to 30 June 2024.

WCYP - collaborative service with the Institute of Psychoanalysis and the British Psychoanalytic Society to develop a child and adolescent clinic. The WCYP offers assessments, Adolescent Exploratory Therapy, Parent and family support.

19 Designated funds

	Balance at 1 April 2022	Expenditure	Balance at 1 April 2023	Expenditure	Balance at 31 March 2024
	£	£	£	£	£
Fixed Asset Funds	161,282	(8,135)	153,147	(4,736)	148,411
Research Projects	150,000	(85,619)	64,381	(64,381)	-
Education and Training Development	150,000	-	150,000	(8,612)	141,388
	<u>461,282</u>	<u>(93,754)</u>	<u>367,528</u>	<u>(77,729)</u>	<u>289,799</u>

Fixed asset fund – equates to the value of fixed assets at the balance sheet date.

Research project – funds designated to help manage costs of future research projects.

Education and Training Development – funds designated to the development of training projects.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

20 Analysis of net assets between funds

Fund balances at 31 March 2024 are represented by:

	Unrestricted funds 2024 £	Designated funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Designated funds 2023 £	Restricted funds 2023 £	Total 2023 £
Tangible assets	-	148,411	-	148,411	-	153,147	-	153,147
Investments	747,007	141,388	-	888,395	618,965	214,381	-	833,346
Current assets/(liabilities)	2,456	-	320,536	322,992	(145,062)	-	580,506	435,444
	<u>749,463</u>	<u>289,799</u>	<u>320,536</u>	<u>1,359,798</u>	<u>473,903</u>	<u>367,528</u>	<u>580,506</u>	<u>1,421,937</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

22 Related party transactions

There were no disclosable related party transactions during the year (2023 – none).

23 Cash generated from operations

	2024	2023
	£	£
(Deficit)/Surplus for the year	(62,140)	(313,964)
Adjustments for:		
Investment income recognised in statement of financial activities	(12,870)	(10,004)
Loss/(gain) on disposal investments	-	(1,214)
Fair value gains and losses on investments	(56,303)	19,541
Investment management charges	10,036	9,207
Depreciation and impairment of tangible fixed assets	4,736	8,135
Movement in working capital:		
Decrease/(increase) in debtors	(55,626)	192,899
Increase in creditors	1,812	9,056
(Decrease) / Increase in deferred income	-	(50,000)
Cash generated from/ (absorbed by) operations	<u>(170,353)</u>	<u>(136,344)</u>

The charity had no debt during the year.

Accounts

Charity Registration No. 1081903
Company Registration No. 04037793 (England and Wales)

BRENT CENTRE FOR YOUNG PEOPLE
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ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

BRENT CENTRE FOR YOUNG PEOPLE

LEGAL AND ADMINISTRATIVE INFORMATION PAGE

Trustees	Mr P J Bard BCom MBA MSc (Chair)	
	Dr B L Roberts MB ChB FRCPsych	
	Dr F M Hare (the Earl of Listowel) PhD	(Resigned 6 th July 2023)
	Pessi Elias MSc	
	Mr Randy Mannie (Treasurer)	
	Mr Gideon Hadary MSc	
	Mr Simon Dodds	
	Mr Ian Barnes	
	MS Anoushka Babbar	
	Mr Philip Stokoe	(Appointed 18 th May 2023)
Chief Executive	Dr M J A de Sauma MD, F. Inst. Psychoanal.	
Company Secretary	Dr M J A de Sauma MD, F. Inst. Psychoanal.	
Charity number	1081903	
Company number	04037793 / SCO052246	
Registered office	51 Winchester Avenue London NW6 7TT	
Auditor	Azets Audit Services 2 nd Floor Regis House 45 King William Street London EC4R 9AN United Kingdom	
Investment managers	Seven Investment Management LLP 55 Bishopsgate London EC2N 3AS	
Bankers	HSBC Bank UK Plc	

BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

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BRENT CENTRE FOR YOUNG PEOPLE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Board of Trustees are pleased to present their Trustees' Annual Report and financial statements for the year ending 31 March 2023. The Trustees' Annual Report contains a Directors' Report as required by company law. The Trustees confirm they have complied with the requirements of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. The financial statements comply with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective 1 January 2019).

On 23 December 2023, the Charity changed its name from Brent Adolescent Centre to Brent Centre for Young People.

OBJECTIVES AND ACTIVITIES

The main objectives of the charity as set out in the charity's Articles of Association and memorandum are to provide assessment, treatment and interventions, information to young people in the areas of Health (mainly Mental Health) and other areas relevant, and to research adolescence and the causes of adolescent breakdown.

The principal activities of the charity continue to be the provision of services to young people around Mental Health and development of a clinical audit, an outcome study on adolescent psychotherapy and research into adolescent breakdown. The Brent Centre for Young People (BCYP) provides Adolescent Exploratory Therapy (AET) and Psychotherapy services to help young people who experience a range of emotional and mental health difficulties. The most prevalent problems across all service users in the past year include:

- **Depression:** 91%
- **Anxiety:** 89%
- **Difficult relationships with family:** 90%
- **Difficult relationships with peers:** 80%
- **Suicide Ideation:** 44%

These challenges can be addressed head-on through the Centre's range of therapy services. If they aren't talked through in early adulthood, the problem presented can significantly impair mental and physical health and limit young people's ability to progress into fulfilling adult lives.

The aim is to help young people make positive changes and improve their wellbeing. This can lead to:

- **Improved relationships**
- **Reduced social exclusion**
- **Lower risk of breakdown in adulthood**
- **Better educational attainment**

The Centre's activities are provided through ten initiatives, Individual Adolescent Exploratory Therapy (AET), Individual Psychotherapy, Private Services, Parental Support and Family Therapy, Practical Support, Young Offenders Project, Schools Services, Sport and Thought, Psychoanalytic and Research. AET, Psychotherapy, Parent Support and Family Therapy, Practical Support and Research activities are undertaken at Laufer House, and the other projects take place in outreach locations such as Schools and Brent Youth Offending Services.

- **Adolescent Exploratory Therapy (AET):** Is the exceptional core analytic provision specifically to meet the needs of adolescents and was created and developed by BCYP. It is the first therapeutic provision through a series of consultations in which a young person explores their feelings and difficulties and begins to understand what is worrying them and why. The young person and therapist will think together about what changes could be made and what might make the person feel better. Proven to help young people cope with feelings of depression, anxiety, anger, low self-esteem, relationship difficulties and even suicidal thoughts, sessions last for 45 minutes and continue for as long as they are needed.

**BRENT CENTRE FOR YOUNG PEOPLE
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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

- **Individual psychotherapy:** Designed for those who have had AET but need additional support, sessions are offered three times a week for up to three years. This gives young people space to understand their situation, feelings, and behaviours - empowering them to make needed changes.
- **Private Services:** The Private service continued to grow in 2022-23 seeing a 29.4% increase in invoice revenue and a 25% increase in patient numbers from the previous year. We offered a total of 1,048 sessions to 65 young people. The private service continues to be a therapeutic home to a range of young people and their families in distress. We offer short term and longer term AET, Psychotherapy, Parent support and family therapy. As a service we provide treatment opportunities to young people whose presentation is too disturbed and complex to be treated by a therapist working solo.
- **Parental support:** Support is offered to parents and carers whose children are already in Therapy. This creates opportunity for them to talk openly about their child's needs, discuss concerns and develop new ways to help their loved one overcome the issues they face.
- **Family therapy:** Engaging parents, carers and siblings in group work, where they are encouraged to take an active role in the treatment process. Guided by BCYP therapists, they learn to understand the difficulties they face and work together to build a better future.
- **Practical support:** Offered alongside therapy for as long as it is needed. It is designed to help young people access key services such as education, health, housing and employment – smoothing out practical challenges so that they are better able to address their mental health difficulties.
- **Working with Young Offenders:** The Young Offenders Project is based at the Brent Civic Centre working in conjunction with the Youth Offending Service. At the Youth Offending Service (YOS), BCYP offer AET, parent support, family therapy and group discussion programs. On behalf of the YOS, BCYP run one-off victim awareness sessions for youths on conditional cautions or out of court disposals. BCYP staff also provide support to YOS staff, helping them to better identify signs of distress and understand the mental health needs of the young people under their care.
- **Schools:** At schools, BCYP provide one-to-one support through AET and a pilot brief intervention service, for pupils with less severe difficulties. In response to specific concerns raised by teachers, BCYP provide therapeutic group work for pupils to work through shared difficulties together. BCYP supports academic and pastoral care staff to better identify and assist students struggling with mental health. Lastly, BCYP provide parents and carers the chance to talk openly about their children's needs through parental or family therapy. The project is based in two primary, one infant and eight secondary schools. Supervision, individual and group work are provided to school staff.
- **Sport and Thought:** Sport & Thought is a combined football coaching and group therapy programme delivered by adolescent psychotherapists. Sport & Thought creates a safe place for young people to build friendships and address the root cause of their behaviours, facilitating improvements in their social functioning, general behaviour, and focus. The project is run at two secondary schools, a local football club, and a youth Centre.
- **Research:** BCYP continues to research the area of adolescent mental health and are currently working on several articles for mental health publications, particularly on young offending and Adolescent Exploratory Therapy. Current research projects include: a detailed prospective clinical study on adolescent suicidality and self-harm; a retrospective study revisiting BCYP's early work on suicidality and adolescence; and a study on Adolescent Exploratory Therapy.
- **Scottish Highland:** This is a new project, and our first ever project in Scotland, aiming to support young people aged 14 – 21 years in the Scottish Highlands. The area has high need, with few services able to help. Highland has a significantly higher rate of suicide (18 per 100,000 compared to the Scottish average of 14.5, and the London average of 8.1). Suicide is the leading cause of death amongst young people in Highland aged between 15-24 years. For young people those added risk factors include LGBT, suicide related internet use, bereavement, academic pressure, NEET, physical health problems, and alcohol / drug use.

**BRENT CENTRE FOR YOUNG PEOPLE
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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

ACHIEVEMENTS AND PERFORMANCE

Brent Centre for Young People is delighted that in the year 2022/23 it:

- Helped 697 young people
- Offered 8629 sessions

The Brent Centre for Young People has continued to develop its outreach therapeutic work in 13 schools in the boroughs of Brent and Ealing, the Brent Youth Offending Service, and the 'Sport and Thought' project.

The young people who used BCYP services during 2022/23 were aged between 11 and 25, and their ethnicities reflect the diversity of the boroughs in which the BCYP works.

To assess the impact of their work on young people, the BCYP conducts regular clinical audits of their service. Therapists regularly provide assessments of their patients, to track progress over time and understand the impact of therapy. Young people are also asked to periodically complete a self-assessment, which helps us to build a picture of their own sense of wellbeing. By comparing the data from a young person's initial assessment with their most recent assessment, we can measure change in presentation and provide an indicator of therapeutic progress. The information from these assessments is measured according to five key outcome areas: mental health/emotional difficulties, social functioning, academic/employment functioning, risks towards self, and risks towards others.

Outcomes for Mental Health/Emotional Difficulties

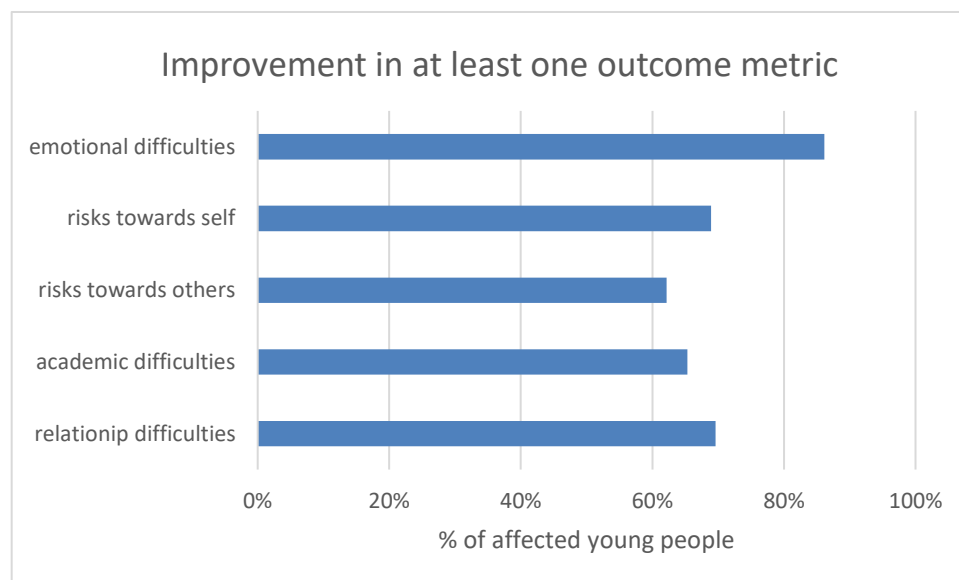
Note: Stabilisation of difficulties is an important step towards recovery. It is recognised as an achievement. However, improvements in specific areas do not necessarily mean total recovery.

We saw significant therapeutic achievements in mental health and emotional difficulties.

- 80% experienced a stabilisation or a reduction in their anxiety
- 81% experienced a stabilisation or an improvement in their family problems
- 82% experienced a stabilisation or a reduction in their concentration difficulties
- 83% experienced a stabilisation or a reduction in their depression
- 75% experienced a stabilisation or an improvement in their peer relationships
- 76% experienced a stabilisation or a reduction in self-harming

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023



In-House Services Case Study: Healthy Minds Brighter Futures.

Case study 1

Nina was referred to the clinic by her GP for 'anxiety, depression, a feeling that she ruined everything and had to be coached to do anything.' Following self-harm and a suicide attempt at age 15 Nina had been involved with CAMHS but had not engaged, she was now requesting therapy and wish to deal with her issues.

Nina was 17 when she arrived at the Centre. She was about to sit her A-levels. She had struggled during lockdown, having felt isolated and disconnected at home. Initially predicted good A-levels Nina was expected to be the first in her family to attend university. When I met her, she was failing and struggling to attend revision lessons. Nina is the youngest of 4 children and lives with her 23-year-old brother and mother. Her father had committed suicide (overdose of pills) when Nina was 9 years-old, she had seen his body lying in the sitting room. Nina described everything falling apart since his death. Mum never recovered from Dad's death and was very depressed rarely leaving her bed. Neither mum nor brother worked, and the family lived in economic deprivation. Nina's 23-year-old brother had just come out of prison for drug offences and seemed heavily embroiled in gang culture. The atmosphere at home sounded depressed with family members keeping to themselves and a culture of not speaking. Father's death was never discussed, and anniversaries not acknowledged. Nina idolized her father, describing him as fun, lively, interested in her – everything the family appeared no longer to be.

At the beginning of therapy Nina was self-conscious in her body and found eye contact very difficult. She never missed a session but required much support to talk and explore. She would blurt out words and immediately stare of the window. She was self-harming frequently and had severe suicidal ideation, she found it hard to find any motivation to be alive. Our work begun with much proactive questioning and exploration initiated by me, my hope was my curiosity in her would trigger her own curiosity in herself. In line with the objectives of AET initially my aim was to help Nina and me understand what have brought her to the clinic and why now. Our work consisted of trying to build an alliance and begin to help Nina articulate how she felt and to explore why. Nina had few childhood memories and had great difficulty recalling them, she appeared dissociated, sessions felt uninhabited. Any attempts on my part to think, to connect emotions to statements was met with blank staring and silence. Outside of sessions Nina would drink heavily, smoke marijuana, and get into violent fights. I felt trauma had Nina cut herself off from thinking and feeling to keep a sense of dread at bay. She struggled constantly to stay alive.

An ability to comprehend this and start to process the trauma had to be preceded by the ability to think. I listened intently to her mundane mutterings, reflected them back to her, named things for her, mirrored her, and allowed her to exist in my mind. This facilitated her finding her own mind. Slowly she felt visible, heard. Eye contact improved, she stopped biting her hands, the rocking eased. Nina began describing feeling desperate, angry, depressed and was highly anxious that she was mad. She had no idea why she felt this way and could not make connections between her experiences and her functioning.

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Nina's academic ability meant there was an expectation from school and family that she follow a different trajectory to her siblings. The pull between identifying with the dysfunctional aspects of her family versus a different way of being caused Nina inner turmoil. Nina's cut-off presentation and her idolisation of her father provoked concern that there was an identification with the father who committed suicide, putting her at risk. Nina's suicide attempt at 15 had been an overdose of pills, mirroring her father's. Nina would talk of seeing no tomorrow and she often drunk and took drugs. Nina could not own any of her own anxiety or risk, it was all projected into me.

As our work progressed Nina started to link her suicidal ideation and past self-harm to her anger at her family situation; 'I can't go out and beat someone up.... but I can hurt myself.' Nina started to see her drinking and drug taking as a way to quieten voices in her head and numb feeling. This connection between her emotional state and her behaviour established a more 'thinking' place.

Sessions had helped Nina mentalise and metabolise her experiences by developing self-reflection so she held more self-awareness and could make better decisions for herself. 18 months into treatment I broached the idea of an ending I set the ending for 6 months time, giving Nina and I sufficient time to process all the emotions it stirred up, this felt particularly important given the loss of her father.

Setting an ending had a profound impact on the therapy. Nina decreased her risk-taking behaviours. There was a possibility for her to interview as a Customer Executive at a marking company, Nina felt panicked by the idea of a 'grown up' job. She interviewed and was offered the job. Although shaky Nina did manage the transition and her confidence grew. She started to earn decent money and contributed to rent at home. My sense was Nina was beginning to function in a more adult way. Nina set up a savings account, she could not link this to future hopes or plans but there was a sense of a future.

Case study 2

Samir, 17*

Samir was referred by his GP for support with low mood and impulsive suicidal thoughts. When he started weekly therapy sessions, Samir talked about having felt suicidal on and off since he was 11. He also revealed that he had taken a serious overdose when he was 15 and had not told anyone at the time. Samir had little insight into where these thoughts came from. He told his therapist that he thought they 'came out of nowhere' and that it meant there was 'something wrong with him'. He came across as very cut off from his feelings and flat.

Over the course of his early sessions, Samir explored his upbringing and family life; his parents had separated when he was young and their separation had been very fraught. Him and his twin sister often felt caught between them, both physically in terms of going house-to-house and emotionally, in that they were surrounded by conflict and left feeling uncertain, afraid. We took time to think about how the younger Samir felt, reconnecting with some of the feelings of anger and hopelessness he was left with and how he had come to feel that *he* was the problem.

After three months of coming to therapy, one of Samir's important friendships broke down, leaving him feeling very rejected and alone. He then seemed to spiral out of control, getting into fights and using drugs, which pushed people away from him and made him feel worse about himself. During this period, Samir emailed the Centre in crisis requesting an urgent session and reported feeling very desperate, seeing no point to being alive and thinking seriously about harming himself.

His therapist made a safety plan with him, and enlisted both his father and GP to help him feel safe. In the coming sessions Samir and his therapist made efforts to understand the pattern of events that had led to him feeling so low. Samir was able to make connections between the constellation of feelings he experienced in relation to his parents' separation to how he was feeling in the present – angry, rejected, hopeless and as if he was the problem. He was able to better understand the links between his change of behaviour and the unbearable feelings being stirred up in him, his inclination to turn it all back on himself.

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

Unpacking this crisis in more depth helped Samir to accept that there were things that had happened in his life that he couldn't change and in doing so, better separate past from present. He experienced his feelings as more manageable and as if he was more in control of his behaviour, that had often felt out of control. He was also better able to use the support from his parents and accept their limitations, whilst feeling more confident in his ability to take responsibility for his own life. There was less concern from all those around him that he would seriously hurt himself again and a general consensus that his risk of self-harm and suicide had considerably reduced.

FINANCIAL REVIEW

The charity is wholly dependent on regular and consistent funding to carry out its work with young people. Who are provided the services free except for the newly initiated Private Services Clinic. In the financial year ending 31 March 2023, the Brent Centre for Young People received funding from the following organisations who kindly donated towards the different activities:

The in-house and Irish Projects were supported with funding from: Brent ICB, John Lyon's Charity, the Government of Ireland: Emigrant Support Programme, Irish Youth Foundation, the National Lottery Community Fund, Sobell Foundation, London Borough of Brent, Young Brent Foundation, The Pantheon Charitable Trust, Bally's Foundation, Garfield Weston Foundation and Jusaca Charitable Trust.

The Schools and Sport & Thought projects were funded by the City of London's Corporation's Charity - City Bridge Trust, Chapman Charitable Trust, John Lyon's Charity, BBC Children in Need, the Hargreaves Foundation, the Sobell Foundation.

Youth Offending Service project: received support from: The 29th May 1961 Charitable Trust, Beatrice Laing Trust, and Charles Hayward Foundation.

The Westminster centre for young people project was funded by: John Lyon's Charitable trust, the Strand Parishes trust, and Westminster Foundation. BCYP core activities received funds from donations by Marathon events, Individuals, Pantheon Charitable trust, Young Brent Foundation and The TK Maxx and Homesense Foundation.

For the year ended 31 March 2023, the Brent Centre for Young People had total income amounting to £1,335,360 (2022: £1,450,223) including capital income. The total expenditure was £1,630,995 (2022: £1,365,448) with the net movement in funds being a deficit of £313,965 (2022: Surplus £69,130).

The Brent Centre for Young People is dependent on the generosity of our donors for our daily activities.

The demand for our expertise and services to vulnerable young people has never been greater. The main sources of income for the Brent Centre for Young People have been through Brent CCG, Schools, and Grant Making Trusts.

Going Concern

The Trustees after making appropriate enquiries, have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future, at least twelve months from the date of approval of these financial statements. For this reason, they continue to adopt the going concern basis in preparing financial statements. Further details of the adoption of the going concern basis can be found in the accounting policies.

**BRENT CENTRE FOR YOUNG PEOPLE
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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

RESERVES POLICY

BCYP's policy is to hold sufficient free reserves to cover core expenditure of between three and six months. This will allow the charity to continue some level of its activities in the event of a sudden deterioration in its finances and give and to give a degree of freedom to find new opportunities.

Each year the Executive Committee of Trustees reviews the appropriate level of reserves by assessing the risks facing the BCYP and the potential financial impact of these. The policy requires the Trustees to ensure that the reserves are adequate to:

- allow time for fundamental restructuring in the event of a major downturn and consequential future funding uncertainties;
- enable the charity to continue the ongoing programme of work, much of which is long-term in nature, in spite of unexpected variations in income.

As at the end of the year, of the total reserves, the amount of free reserves held by the BCYP was £473,903 which is approx. 5 months of planned forward core expenditure. We are comfortable with this level considering the fluctuations in the economy. The Trustees review the activities and expenditure of the charity and consider which services and expenditure could be reduced, if needed.

Whilst our fundraising activity results in a spread of income from a broad range of sources, some of which are longer term, the impact of sudden and major loss in income would impose serious risk on our ability to maintain our activities. However, our reserves policy provides for a period of stability. In addition, the Centre owns the freehold interest in its building in Brondesbury Park. Further risks which have been identified include allegations of impropriety of our personnel and more usual risks associated with natural catastrophes, such as fire, flood, communications failure, data breach, etc. (most of which are covered by our insurance, in any case). Risks are reviewed regularly.

BCYP aims to keep the amount invested in reserves such that, most of the income can be spent on the services that it provides to young people, while also ensuring reasonable financial security.

Investment Policy

The charity invests funds in a balanced portfolio of securities administered by 7IM (seven investment management LLP) in accordance with the charity's investment policy and ethical values.

PLANS FOR FUTURE PERIODS

The clinical services of the Brent Centre are reaching an increasingly large number of young people. We will have seen more than 800, nearing 900 young people, by the end of the financial year. With the expansion of the clinical services of the centre, there is an increased need of an infrastructure that supports the excellent work taking place in our many projects. To this end we are focusing on the expanding our fundraising and communication strategy. This with a view of expanding the reach of the Centre geographically, both within London, and more widely.

In 2023/2024, the Brent Centre will be designating £70,000 of reserves towards it's Scottish Highlands project in Scotland.

The Centre has developed important links for research and teaching/training this year with the Institute of Psychoanalysis, and their Child Analytic training, and our own Westminster Clinic, Human Development Scotland, and their NHS Child and Adolescent Psychotherapy programme, and with the psychoanalytic department of the University of Essex. Training and research are important strategic developments for the Centre, in terms of reaching more young people with our therapeutic model and expertise, and in continuing to understand adolescent mental health. The Centre is rolling out two seminar series due to start from January 2024, one aimed at GPs and frontline workers, and the other an international series of lectures and clinical seminars aimed at psychotherapeutic professionals and trainees. These new directions in training also bring a new source of funding to the Centre.

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The Centre additionally held a very successful conference with Westminster School in 2023 and look forward to holding a second conference in the summer of 2024. In memory of one of our founders, Egle Laufer, we also plan a special conference in Autumn 2024. The new clinical service in the Scottish Highlands will be opening its doors to young people in early 2024, and we are excited about this grassroots development, ensuring that young people in an area of very scarce resource for mental health, will be able to access effective and meaningful psychotherapeutic services. We look forward to the challenge of adapting our models to work with a young population spread across a wider geographical territory.

Psychoanalytic work has historically had a strong base in London, with little resource outside, and we feel particularly proud to be part of a growing movement to build services in areas where no comparable service has been offered. The move to working nationally across the UK, opens up exciting opportunities for the development of our service, training, reputation and also allows us to diversify our funding streams.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Brent Centre for Young People is a registered charity (1081903). The charity is set up under its Memorandum and Articles of Association as a company limited by guarantee (registration number 04037793). The company was incorporated on 17 July 2000. Prior to this, the unincorporated charity operated as the Centre for Research into Adolescent Breakdown.

The Board of Trustees are the charity's Trustees and the legal directors of the company. They are eligible for reappointment after three for a further three-years term at the Annual General Meeting. As the need to recruit new Trustees arises, BCYP analyses the skills and capacity of its current board.

The Brent Centre for Young People will then seek to identify potential candidates who will bring relevant knowledge and experience to the board in line with its needs. Candidates are then invited to apply. The current board will discuss the candidates and select new Trustees who must be appointed at a Board meeting. The training needs of Trustees are identified by the Chair of Trustees with the Board.

The Trustees who served during the year were: Mr. P J Bard BCom MBA MSc (Chair); Dr B L Roberts MB ChB FRCPsych, Fellow of the Inst. Psychoanal; PhD; Ms. Pessi Elias, MSc, ACP Member; Mr. Randy Mannie (Treasurer); Mr. Gideon Hadary, MSc, ACP Member, Fellow of the Inst. Psychoanal; Mr Simon Dodds; Mr. Ian Barnes; MS. Anoushka Babbar and Mr. Philip Stokoe.

Key management personnel

Chief Executive Officer and Company Secretary, Dr M J A de Sauma MD, F. Inst. Psychoanalysis; Head of Clinical Services, Ms. Valentina Levi, ACP Member; Head of Finance and Resources, Ms. Edith David; Head of Private Services, Ms. Anna Honeysett; Research Manager, Ms. Sarah Fielding.

The Board of Trustees meets at least five times a year. The Board set and reviewed strategy and monitored operational matters. The Management and Finance Committee is a sub-committee of the Board of Trustees which includes the Chair, Treasurer, 3 Trustees and the Chief Executive Officer. They meet to review the general and financial management of the Centre, annual financial statements, matters relating to internal and external audits, investment and reserves policies and changes in remuneration of staff. Other sub-committees are the Schools Sub-Committee, Private Services Sub-committee, Fundraising, development & Communications and Governance Working party. All recommendations from sub-committees are presented at subsequent Trustees' meetings and a decision is finalised by the board.

The Chief Executive Officer (CEO) and Clinical Director was appointed by the Board of Trustees to manage the running of the organisation. In the absence of the CEO and Clinical Director there is a senior management team consisting of the Research Manager, Head of Finance and Resources, Head of Clinical Services and Head of Private Services to help with the strategy and management of the organisation. The CEO and Clinical Director is the manager of heads of the departments, all the heads of the departments manage their respective departments, Finance & Resources, Fundraising, Communications, Clinical Services (In-House and Outreach services), Research, and Private Services. All clinical in-house and outreach staff attend clinical meetings and are allocated a small supervision group.

Trustees are elected annually by members at the Annual General Meeting, but the Board can also co-opt people during the year.

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New Trustees should be provided with a detailed induction pack and an induction programme involving meeting with key members of staff to gain an understanding of the organisation and the external environment in which it operates. Trustees are encouraged to attend the meetings and conferences, training and other events organised by the Charity. The CEO and Clinical Director sends Trustees a list of possible training courses.

The removal of any member of the Executive by the Executive Committee is undertaken if a member of the Executive Committee fails to attend three consecutive meetings of the Executive Committee, the Executive Committee may resolve that he/she be removed from the Executive Committee. The member must be given at least 7 days' notice in writing of the resolution.

The CEO and Clinical Director oversee setting the pay and remuneration for management personnel. These are presented to the Board of Trustees who discuss the implications on the budget before approving.

Internal control and risk management

The Board of Trustees is responsible for ensuring that BCYP has an appropriate system of financial controls that regulates the efficient and effective operation of the charity. The Trustees ensure that the charity complies with relevant laws and regulations and approve policies relating to them. The trustees have evaluated the major risks to which the charity is exposed and are satisfied that systems are in place to manage those risks.

Key identified risks and approaches to mitigate are:

- Income volatility because of the economic uncertainty and austerity- good financial controls, development of the private services to provide additional predictable income and the regional services to diversify income streams and spread the risk. Increased applications to Trusts and foundations and investment in marketing and communication such as upgrade to the website.
- Security of assets- good financial procedures in place including segregation of roles, vigilance against fraud including cybercrime, investment in IT.
- Ongoing challenges of reduced income through tenders due to public services reductions- continued investment in all income generating initiatives, ongoing review and developing services models to ensure relevance and value for money.

BCYP policies are initially written by the member of staff most involved in that policy area in conjunction with the Head of Finance and Resources. The policy is then reviewed and amended by the CEO before submitting it to the Board of Trustees for approval. If a policy is not approved, the Trustees will comment, and it will be returned to the CEO and the Senior Management Team. Decision making is taken at the most appropriate level depending on the risk involved. All decisions are made with the knowledge of the CEO. For decisions that involve a large commitment or level of risk to the organisation, the Board's approval is required.

Disclosure of information to auditor

Each of the directors has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information

Auditor

In accordance with section 485 of the Companies Act 2006, a resolution proposing that Azets Audit Services be re-appointed as auditor of the company will be put to the Annual General Meeting.

On behalf of the Board of Trustees



P J Bard BCom MBA MSc

Chairperson

Date: 07/12/2023



Randy Mannie

Treasurer

Date: 07/12/2023

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF TRUSTEES' RESPONSIBILITIES
*FOR THE YEAR ENDED 31 MARCH 2023***

The Trustees, who are also the directors of Brent Centre for Young People for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Opinion

We have audited the financial statements of Brent Centre for Young People (the 'charitable company') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the Statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8* of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Report of the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees, who are also directors for the purposes of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the company through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx>.

This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services

J Howard FCA (Senior Statutory Auditor)
for and on behalf of Azets Audit Services
Statutory Auditor

2nd Floor
Regis House
45 King William Street
London
EC4R 9AN

Date: 13 December 2023

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023

Current financial year		Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
	Notes					
<u>Income and endowments from:</u>						
Donations	3	585,619	-	575,111	1,160,730	1,189,645
Charitable activities	4	164,626	-	-	164,626	251,029
Investment income	5	10,004	-	-	10,004	9,549
Total income		760,249	-	575,111	1,335,360	1,450,223
<u>Expenditure on:</u>						
Raising funds	6	104,965	-	-	104,965	111,772
Clinical services	7	936,195	93,754	496,081	1,526,030	1,253,676
Total expenditure		1,041,160	93,754	496,081	1,630,995	1,365,448
Net gains/(losses) on investments	11	(18,329)	-	-	(18,329)	(15,645)
Net movement in funds		(299,240)	(93,754)	79,030	(313,964)	69,130
Fund balances at 1 April 2022		773,144	461,282	501,476	1,735,902	1,666,772
Fund balances at 31 March 2023		473,904	367,528	580,506	1,421,938	1,735,902

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2022

Prior financial year					
		Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes				
<u>Income and endowments from:</u>					
Donations	3	342,649	-	846,996	1,189,645
Charitable activities	4	251,029	-	-	251,029
Investment income	5	9,549	-	-	9,549
Total income		603,227	-	846,996	1,450,223
<u>Expenditure on:</u>					
Raising funds	6	111,772	-	-	111,772
Clinical services	7	714,877	6,904	531,895	1,253,676
Total expenditure		826,649	6,904	531,895	1,365,448
Net gains/(losses) on investments	11	(15,645)	-	-	(15,645)
Net movement in funds		(239,067)	(6,904)	315,101	69,130
Fund balances at 1 April 2021					
As originally reported		1,012,211	468,186	81,611	1,562,008
Prior year adjustment		-	-	104,764	104,764
As restated		1,012,211	468,186	186,375	1,666,772
Fund balances at 31 March 2022		773,144	461,282	501,476	1,735,902

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2023

		2023		2022	
	Notes	£	£	£	£
Fixed Assets					
Tangible assets	12		153,147		161,282
Investments	13		833,346		852,454
			986,493		1,013,736
Current assets					
Debtors	15	98,736		291,635	
Cash bank and in hand		459,370		594,137	
		558,106		885,772	
Creditors: amounts falling due within one year	16	(122,662)		(163,606)	
Net current assets			435,444		722,166
Total assets less current liabilities			1,421,937		1,735,902
Income funds					
Restricted funds	18		580,506		501,476
<u>Unrestricted funds</u>					
Designated funds	19	367,528		461,282	
General unrestricted funds		473,903		773,144	
			841,431		1,234,426
			1,421,937		1,735,902

The financial statements were approved by the Trustees on 7th December 2023.....



P J Bard BCom MBA MSc
Trustee

Company Registration No. 04037793

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

		2023		2022	
	Notes	£	£	£	£
Cash flows from operating activities					
Cash absorbed by) / generated from/(operations	23		(136,344)		182,280
Investing activities					
Investment income received		<u>1,577</u>		<u>44</u>	
Net cash generated from/(used in) investing activities			1,577		44
Net cash used in financing activities			<u>-</u>		<u>-</u>
Net increase/(decrease) in cash and cash equivalents			(134,767)		182,324
Cash and cash equivalents at beginning of year			<u>594,137</u>		<u>411,813</u>
Cash and cash equivalents at end of year			<u>459,370</u>		<u>594,137</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

1. Accounting policies

Company information

Brent Centre for Young People is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 Winchester Avenue, London NW6 7TT.

1.1 Accounting convention

The financial statement has been prepared in accordance with the Charity's Memorandum and Articles of Association, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 and "Accounting and reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of investments at fair value. The principal accounting policies adopted are set out below.

1.2 Going Concern

The Trustees, after considering the Charity's financial results and financial forecast, have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Design funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purpose and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grant income is recognised in full in the year in which it is receivable, using the performance model, unless there are specific performance related conditions that prevent its recognition and instead the income is deferred.

1.5 Expenditure

All expenditure is accounted for on an accrual basis and has been classified under headings that aggregate all costs related to the category. Staff costs not directly identified have been allocated on the following basis:

Fundraising costs	Direct cost
Support costs	15% of total cost
Direct charitable activities	85% of total cost

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following basis:

Freehold property	3% on reducing balance
Equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expected as incurred.

1.8 Impairment of fixed assets

As each reporting end date, the Charity review the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

1.10 Financial instruments

The Charity has elected to apply the provisions of Section 11 "Basic Financial Instruments" and Section 12 "Other Financial Instruments Issues" of FRS 102 to all of its financial instruments.

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments, other than investments, are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The Trustees do not consider there to be any critical accounting estimates or judgements applied in the preparation of the financial statements.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES ON THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

3 Donations

	Unrestricted funds general	Restricted funds	Total	Unrestricted funds general	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	585,619	575,111	1,160,730	342,649	846,996	1,189,645

4 Charitable activities

	2023	2022
	£	£
Private and clinical services	164,626	251,029

5 Investment income

	2023	2022
	£	£
Bank interest receivable and interest income	10,004	9,549

6 Raising funds

	2023	2022
	£	£
<u>Fundraising and publicity</u>		
Fundraising costs	20,603	20,846
Staff costs	75,155	81,950
	95,758	102,796
<u>Investment management</u>	9,207	8,976
	104,965	111,772

7 Clinical Services

	2023	2022
	£	£
Staff costs	1,119,295	937,466
Depreciation and impairment	8,135	6,904
Other	9,725	3,992
	1,137,155	948,362
Share of support costs (see note 8)	373,807	289,144
Share of governance costs (see note 8)	15,068	16,170
	1,526,030	1,253,676
Analysis by fund		
Unrestricted funds – general	936,195	714,877
Unrestricted funds – designated	93,754	6,904
Restricted funds	496,081	531,895
	1,526,030	1,253,676

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

8 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Staff costs	174,688	-	174,688	147,213	-	147,213
Head office costs	119,512	-	119,512	62,715	-	62,715
Other costs	79,607	-	79,607	79,216	-	79,216
Audit fees	-	15,068	15,068	-	16,170	16,170
	<u>373,807</u>	<u>15,068</u>	<u>388,875</u>	<u>289,144</u>	<u>16,170</u>	<u>305,314</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

There were no reimbursed expenses to trustees during the year (2022: nil).

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Management and administrative staff	12	10
Research and clinical staff	33	30
	<u>45</u>	<u>40</u>

Employment costs

	2023 £	2022 £
Wages and salaries	1,218,806	1,041,192
Social security costs	118,601	94,529
Other pension costs	31,731	30,908
	<u>1,369,138</u>	<u>1,166,629</u>

The number of employees whose annual remuneration was £60,000 or more were:

	2023 Number	2022 Number
£70,000 - £79,999	1	-
£90,000 - £99,999	-	1
£120,000 - £129,999	1	-

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Head of Clinical Services, the Head of Finance and Resources, the Head of Private Services and the Research Manager. The total benefits of the key management personnel of the charity were £329,481 (2022: £278,895). Pension costs in respect of higher paid employees was £8,150 (2022: £9,410).

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

11 Net gains/(losses) on investments

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Revaluation of investments	(19,541)	(3,464)
Gain/(loss) on sale of investments	1,212	(12,181)
	<u>(18,329)</u>	<u>(15,645)</u>

12 Tangible fixed assets

	Freehold property £	Equipment £	Total £
Cost			
At 1 April 2022	341,440	40,806	382,246
At 31 March 2023	<u>341,440</u>	<u>40,806</u>	<u>382,246</u>
Depreciation and impairment			
At 1 April 2022	183,557	37,407	220,964
Depreciation charged in the year	4,736	3,399	8,135
At 31 March 2023	<u>188,293</u>	<u>40,806</u>	<u>229,099</u>
Carrying amount			
At 31 March 2023	<u>153,147</u>	<u>-</u>	<u>153,147</u>
At 31 March 2022	<u>157,883</u>	<u>3,399</u>	<u>161,282</u>

13 Fixed asset investments

	Listed investments £	Cash in portfolio £	Total £
Cost or valuation			
At 1 April 2022	811,666	40,788	852,454
Additions	219,994	(219,994)	-
Valuation changes	(19,541)	-	(19,541)
Investment income	-	9,640	9,640
Management charges	-	(9,207)	(9,207)
Disposals	<u>(201,204)</u>	<u>201,204</u>	<u>-</u>
At 31 March 2023	<u>810,915</u>	<u>22,431</u>	<u>833,346</u>
Carrying amount			
At 31 March 2023	<u>810,915</u>	<u>22,431</u>	<u>833,346</u>
At 31 March 2022	<u>811,666</u>	<u>40,788</u>	<u>852,454</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

14 Financial Investments

	2023	2022
	£	£
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	<u>810,915</u>	<u>811,666</u>

15 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	91,490	280,212
Other debtors	711	2,044
Prepayments and accrued income	<u>6,535</u>	<u>9,379</u>
	<u>98,736</u>	<u>291,635</u>

16 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	46,528	22,099
Deferred income	-	50,000
Trade creditors	21,493	13,582
Other creditors	1,063	755
Accruals and deferred income	<u>53,578</u>	<u>77,170</u>
	<u>122,662</u>	<u>163,606</u>

17 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

The charge to statement of financial activities in respect of defined contribution schemes was £31,731 (2022 - £30,908).

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

18 Restricted funds

The income funds of the charity include the restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			
	Balance at 1 April 2021	Income	Expenditure	Balance at 1 April 2022	Income	Expenditure	Balance at 31 March 2023
	£	£	£	£	£	£	
In house projects	13,636	367,027	(250,049)	130,614	120,983	(26,667)	224,930
Development Fund	59,111	-	-	59,111	-	-	59,111
Schools project	82,503	104,140	(126,952)	59,691	87,145	(49,146)	97,690
YOS Project	750	87,167	(20,583)	67,334	32,500	(34,221)	65,613
Strength Review (Big Lottery)	7,500	-	(7,500)	-	-	-	-
Sport and Thought	-	50,735	(35,759)	14,976	80,657	(65,582)	30,051
Healthy minds Brighter Future (Big Lottery)	-	-	-	-	156,990	(136,771)	20,219
Capital Project	15,000	-	(15,000)	-	-	-	-
FunFit Families Workshop	-	4,552	(4,552)	-	-	-	-
Irish Projects	4,875	29,375	(22,500)	11,750	22,000	(5,250)	28,500
Stairlift Projects	3,000	10,000	(13,000)	-	-	-	-
Tablets	-	-	-	-	12,836	(12,836)	-
WCYP Projects	-	194,000	(36,000)	158,000	62,000	(165,608)	54,392
	<u>186,375</u>	<u>846,996</u>	<u>(531,895)</u>	<u>501,476</u>	<u>575,111</u>	<u>(496,081)</u>	<u>580,506</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

18 Restricted funds

In House Projects – Funded to support, Healthy minds, brighter futures through Adolescent Exploratory Therapy, Parent Support and Family Therapy, Practical support and Research activities undertaken at Laufer House.

Development Fund – Staff professional development.

Schools project - Outreach at schools, currently working with 11 schools in Brent and beyond. BCYP provide one-to-one support through Adolescent Exploratory Therapy and pilot brief intervention service for pupil with less severe difficulties.

YOS Project - The Young Offenders Project is based at the Brent Civic Centre working in conjunction with the Youth Offending Services. Youth Offending Service offered for Adolescent Exploratory Therapy, Parent support, Family therapy, and group discussion programs.

Sport and thought - Sport and Thought is a combined football coaching and group therapy programme delivered by adolescent psychotherapists. Sport and Thought creates a safe place for young people to build friendship and address the root cause of their behaviours.

Irish Projects - The funds were restricted to the Irish Mental Health and practical support project, included within In House projects offered at Laufer House. It offers Adolescent Exploratory Therapy, Parent Support, and Family support. During the year the Government of Ireland, awarded a grant of £20,000 towards the Emigrant Support Programme for the year 1 July 2022 to 30 June 2023.

WCYP - collaborative service with the Institute of Psychoanalysis and the British Psychoanalytic Society to develop a child and adolescent clinic. The WCYP offers assessments, Adolescent Exploratory Therapy, Parent and family support.

19 Designated funds

	Balance at 1 April 2021 £	Expenditure £	Balance at 1 April 2022 £	Expenditure £	Balance at 31 March 2023 £
Fixed Asset Funds	168,186	(6,904)	161,282	(8,135)	153,147
Research Projects	150,000	-	150,000	(85,619)	64,381
Education and Training Development	150,000	-	150,000	-	150,000
	<u>468,186</u>	<u>(6,904)</u>	<u>461,282</u>	<u>(93,754)</u>	<u>367,528</u>

Fixed asset fund – equates to the value of fixed assets at the balance sheet date.

Research project – funds designated to help manage costs of future research projects.

Education and Training Development – funds designated to the development of training projects. Seminars are due to start in 2024.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

20 Analysis of net assets between funds

Fund balances at 31 March 2023 are represented by:

	Unrestricted funds 2023 £	Designated funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Designated funds 2022 £	Restricted funds 2022 £	Total 2022 £
Tangible assets	-	153,147	-	153,147	-	161,282	-	161,282
Investments	618,965	214,381	-	833,346	552,454	300,000	-	852,454
Current assets/(liabilities)	(145,062)	-	580,506	435,444	220,690	-	501,476	722,166
	<u>473,903</u>	<u>367,528</u>	<u>580,506</u>	<u>1,421,937</u>	<u>773,144</u>	<u>461,282</u>	<u>501,476</u>	<u>1,735,902</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

22 Related party transactions

There were no disclosable related party transactions during the year (2022 – none).

23 Cash generated from operations

	2023	2022
	£	£
(Deficit)/Surplus for the year	(313,964)	69,130
Adjustments for:		
Investment income recognised in statement of financial activities	(10,004)	(9,549)
Loss/(gain) on disposal investments	(1,214)	12,181
Fair value gains and losses on investments	19,541	3,464
Investment management charges	9,207	8,976
Depreciation and impairment of tangible fixed assets	8,135	6,904
Movement in working capital:		
Decrease/(increase) in debtors	192,899	19,875
Increase in creditors	9,056	21,299
(Decrease) / Increase in deferred income	(50,000)	50,000
Cash generated from/ (absorbed by) operations	<u>(136,344)</u>	<u>182,280</u>

The charity had no debt during the year.

Accounts

Charity Registration No. 1081903

Company Registration No. 04037793 (England and Wales)

BRENT CENTRE FOR YOUNG PEOPLE
FORMERLY KNOWN AS BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

BRENT CENTRE FOR YOUNG PEOPLE

LEGAL AND ADMINISTRATIVE INFORMATION PAGE

Trustees	Mr P J Bard BCom MBA MSc (Chair) Dr B L Roberts MB ChB FRCPsych Dr F M Hare (the Earl of Listowel) PhD (Resigned July 22) Pessi Elias MSc Mr Randy Mannie (Treasurer) Mr Gideon Hadary MSc Mr Simon Dodds Mr Ian Barnes Anoushka Babbar Philip Stokoe (Appointed May 2022)
Chief Executive	Dr M J A de Sauma MD, F. Inst. Psychoanal.
Company Secretary	Dr M J A de Sauma MD, F. Inst. Psychoanal.
Charity number	1081903
Company number	04037793
Registered office	51 Winchester Avenue London NW6 7TT
Auditor	HW Fisher LLP Acre House 11-15 William Road London NW1 3ER United Kingdom
Investment managers	Seven Investment Management LLP 55 Bishopsgate London EC2N 3AS
Bankers	HSBC Bank UK Plc

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
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**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)**

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The Board of Trustees are pleased to present their Trustees' Annual Report and financial statements for the year ending 31 March 2022. The Trustees' Annual Report contains a Directors' Report as required by company law. The financial statements comply with the requirements of the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective 1 January 2019).

On 23 December 2022, the Charity changed its name from Brent Adolescent Centre to Brent Centre for Young People.

OBJECTIVES AND ACTIVITIES

The main objectives of the charity as set out in the charity's Articles of Association and Memorandum are to provide assessment, treatment and interventions, information to young people in the areas of Health (mainly Mental Health) and other areas relevant, and to research adolescence and the causes of adolescent breakdown.

The principal activities of the charity continue to be the provision of services to young people in the area of Mental Health and development of a clinical audit, an outcome study on adolescent psychotherapy and research into adolescent breakdown. The Brent Centre for Young People (BCYP) provides Adolescent Exploratory Therapy (AET) and Psychotherapy services to help young people who experience a range of emotional and mental health difficulties. The most prevalent problems across all service users in the past year include:

- **Depression:** 86%
- **Anxiety:** 84%
- **Difficult relationships with family:** 83%
- **Difficult relationships with peers:** 72%
- **Concentration difficulties:** 63%

These challenges can be addressed head-on through the Centre's range of therapy services. If they aren't talked through in early adulthood, the problem presented can significantly impair mental and physical health and limit young people's ability to progress into fulfilling adult lives.

The aim is to help young people make positive changes and improve their wellbeing. This can lead to:

- **Improved relationships**
- **Reduced social exclusion**
- **Lower risk of breakdown in adulthood**
- **Better educational attainment**

The Centre's activities are provided through nine initiatives, Individual Adolescent Exploratory Therapy (AET), Individual Psychotherapy, Parental Support and Family Therapy, Practical Support, Young Offenders Project, Schools Services, Sport and Thought, Psychoanalytic and Research. AET, Psychotherapy, Parent Support and Family Therapy, Practical Support and Research activities are undertaken at Laufer House, and the other projects take place in outreach locations such as Schools and Brent Youth Offending Services.

- **Adolescent Exploratory Therapy (AET):** Is the exceptional core analytic provision specifically to meet the needs of adolescents and was created and developed by Brent Centre for Young People. It is the first therapeutic provision through a series of consultations in which a young person explores their feelings and difficulties and begins to understand what is worrying them and why. The young person and therapist will think together about what changes could be made and what might

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

make the person feel better. Proven to help young people cope with feelings of depression, anxiety, anger, low self-esteem, relationship difficulties and even suicidal thoughts, sessions last for 45 minutes and continue for as long as they are needed.

- **Individual psychotherapy:** Designed for those who have had AET but need additional support, sessions are offered three times a week for up to three years. This gives young people space to understand their situation, feelings, and behaviors - empowering them to make needed changes.
- **Private Services:** The private service has continued to grow in 2021-22 seeing a 58% increase in invoice revenue and a 37% increase in patient numbers from the previous year. In 2021-22 we offered a total of 789 sessions to 52 individual patients and their families. The private service continues to be a therapeutic home to a range of young people and their families who are in distress. The expertise within the private service team and the robust structure of the service means we are particularly adept at providing a vital service to young people whose presentation is too disturbed and complex to be treated by a therapist working solo.
- **Parental support:** Support is offered to parents and carers whose children are already in Therapy. This creates opportunity for them to talk openly about their child's needs, discuss concerns and develop new ways to help their loved one overcome the issues they face.
- **Family therapy:** Engaging parents, carers and siblings in group work, where they are encouraged to take an active role in the treatment process. Guided by BCYP therapists, they learn to understand the difficulties they face and work together to build a better future.
- **Practical support:** Offered alongside therapy for as long as it is needed. It is designed to help young people access key services such as education, health, housing and employment – smoothing out practical challenges so that they are better able to address their mental health difficulties.
- **Working with Young Offenders:** The Young Offenders Project is based at the Brent Civic Centre working in conjunction with the Youth Offending Service. At the Youth Offending Service (YOS), BCYP offer AET, parent support, family therapy and group discussion programs. On behalf of the YOS, BCYP run one-off victim awareness sessions for youths on conditional cautions or out of court disposals. BCYP staff also provide support to YOS staff, helping them to better identify signs of distress and understand the mental health needs of the young people under their care.
- **Schools:** At schools, BCYP provide one-to-one support through AET and a pilot brief intervention service for pupils with less severe difficulties. In response to specific concerns raised by teachers, BCYP provide therapeutic group work for pupils to work through shared difficulties together. BCYP supports academic and pastoral care staff to better identify and assist students struggling with mental health. Lastly, BCYP provide parents and carers the chance to talk openly about their children's needs through parental or family therapy. The project is based in two primary, one infant and eight secondary schools. Supervision, individual and group work are provided to school staff.
- **Sport and Thought:** Sport & Thought is a combined football coaching and group therapy programme delivered by adolescent psychotherapists. Sport & Thought creates a safe place for young people to build friendships and address the root cause of their behaviors, facilitating improvements in their social functioning, general behavior, and focus. The project is run at two secondary schools, a local football club, and a youth centre.

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

- **Research:** BCYP continue to research the area of adolescent mental health and are currently working on several articles for mental health publications, particularly on young offending and Adolescent Exploratory Therapy. Current research projects include: a detailed prospective clinical study on adolescent suicidality and self-harm; a retrospective study revisiting BCYP's early work on suicidality and adolescence; and a study on Adolescent Exploratory Therapy.

ACHIEVEMENTS AND PERFORMANCE

Brent Centre for Young People is delighted that in a year with the Covid Pandemic it:

- Helped 819 young people, up 36% from last year
- Offered 8980 sessions, up 10% from last year

The Brent Centre for Young People has continued to develop its outreach therapeutic work in 13 schools in the boroughs of Brent and Ealing, the Brent Youth Offending Service, and the 'Sport and Thought' project.

The young people who used BCYP services during 2021/22 were aged between 11 and 25, and their ethnicities reflect the diversity of the boroughs in which the Brent Centre for Young People works.

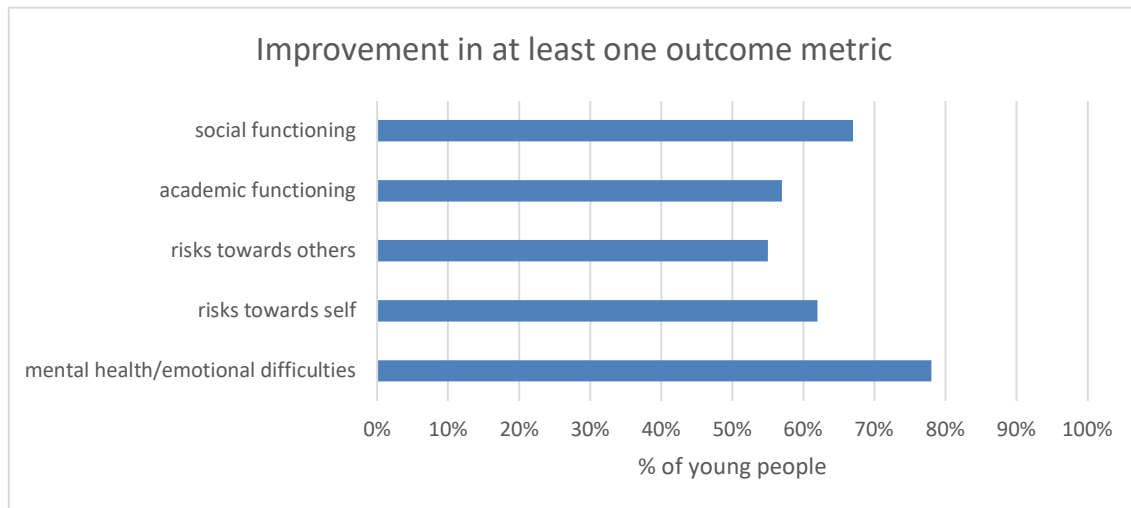
To assess the impact of their work on young people, the Brent Centre for Young People conducts regular clinical audits of their service. Therapists regularly provide assessments of their patients, to track progress over time and understand the impact of therapy. Young people are also asked to periodically complete a self-assessment, which helps us to build a picture of their own sense of wellbeing. By comparing the data from a young person's initial assessment with their most recent assessment, we can measure change in presentation and provide an indicator of therapeutic progress. The information from these assessments is measured according to five key outcome areas: mental health/emotional difficulties, social functioning, academic/employment functioning, risks towards self, and risks towards others.

Outcomes for Mental Health/Emotional Difficulties

Note: Stabilisation of difficulties is an important step towards recovery. It is recognised as an achievement. However, improvements in specific areas does not necessarily mean total recovery.

We saw significant therapeutic achievements in mental health and emotional difficulties.

- 88% experienced a stabilisation or a reduction in their anxiety
- 83% experienced a stabilisation or an improvement in their family problems
- 83% experienced a stabilisation or a reduction in their concentration difficulties
- 86% experienced a stabilisation or a reduction in their depression
- 80% experienced a stabilisation or an improvement in their peer relationships
- 80% experienced a stabilisation or a reduction in self-harming



In-House Services Case Study: Healthy Minds Brighter Futures.

Simon had recently been diagnosed with ADHD following challenges with concentration. He struggled with outbursts of anger and troubled relationships with his father and siblings, which were compounded by depression during the Covid-19 lockdowns.

Simon was very defensive at first and stressed that losing his mother suddenly at five had nothing to do with his current difficulties. In general, he felt troubled and isolated. His friendships felt superficial, he'd never had a girlfriend or a sexual experience, and was constantly clashing with his father that caused Simon to feel like the bad, unwanted child. However, Simon was very intelligent, and capable of securing a place at his chosen university. He was also attractive and naturally inquisitive. Our weekly therapy involved gently working with Simon to think how, following earlier losses, he was protecting himself from people getting close, how painful it was to consider being unwanted, and ultimately losing someone important again.

Simon became more open to this work: this was not easy as he experienced some new rejections along the way. However, with the support of therapy, he was able to become more curious and open to the world, and to give others a chance. He did not spiral into depression and managed to achieve two key goals in getting into Oxford University and starting his first relationship. We parted a few weeks after these milestones, and in our last session Simon shared that the work done together had really helped him.

A's story*

A* was referred by her GP in November 2019, due to low self-esteem, low mood, and self-harming behaviors (stabbing herself in the arm with a compass). A* was sixteen and despite doing well for her GCSE's was having a very difficult time, suggesting adolescent breakdown, which was having an impact on many areas in her life. She was struggling to sleep, finding it hard to concentrate at school, finding social situations extremely anxiety provoking, which often left her feeling paranoid and she had many negative thoughts about herself. Her family were a protective factor (Asian heritage) and kept a safety plan in place for her self-harm and low mood.

A* quickly engaged in the sessions, she was eager to talk and think about her thoughts that concerned her. Something very disturbing was brought to her room, a strong fear of her own aggression and mind perhaps. She was tormented by the feeling that something was wrong with her, and that she wanted to know why, searching into her family history for reasons or wondering about a diagnosis. She felt there was no point to life and a month into our sessions became increasingly paranoid and self-harmed, with a razor. The impact of her mother going away highlighted the difficulties around separation, which we explored in our work. A* spoke about having different parts inside herself, that were in conflict. One part urged her to hurt herself. Her impulsivity and a fear

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

of a lack of control, increased towards the first break. A* increasingly brought her paranoid thoughts and anxiety to the sessions.

As she approached her 17th birthday she presented as very low and expressed a wish to 'just not wake up'. I was very concerned when she missed the following session after her birthday. She returned the following week and was very low, expressing no hope or dreams for her future. Her fears of being abandoned and unloved, were thought about in our work.

A*'s parents were offered review sessions at the Brent Centre, this was essential to support their anxiety and also, helped us to understand a fierce parental protection, that over time was slowly encouraged to lessen, allowing her more space and independence to grow. A* seemed to begin to feel contained by our sessions.

Despite the Covid pandemic moving our AET sessions to the phone in spring 2020, I sensed that A* felt held in mind by the different professionals and support around her and perhaps her social anxiety was eased initially, by not being at school. In our sessions she was more able to use the space to think about her fear of growing up and began to separate more from her mother. She began to speak less of the different parts of herself that were in conflict and felt slowly more integrated. As time went on, she began to express a wish to go to university and separation for her and her parents became a theme in their work and hers. Eventually she no longer expressed suicidal thoughts or self-harmed.

In her final year at school, as it returned to be in person, A* struggled with group dynamics, connecting to her peers, and found online friendships easier. She expressed that she had never fitted in, and I wondered about her struggle to understand and connect with others. Understanding her own struggles made them feel less overwhelming.

As she approached her 18th birthday, she began to note the progress she had made and looked forward to going to university. There was concern from her parents about her wish to move away for this, and a worry at her ability to get the grades. A* had struggled, like most, with online learning and there was a sense of loss which we thought about in our work. We had returned to in person sessions once the Covid restrictions have eased. Looking at her progress, we started to work towards our ending in the summer before she would move away for university. She no longer self-harmed and seemed to grow into herself, appearing more comfortable and gaining confidence through working in hospitality and passing her driving test. She also began to express a wish to have a boyfriend and had a very idealised idea of what university would be like. Over time she began to see a more balanced view of what university may offer, but also the challenges she would face. She was able to express her fear at leaving the familiarity of her family life and could think about how hard she found making friends. A* could see how her fears could now be processed in a different way, more externally to how they were when we began our work.

FINANCIAL REVIEW

The charity is wholly dependent on regular and consistent funding to carry out its work with young people who are provided the services free except for the newly initiated Private Services Clinic. In the financial year ending 31 March 2022, the Brent Centre for Young People received funding from the following organisations who kindly donated towards the different activities:

The in-house and Irish Projects and the development of our private services: Brent CCG, John Lyon's Charity, the Government of Ireland: Emigrant Support Programme, Irish Youth Foundation, the National Lottery Community Fund, Comic Relief, London Borough of Brent, Young Brent Foundation, The Pantheon Charitable Trust, Gamesys Foundation, Garfield Weston Foundation and Jusaca Charitable Trust.

The Schools and Sport & Thought projects were funded by the City of London's Corporation's Charity - City Bridge Trust, Comic Relief, Bridgepoint Charitable Trust, John Lyon's Charity, BBC Children in Need, Lehman Brothers Foundation Europe and the Hargreaves Foundation.

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Youth Offending Service project received support from: Dentons LLP, Drapers' Charitable Trust, The 29th May 1961 Charitable Trust, Beatrice Laing Trust, Mrs. Smith & Mount Charitable Trust and Charles Hayward Foundation.

The organisation's core activities received funds from donations by Marathon events, St Joseph's Dads Bike Ride, Mazars Charitable Trust, Young Brent Foundation and The Schroder Foundation.

For the year ended 31 March 2022, the Brent Centre for Young People had total incoming resources amounting to £1,450,223 (2021: £1,179,575) including capital income. The total resources expended were £1,365,448 (2021: £1,241,987) with the net movement in funds – surplus £69,130 (2021: surplus £100,830).

The Brent Centre for Young People is dependent on the generosity of our donors for our daily activities.

The demand for our expertise and services to vulnerable young people has never been greater. The main sources of income for the Brent Centre for Young People have been through Brent CCG, Schools, and Grant Making Trusts.

Going Concern

The Trustees after making appropriate enquiries and based on the forecasts for the charity, have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

RESERVES POLICY

Brent Centre for Young People's policy is to set aside enough funds, equivalent to between six to nine months expenditure to give the charity a reliable safety net against financial fluctuations.

Each year the Executive Committee of Trustees reviews the appropriate level of reserves by assessing the risks facing the Brent Centre for Young People and the potential financial impact of these. The policy requires the Trustees to ensure that the reserves are adequate to:

- allow time for fundamental restructuring in the event of a major downturn and consequential future funding uncertainties;
- enable the charity to continue the ongoing programme of work, much of which is long-term in nature, in spite of unexpected variations in income.

As at the end of the year, of the total reserves, the amount of free reserves held by the Brent Centre for Young People was £773,144 which is approximately six to nine months of the charity's expenditure. As per the policy the free reserves are sufficient to cover the charity for the six to nine months period. The Trustees review the activities and expenditure of the charity and consider which services and expenditure could be reduced, if needed.

Whilst our fundraising activity results in a spread of income from a broad range of sources, some of which are longer term, the impact of sudden and major loss in income would impose serious risk on our ability to maintain our activities. However, our reserves policy provides for a period of stability. In addition, the Centre owns the freehold interest in its building in Brondesbury Park. Further risks which have been identified include allegations of impropriety of our personnel and more usual risks associated with

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

natural catastrophes, such as fire, flood, communications failure, data breach, etc. (most of which are covered by our insurance, in any case). Risks are reviewed regularly.

Brent Centre for Young People aims to keep the amount invested in reserves such that, most of the income can be spent on the services that it provides to young people, while also ensuring reasonable financial security.

Investment Policy

The charity invests funds in a balanced portfolio of securities administered by 7IM (seven investment management LLP) in accordance with the charity's investment policy and ethical values.

PLANS FOR FUTURE PERIODS

The Brent Centre for Young People is grateful to the funders who during the pandemic continued their support our schools and the NHS CCG also continued their contracts to our services through the pandemic. We are looking forward to expanding these services over the next year, working towards providing greater provision of mental health services for young people through all projects. We are planning to continue our collaboration with The Institute of Psychoanalysis in the London Borough of Westminster, having experienced success to the work since November 2021.

The development of regional services: A new hub is being developed in Scottish Highlands; it has gained a registered Charity status with the Office of the Scottish Charity Regulator (OSCR). This project will widen our sphere of influence and capacity to help adolescents, it is also opening new funding streams outside of London based services. The Highlands Project provides opportunities to target Scotland specific and Highlands specific grant funding.

In terms of Research, we are progressing a partnership with the University of Essex's Psychoanalytic department, to provide training and supervision for people working with adolescents, undertake work discussion groups /supervision /seminars on particular topics and annual lecture, these would generate additional research income.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Brent Centre for Young People is a registered charity (1081903). The charity is set up under its Memorandum and Articles of Association as a company limited by guarantee (registration number 04037793). The company was incorporated on 17 July 2000. Prior to this, the unincorporated charity operated as Centre for Research into Adolescent Breakdown.

The Board of Trustees are the charity's Trustees and the legal directors of the company. They are eligible for reappointment after three years for a further three-year term at the Annual General Meeting. As the need to recruit new Trustees arises, Brent Centre for Young People analyses the skills and capacity of its current board.

The Brent Centre for Young People will then seek to identify potential candidates who will bring relevant knowledge and experience to the board in line with its needs. Candidates are then invited to apply. The current board will discuss the candidates and select new Trustees who must be appointed at a Board meeting. Training needs of Trustees are identified by the Chair of Trustees with the Board.

The Trustees who served during the year were: Mr P J Bard BCom MBA MSc (Chair); Dr B L Roberts MB ChB FRCPsych, Fellow of the Inst. Psychoanal; Dr F M Hare (the Earl of Listowel), PhD (Resigned July 22); Ms. Pessi Elias, MSc, ACP Member; Mr Randy Mannie (Treasurer) ; Mr Gideon Hadary, MSc, ACP Member, Fellow of the Inst. Psychoanal; Mr Simon Dodds; Mr Ian Barnes; Ms. Anoushka Babbar; Mr Philip Stokoe (Appointed May 22).

**BRENT CENTRE FOR YOUNG PEOPLE
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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Key management personnel

Chief Executive Officer and Company Secretary, Dr M J A de Sauma MD, F. Inst. Psychoanalysis; Head of Clinical Services, Ms Valentina Levi, ACP Member; Head of Finance and Resources, Ms Edith David; Head of Private Services, Ms Anna Honeysett; Research Manager, Ms Sarah Fielding.

The Board of Trustees meet at least five times a year. The Board set and review strategy and monitor operational matters. The Management and Finance Committee is a sub-committee of the Board of Trustees which includes the Chair, Treasurer, 3 Trustees and the Chief Executive Officer. They meet to review the general and financial management of the Centre, annual financial statements, matters relating to internal and external audits, investment and reserves' policies and changes in remuneration of staff. Other sub-committees are the Schools Sub-Committee, Private Services Sub-committee, Fundraising, development & Communications and Governance Working party. All recommendations from sub-committees are presented at subsequent Trustees' meetings and a decision is finalised by the board.

The Chief Executive Officer (CEO) and Clinical Director was appointed by the Board of Trustees to manage the running of the organisation. In the absence of the CEO and Clinical Director there is a senior management team consisting of the Research Manager, Head of Finance and Resources, Head of Clinical Services and Head of Private Services to help with the strategy and management of the organisation. The CEO and Clinical Director is the manager of heads of the departments, all the heads of the departments manage their respective departments, Finance & Resources, Fundraising, Communications, Clinical Services (In-House and Outreach services), Research, and Private Services. All clinical in-house and outreach staff attend clinical meetings and are allocated a small supervision group.

Trustees are elected every three years at the Annual General Meeting, but the Board can also co-opt people during the year. New Trustees should be provided with a detailed induction pack and an induction programme involving meeting with key members of staff to gain an understanding of the organisation and the external environment in which it operates. Trustees are encouraged to attend the meetings and conferences, training and other events organised by the Charity. The CEO and Clinical Director sends Trustees a list of possible training courses.

The removal of any member of the Executive by the Executive Committee is undertaken if a member of the Executive Committee fails to attend three consecutive meetings of the Executive Committee, the Executive Committee may resolve that he/she be removed from the Executive Committee. The member must be given at least 7 days' notice in writing of the resolution.

The CEO and Clinical Director oversees setting the pay and remuneration for management personnel. These are presented to the Board of Trustees who discuss the implications on the budget before approving.

Internal control and risk management

The Board of Trustees is responsible for ensuring that the Brent Centre for Young People has an appropriate system of financial controls that regulates the efficient and effective operation of the charity. The Trustees ensure that the charity complies with relevant laws and regulations and approve policies relating to them. The trustees have evaluated the major risks to which the charity is exposed to and are satisfied that systems are in place to manage those risks.

The prevailing risk in the period was still the Covid-19 pandemic. The operations of Brent Centre for

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)**

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Young People have adapted well to the changing circumstances. As the restrictions relaxed, all our services reopened face to face service. Our In-house clinic at Laufer house commenced as usual for the patients and families to provide clinical services. The Outreach teams at our schools continues to provide face to face services at the schools and youth centres.

Key identified risks and approaches to mitigate are:

- Income volatility because of the economic uncertainty and austerity - good financial controls, development of the private services to provide additional predictable income and the regional services to diversify income streams and spread the risk. Increased applications to Trusts and foundations and investment in marketing and communication such as upgrade to the website.
- Security of assets - good financial procedures in place including segregation of roles, vigilance against fraud including cybercrime, investment in IT.
- Ongoing challenges of reduced income through tenders due to public service reductions - continued investment in all income generating initiatives, ongoing review and developing service models to ensure relevance and value for money.

Brent Centre for Young People's policies are initially written by the member of staff most involved in that policy area in conjunction with the Head of Finance and Resources. The policy is then reviewed and amended by the CEO before submitting to the Board of Trustees for approval. If a policy is not approved, the Trustees will comment, and it will be returned to the CEO and the Senior Management Team. Decision making is taken at the most appropriate level depending on the risk involved. All decisions are made with the knowledge of the CEO. For decisions that involve a large commitment or level of risk to the organisation, the Board's approval is required.

Disclosure of information to auditor

Each of the directors has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

Auditor

In accordance with section 485 of the Companies Act 2006, a resolution proposing that HW Fisher LLP be re-appointed as auditor of the company will be put to the Annual General Meeting.

On behalf of the Board of Trustees



P J Bard BCom MBA MSc

Trustee

Dated:

17 Apr 2023

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF TRUSTEES' RESPONSIBILITIES**

FOR THE YEAR ENDED 31 MARCH 2022

The Trustees, who are also the directors of Brent Centre for Young People for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

Opinion

We have audited the financial statements of Brent Centre for Young People (the 'Charity') for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of trustees' responsibilities, the Trustees, who are also the directors of the Charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

As part of our planning process:

- We enquired of management the systems and controls the charity has in place, the areas of the financial statements that are most susceptible to the risk of irregularities and fraud, and whether there was any known, suspected or alleged fraud. The charity did not inform us of any known, suspected or alleged fraud.
- We obtained an understanding of the legal and regulatory frameworks applicable to the charity. We determined that the following were most relevant: the Charity SORP, FRS 102, Charities Act 2011 and Companies Act 2006.
- We considered the incentives and opportunities that exist in the charity, including the extent of management bias, which present a potential for irregularities and fraud to be perpetuated, and tailored our risk assessment accordingly.
- Using our knowledge of the charity, together with the discussions held with the charity at the planning stage, we formed a conclusion on the risk of misstatement due to irregularities including fraud and tailored our procedures according to this risk assessment.

The key procedures we undertook to detect irregularities including fraud during the course of the audit included:

- Identifying and testing journal entries and the overall accounting records, in particular those that were significant and unusual.
- Reviewing the financial statement disclosures and determining whether accounting policies have been appropriately applied.
- Assessing the extent of compliance, or lack of, with the relevant laws and regulations.
- Assessing the validity of the classification of income, expenditure, assets and liabilities between unrestricted and restricted funds.
- Obtaining third-party confirmation of material bank balances.
- Performing a physical verification of key assets.
- Documenting and verifying all significant related party balances and transactions.
- Reviewing documentation such as the trustee's minutes for discussions of irregularities including fraud.
- Testing key revenue lines, in particular cut-off, for evidence of management bias.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF BRENT CENTRE FOR YOUNG PEOPLE**

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements even though we have properly planned and performed our audit in accordance with auditing standards. The primary responsibility for the prevention and detection of irregularities and fraud rests with the trustees.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Carol Rudge

Carol Rudge (Senior Statutory Auditor)

for and on behalf of HW Fisher LLP

Chartered Accountants

Statutory Auditor

Acre House

11-15 William Road

London

NW1 3ER

United Kingdom

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17 Apr 2023

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2022

Current financial year						As restated
		Unrestricted funds general	Unrestricted funds designated	Restricted funds	Total	Total
	Notes	2022 £	2022 £	2022 £	2022 £	2021 £
<u>Income and endowments from:</u>						
Donations	3	342,649	-	846,996	1,189,645	864,377
Charitable activities	4	251,029	-	-	251,029	298,416
Investment income	5	9,549	-	-	9,549	10,222
Other income	6	-	-	-	-	6,560
Total income		603,227	-	846,996	1,450,223	1,179,575
<u>Expenditure on:</u>						
Raising funds	7	111,772	-	-	111,772	120,067
Clinical services	8	714,877	6,904	531,895	1,253,676	1,121,920
Total resources expended		826,649	6,904	531,895	1,365,448	1,241,987
Net gains/(losses) on investments	12	(15,645)	-	-	(15,645)	163,242
Net movement in funds		(239,067)	(6,904)	315,101	69,130	100,830
Fund balances at 1 April 2021						
As originally reported		1,012,211	468,186	81,611	1,562,008	1,506,839
Prior year adjustment	24	-	-	104,764	104,764	59,103
As restated		1,012,211	468,186	186,375	1,666,772	1,565,942
Fund balances at 31 March 2022		773,144	461,282	501,476	1,735,902	1,666,772

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2022

Prior financial year					As restated
		Unrestricted funds general 2021 £	Unrestricted funds designated 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes				
<u>Income and endowments from:</u>					
Donations	3	397,273	-	467,104	864,377
Charitable activities	4	298,416	-	-	298,416
Investment income	5	10,222	-	-	10,222
Other income	6	6,560	-	-	6,560
Total income		712,471	-	467,104	1,179,575
<u>Expenditure on:</u>					
Raising funds	7	120,067	-	-	120,067
Clinical services	8	691,685	8,792	421,443	1,121,920
Total resources expended		811,752	8,792	421,443	1,241,987
Net gains/(losses) on investments	12	163,242	-	-	163,242
Net movement in funds		63,961	(8,792)	45,661	100,830
Fund balances at 1 April 2020					
As originally reported		948,250	476,978	81,611	1,506,839
Prior year adjustment	24	-	-	59,103	59,103
As restated		948,250	476,978	140,714	1,565,942
Fund balances at 31 March 2021		1,012,211	468,186	186,375	1,666,772

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	As restated 2021 £	£
Fixed assets					
Tangible assets	13		161,282		168,186
Investments	14		852,454		867,570
			<u>1,013,736</u>		<u>1,035,756</u>
Current assets					
Debtors	16	291,635		311,510	
Cash at bank and in hand		594,137		411,813	
		<u>885,772</u>		<u>723,323</u>	
Creditors: amounts falling due within one year	17	<u>(163,606)</u>		<u>(92,307)</u>	
Net current assets			722,166		631,016
Total assets less current liabilities			<u>1,735,902</u>		<u>1,666,772</u>
Income funds					
Restricted funds	19		501,476		186,375
<u>Unrestricted funds</u>					
Designated funds	20	461,282		468,186	
General unrestricted funds		773,144		1,012,211	
		<u>1,234,426</u>		<u>1,480,397</u>	
			<u>1,735,902</u>		<u>1,666,772</u>

The financial statements were approved by the Trustees on 17 Apr 2023

P. J. Bard |

P J Bard BCom MBA MSc
Trustee

Company Registration No. 04037793

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	25		182,280		(247,183)
Investing activities					
Investment income received		44		-	
Net cash generated from/(used in) investing activities			44		-
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			182,324		(247,183)
Cash and cash equivalents at beginning of year			411,813		658,996
Cash and cash equivalents at end of year			594,137		411,813

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS**

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Company information

Brent Centre for Young People is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 Winchester Avenue, London, NW6 7TT.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of investments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

The Trustees, after considering the Charity's financial results and financial forecasts, have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Incoming resources

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grant income is recognised in full in the year in which it is receivable, using the performance model, unless there are specific performance related conditions that prevent its recognition and instead the income is deferred.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Staff costs not directly identified have been allocated on the following basis:

Fundraising costs	Direct cost
Support costs	22% of total cost
Direct charitable activities	78% of total cost

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

Freehold property	3% on reducing balance
Equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.8 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

1.10 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments, other than investments, are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The Trustees do not consider there to be any critical accounting estimates or judgements applied in the preparation of the financial statements.

3 Donations

	Unrestricted funds general 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds general 2021 £	As restated Restricted funds 2021 £	As restated Total 2021 £
Donations and gifts	342,649	846,996	1,189,645	397,273	467,104	864,377

4 Charitable activities

	2022 £	2021 £
Private and clinical services	251,029	298,416

5 Investment income

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Bank interest receivable and Investment income	9,549	10,222

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

6 Other income

	Total	Unrestricted funds general
	2022	2021
	£	£
CJRS government grant	-	6,560
	<u> </u>	<u> </u>

7 Raising funds

	Unrestricted funds general	Unrestricted funds general
	2022	2021
	£	£
<u>Fundraising and publicity</u>		
Fundraising costs	20,846	2,400
Staff costs	81,950	108,827
	<u> </u>	<u> </u>
Fundraising and publicity	102,796	111,227
	<u> </u>	<u> </u>
<u>Investment management</u>	8,976	8,840
	<u> </u>	<u> </u>
	<u>111,772</u>	<u>120,067</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

8 Clinical services

	2022	2021
	£	£
Staff costs	937,466	837,197
Depreciation and impairment	6,904	8,792
Other	3,992	3,979
	<u>948,362</u>	<u>849,968</u>
Share of support costs (see note 9)	289,144	260,539
Share of governance costs (see note 9)	16,170	11,413
	<u>1,253,676</u>	<u>1,121,920</u>
Analysis by fund		
Unrestricted funds - general	714,877	691,685
Unrestricted funds - designated	6,904	8,792
Restricted funds	531,895	421,443
	<u>1,253,676</u>	<u>1,121,920</u>

9 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	2021
	£	£	£	£	£	£
Staff costs	147,213	-	147,213	134,515	-	134,515
Head office costs	62,715	-	62,715	33,523	-	33,523
Other costs	79,216	-	79,216	92,501	-	92,501
Audit fees	-	16,170	16,170	-	11,413	11,413
	<u>289,144</u>	<u>16,170</u>	<u>305,314</u>	<u>260,539</u>	<u>11,413</u>	<u>271,952</u>

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

There were no reimbursed expenses to trustees during the year (2021: nil).

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

11 Employees

Number of employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
Management and administrative staff	10	9
Research and clinical staff	30	27
	<u>40</u>	<u>36</u>

Employment costs

	2022	2021
	£	£
Wages and salaries	1,041,192	959,121
Social security costs	94,529	83,752
Other pension costs	30,908	37,666
	<u>1,166,629</u>	<u>1,080,539</u>

The number of employees whose annual remuneration was £60,000 or more were:

	2022	2021
	Number	Number
£90,000-£99,999	<u>1</u>	<u>1</u>

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, Executive Assistant to the Chief Executive Officer, Head of Finance & Resource and Administration and Finance Manager. The total benefits of the key management personnel of the charity were £278,895 (2021: £255,303). Pension costs in respect of higher paid employees was £8,150 (2021: £9,410).

12 Net gains/(losses) on investments

	Unrestricted funds general 2022	Unrestricted funds general 2021
	£	£
Revaluation of investments	(3,464)	131,819
Gain/(loss) on sale of investments	(12,181)	31,423
	<u>(15,645)</u>	<u>163,242</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

13 Tangible fixed assets

	Freehold property	Equipment	Total
	£	£	£
Cost			
At 1 April 2021	341,440	40,806	382,246
At 31 March 2022	341,440	40,806	382,246
Depreciation and impairment			
At 1 April 2021	178,674	35,386	214,060
Depreciation charged in the year	4,883	2,021	6,904
At 31 March 2022	183,557	37,407	220,964
Carrying amount			
At 31 March 2022	157,883	3,399	161,282
At 31 March 2021	162,766	5,420	168,186

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

14 Fixed asset investments

	Listed investments	Cash in portfolio	Total
	£	£	£
Cost or valuation			
At 1 April 2021	808,402	59,168	867,570
Additions	92,000	(92,000)	-
Valuation changes	(3,464)	-	(3,464)
Investment income	-	9,505	9,505
Management charges	-	(8,976)	(8,976)
Disposals	(85,272)	73,091	(12,181)
	<u>811,666</u>	<u>40,788</u>	<u>852,454</u>
At 31 March 2022	811,666	40,788	852,454
Carrying amount			
At 31 March 2022	<u>811,666</u>	<u>40,788</u>	<u>852,454</u>
At 31 March 2021	<u>808,402</u>	<u>59,168</u>	<u>867,570</u>

15 Financial instruments

	2022	2021
	£	£
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	<u>811,666</u>	<u>808,402</u>

16 Debtors

	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	280,212	305,426
Other debtors	2,044	669
Prepayments and accrued income	9,379	5,415
	<u>291,635</u>	<u>311,510</u>

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

17	Creditors: amounts falling due within one year	Notes	2022	As restated
			£	2021 £
	Other taxation and social security		22,099	30,339
	Deferred income		50,000	-
	Trade creditors		13,582	9,424
	Other creditors		755	-
	Accruals and deferred income		77,170	52,544
			<u>163,606</u>	<u>92,307</u>

At 31 March 2022 £50,000 (2021:£nil) of income was deferred. No amount was brought forward from earlier years.

18 Retirement benefit schemes

Defined contribution schemes

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

The charge to statement of financial activities in respect of defined contribution schemes was £30,908 (2021 - £37,666).

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

19 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	As restated			As restated			As restated			Balance at 31 March 2022
	Balance at 1 April 2020	Movement in funds		Balance at 1 April 2021	Movement in funds		Incoming resources	Movement in funds		
		£	£		£	£		£	£	
In House Projects	19,000	99,768	(105,132)	13,636	367,027	(250,049)	130,614			
Development Fund	59,111	-	-	59,111	-	-	59,111	-	59,111	
Schools Project	-	159,642	(77,139)	82,503	104,140	(126,952)	59,691		59,691	
YOS Project	12,501	20,635	(32,386)	750	87,167	(20,583)	67,334		67,334	
Strength Review (Big Lottery)	7,500	-	-	7,500	-	(7,500)	-		-	
Sport and Thought	3,757	38,783	(42,540)	-	50,735	(35,759)	14,976		14,976	
Healthy Minds Brighter Future (Big Lottery)	-	132,068	(132,068)	-	-	-	-		-	
Capital Project	15,000	-	-	15,000	-	(15,000)	-		-	
Comic relief Red shade	18,970	13,208	(32,178)	-	-	-	-		-	
Fun fit families workshop	-	-	-	-	4,552	(4,552)	-		-	
Irish Projects	4,875	-	-	4,875	29,375	(22,500)	11,750		11,750	
Stairlift Projects	-	3,000	-	3,000	10,000	(13,000)	-		-	
WCYP Projects	-	-	-	-	194,000	(36,000)	158,000		158,000	
	140,714	467,104	(421,443)	186,375	846,996	(531,895)	501,476		501,476	

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

19	Restricted funds	(Continued)
During the year, £219,282 was received from Big Lottery Fund, £120,000 was received from John Lyon's Charity, £49,400 from The City of London Corporation's charity - City Bridge Trust, £90,000 from Charities Aid Foundation (CAF) Playtech Fund, £20,966 from BBC Children In Need, £15,000 from the Drapers' Charitable Trust, £17,971 from The Hargreaves Foundation, £25,000 from Charles Hayward Foundation, £35,000 from Jusaca Charitable trust, £10,000 from Gamesys Foundation and £10,000 from the Garfield Weston Foundation with the remainder being made up of smaller donations from various trusts.		
Government of Ireland: Emigrant Support Programme Government of Ireland: Emigrant Support Programme (included within In House Projects) awarded a grant of £19,500 for the year 1 July 2021 to 30 June 2022. The funds were restricted for the following projects: Irish Mental Health and Practical Support Project. .		
In addition, the following Trusts and Foundations have provided consistent support over several years: The Dentons UK MEA LLP Charitable Trust; Mazars Charitable Trust. Most donations were for the purposes of clinical sessions for young people aged 14-21.		

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

20 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2020	Resources expended	Balance at 1 April 2021	Resources expended	Balance at 31 March 2022
	£	£	£	£	£
Fixed Asset Funds	176,978	(8,792)	168,186	(6,904)	161,282
Research Projects	150,000	-	150,000	-	150,000
Education and Training Development	150,000	-	150,000	-	150,000
	<u>476,978</u>	<u>(8,792)</u>	<u>468,186</u>	<u>(6,904)</u>	<u>461,282</u>

Fixed asset fund - equates to the value of fixed assets at the balance sheet date.

**BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

22 Analysis of net assets between funds	Unrestricted funds		Designated funds		Restricted funds		Total		Unrestricted funds		Designated funds		As restated Restricted funds		As restated Total	
	2022	£	2022	£	2022	£	2022	£	2021	£	2021	£	2021	£	2021	£
Fund balances at 31 March 2022 are represented by:																
Tangible assets	-		161,282		-		161,282		-		168,186		-		168,186	
Investments	552,454		300,000		-		852,454		567,570		300,000		-		867,570	
Current assets/(liabilities)	220,690		-		501,476		722,166		444,641		-		186,375		631,016	
	773,144		461,282		501,476		1,735,902		1,012,211		468,186		186,375		1,666,772	

BRENT CENTRE FOR YOUNG PEOPLE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

23 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

24 Prior year adjustment

The prior year adjustment relates to £104,764 of restricted fund income received in the year to 31 March 2021 (2020: £59,103) which was incorrectly deferred to the following year. The effect of recognising the income in the year in which it was received is to reduce accruals and deferred income at 31 March 2021 by £104,764 and to increase the restricted fund balance brought forward at that date by the same amount (increasing the balance at 31 March 2020 by £59,103). The difference between these two amounts, £45,661, increases the value of donations and gifts in the year to 31 March 2021.

	2022	As restated 2021
	£	£
25 Cash generated from operations		
Surplus for the year	69,130	100,830
Adjustments for:		
Investment income recognised in statement of financial activities	(9,549)	(10,222)
Loss/(gain) on disposal of investments	12,181	(31,423)
Fair value gains and losses on investments	3,464	(131,819)
Investment management charges	8,976	8,840
Depreciation and impairment of tangible fixed assets	6,904	8,792
Movements in working capital:		
Decrease/(increase) in debtors	19,875	(192,587)
Increase in creditors	21,299	406
Increase in deferred income	50,000	-
Cash generated from/(absorbed by) operations	182,280	(247,183)

26 Analysis of changes in net funds

The Charity had no debt during the year.

Accounts

Charity Registration No. 1081903

Company Registration No. 04037793 (England and Wales)

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

BRENT ADOLESCENT CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION PAGE

Trustees	Mr P J Bard BCom MBA MSc (Chair) Dr B L Roberts MBChBFRCPsych Dr F M Hare (the Earl of Listowel) PhD Pessi Elias Mr Randy Mannie (Treasurer) Mr Gideon Hadary Mr Simon Dodds Mr Ian Barnes Anoushka Babber
Chief Executive	Dr M J A de Sauma MD, F. Inst. Psychoanal.
Company Secretary	Dr M J A de Sauma MD, F. Inst. Psychoanal.
Charity number	1081903
Company number	04037793
Registered office	51 Winchester Avenue London NW6 7TT
Auditor	HW Fisher LLP Acre House 11-15 William Road London NW1 3ER United Kingdom
Investment managers	Seven Investment Management LLP 55 Bishopsgate London EC2N 3AS
Bankers	HSBC Bank UK Plc

BRENT ADOLESCENT CENTRE

(A COMPANY LIMITED BY GUARANTEE)

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BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2021

The Board of Trustees are pleased to present their Trustees' Annual Report and financial statements for the year ending 31 March 2021. The Trustees' Annual Report contains a Directors' Report as required by company law. The financial statements comply with the requirements of the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

The main objectives of the charity as set out in the charity's Articles of Association and memorandum are to provide assessment, treatment and interventions, and information to young people in the areas of Health (mainly Mental Health) and other areas relevant to young people, and to research into adolescence and the causes of adolescent breakdown.

The principal activities of the charity continue to be the provision of services to young people in the area of Mental Health and development of a clinical audit, an outcome study on adolescent psychotherapy and research into adolescent breakdown. The Brent Adolescent Centre (BAC) provides Adolescent Exploratory Therapy (AET) and Psychotherapy services to help young people who experience a range of emotional and mental health difficulties. The most prevalent problems across all service users in the past year include:

- Anxiety 93%
- Depression: 86%
- Difficult relationship with family: 83%
- Difficult relationship with peers: 75%
- Sleep disturbances: 75%

These challenges can be addressed head-on through the Centre's range of therapy services. If they aren't talked through in early adulthood, the problem presented can significantly impair mental and physical health, and limit young people's ability to progress into fulfilling adult lives.

Increasingly complex difficulties that the Centre's young people faced included:

- Post-traumatic stress: 40%
- Self-harm: 36%
- Suicide risk: 28%
- Gender identity issues: 14%

This year, we saw a significantly higher proportion of young people who showed signs of severe anxiety in relation to exams and academic performance. It seems likely that this is related to the educational disruption caused by Covid.

The aim is to help young people make positive changes and improve their wellbeing. This can lead to:

- Improved relationships
- Reduced social exclusion
- Lower risk of breakdown in adulthood
- Better educational attainment

BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

The Centre's activities are provided through eight projects, Individual Adolescent Exploratory Therapy (AET), Individual Psychotherapy, Parental Support and Family Therapy, Practical Support, Young Offenders Project, Schools Services, Sport and Thought and Research. AET, Psychotherapy, Parent Support and Family Therapy, Practical Support and Research activities are undertaken at Laufer House and the other projects take place in outreach locations such as Schools and the Brent Youth Offending Services.

- **Adolescent Exploratory Therapy (AET):** Is a unique therapeutic provision developed by the Brent Centre specifically to meet the needs of adolescents. Through a series of consultations in which a young person explores their feelings and difficulties, and begins to understand what is worrying them and why. The young person and therapist will think together about what changes could be made and what might make the person feel better. Proven to help young people cope with feelings of depression, anxiety, anger, low self-esteem, relationship difficulties and even suicidal thoughts, sessions last for 45 minutes and continue for as long as they are needed.
- **Individual psychotherapy:** Designed for those who have had AET but need additional support, sessions are offered three times a week for up to three years. This gives young people space to understand their situation, feelings and behaviours - empowering them to make needed changes.
- **Parental support:** Support is offered to parents and carers whose children BAC are already in Therapy. This creates opportunity for them to talk openly about their child's needs, discuss concerns and develop new ways to help their loved one overcome the issues they face.
- **Family therapy:** Engaging parents, carers and siblings in group work , where they are encouraged to take an active role in the treatment process. Guided by BAC therapists, they learn to understand the difficulties they face and work together to build a better future.
- **Practical support:** Offered alongside therapy for as long as it is needed. It is designed to help young people access key services such as education, health, housing and employment – smoothing out practical challenges so that they are better able to address their mental health difficulties.
- **Working with Young Offenders:** The Young Offenders Project is based at the Brent Civic Centre working in conjunction with the Youth Offending Service. At the Youth Offending Service (YOS) BAC offer AET, parent support, family therapy and group discussion programmes. On behalf of the YOS BAC run one-off victim awareness sessions for youths on conditional cautions or out of court disposals. BAC staff also provide support to YOS staff, helping them to better identify signs of distress and understand the mental health needs of the young people under their care.

BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

- **Schools:** At schools BAC provide one-to-one support through AET and a pilot brief intervention service, for pupils with less severe difficulties. In response to specific concerns raised by teachers, BAC provide therapeutic group work for pupils to work through shared difficulties together. BAC supports academic and pastoral care staff to better identify and assist students struggling with mental health. Lastly, BAC provide parents and carers the chance to talk openly about their children's needs through parental or family therapy. The project is based in two primary, one infant and eight secondary schools. Supervision, individual and group work are provided to school staff.
- **Sport and Thought:** Sport & Thought is a combined football coaching and group therapy programme delivered by child psychotherapists. Sport & Thought creates a safe place for young people to build friendships and address the root cause of their behaviours, facilitating improvements in their problematic behaviours, social functions, focus and resilience. The Sport and Thought project is run at two secondary school, and a youth Centre.
- **Research:** BAC continue to research the area of adolescent mental health and are currently working on several articles for mental health publications, particularly on young offending and Adolescent Exploratory Therapy. Current research projects include: a detailed prospective clinical study on adolescent suicidality and self-harm; a retrospective study revisiting BAC's early work on suicidality and adolescence; and a study on Adolescent Exploratory Therapy.

The Brent Adolescent Centre reviews its activities each year against its activities and outcomes from the previous 12 months. The Trustees have paid due regard to the Charity Commission's guidance on public benefit when reviewing its aims and objectives and deciding the activities the charity undertakes.

ACHIEVEMENTS AND PERFORMANCE

Brent Adolescent Centre is delighted that it helped 602 young people (2019/20: 649) through 731 cases during the period (2019/20: 852 cases), during the period total appointment offered were 8,162 (28% increase) (2019/20: 6,399 appointments). The Centre helped 182 (2019/20: 268) young people and families – totaled by recording separate types of cases - at Laufer House (in-house services) offering 3,686 (2019/20: 2,929) appointments, 386 cases (2019/20: 477) through the Brent Centre's Schools and Sport & Thought Services offering 3559 (2019/20: 3,143) appointments and 44 young people (2019/20: 107) at the Brent Youth Offending Service offering 322 (2019/20: 327) appointments. The number of young people helped were slightly less than previous year due to covid-19 we had to adapt the services to deliver remotely via online and telephone but we managed to continue all our services through the pandemic and lockdown, offering more appointment compared to previous year, due to increase in more complex and severe cases.

Crisis Project

Responding swiftly to the pandemic, the Centre launched an enhanced intervention in our schools, providing varying lengths of treatment through reflection groups, assemblies, and 1:1 therapy. This helped to reach a wider population, including students who may not have presented with overt problems. From the group work, 80% of students improved or stabilized their academic performance, and 96% improved or stabilized their suicidal ideation. Through Crisis project group and assemblies work we were able to reach 3,964 students in our schools programme.

BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

We received overwhelmingly positive feedback on our enhanced service, with one of our school partners saying:

'The funded short-term service has been a real asset to our therapeutic work at Preston Manor, it was timely and effective, providing support when we most needed it and adding a level of versatility and agile responsiveness which we would otherwise have lacked...'

The Centre provided 728 (2019/20: 776) individual appointments to 186 (2019/20: 188) professionals in Schools, Youth Offending Service. The Centre also provided 64 (2019/20: 51) group appointments to professionals in Schools and at the Youth Offending Service.

The Brent Adolescent Centre has continued to develop its outreach therapeutic work in 11 schools in the borough of Brent and Ealing, including 4 new partnerships, and the Brent Youth Offending Service. During the period, the Brent Adolescent Centre continued to run and develop the 'Sport and Thought' project, which combines mental health counselling with football, in two schools and the OK Club. The young people BAC supported through Sport & Thought usually struggle to regulate their emotions and display challenging behavior, and often are at risk of exclusion.

The young people who used BAC services during 2020/21 were aged between 4 and 24, including primary schools, and their ethnicities reflect the diversity of the London Borough of Brent and the other boroughs in which the Brent Adolescent Centre works.

To assess the impact of their work on young people, the Brent Centre conducts regular clinical audits of their service. Therapists regularly provide assessments of their patients, so that it is possible to track progress over time and understand the impact of therapy. Young people are also asked to periodically complete a self-assessment, which helps us to build a picture of their own sense of wellbeing and any changes. By comparing the data from a young person's initial assessment with their closing or most recent assessment, we can measure change in presentation and provide an indicator of therapeutic progress. The information from these assessments is measured according to five key outcome areas for each young person: mental health/emotional difficulties, social functioning, academic/employment functioning, risks towards self and risks towards others.

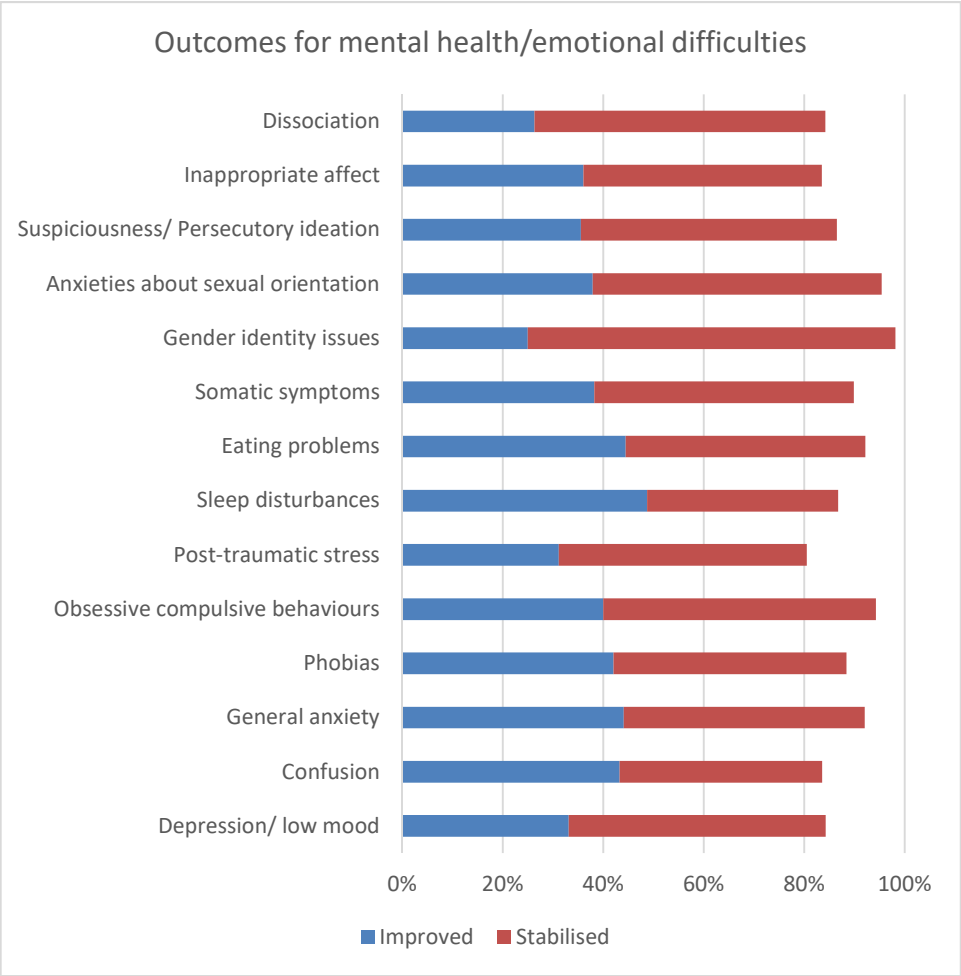
Note: the therapeutic context acknowledges stabilisation of difficulties is an important step towards recovery, as such it is recognised as an achievement. Improvements in specific areas not necessarily means total recovery.

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)

TRUSTEE’S REPORT FOR THE YEAR ENDED 31 MARCH 2021

Outcomes for Mental Health/Emotional Difficulties

Across both In House and Schools service, we saw significant therapeutic achievements in mental health and emotional difficulties. Where the issue was relevant to the young person, 98% stabilized or improvement in relation to gender anxiety issues, 94% stabilized or improved their obsessive compulsive behaviours, 92% improved or stabilized their anxiety, and 84% improved or stabilized with respect to depression/low mood.

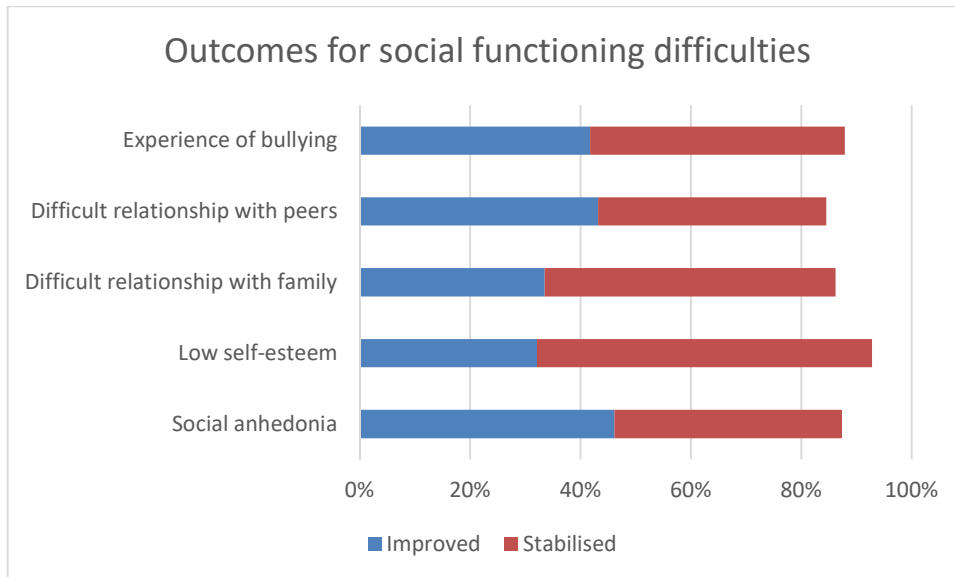


BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

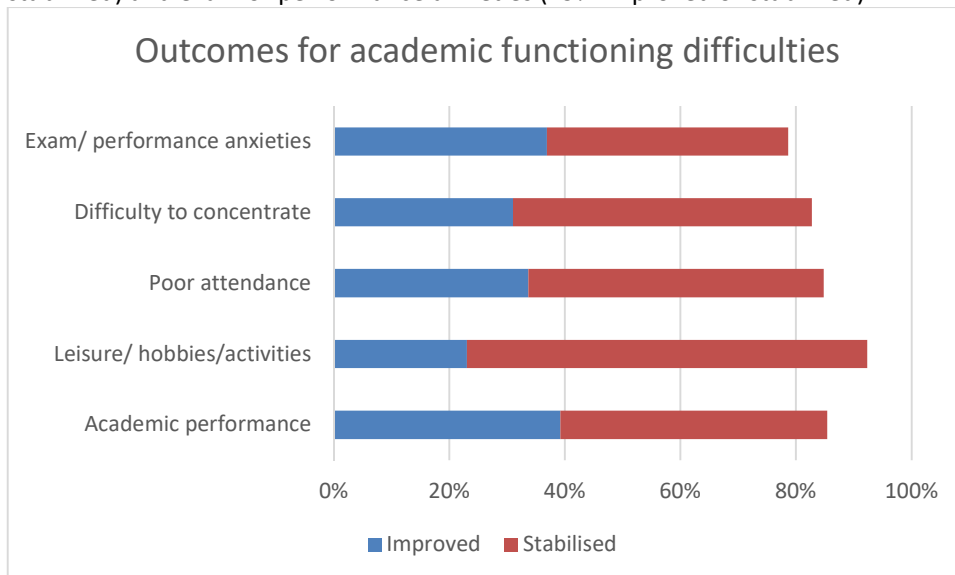
Outcomes for Social Functioning

Social Functioning metrics showed therapeutic achievement in relation to low self-esteem (93% improved or stabilised), experience of bullying (88% % improved or stabilised), difficult family relationships (87% % improved or stabilised), social anhedonia (87% % improved or stabilised), and peer relationship difficulties (84% % improved or stabilised).



Outcomes for Academic Functioning

Academic Functioning metrics showed therapeutic achievement in relation to capacity to engage in and enjoy leisure activities (92% improved or stabilized), academic performance (85% improved or stabilized), poor school attendance (85% improved or stabilized), concentration difficulties (83% improved or stabilized) and exam or performance anxieties (79% improved or stabilized)

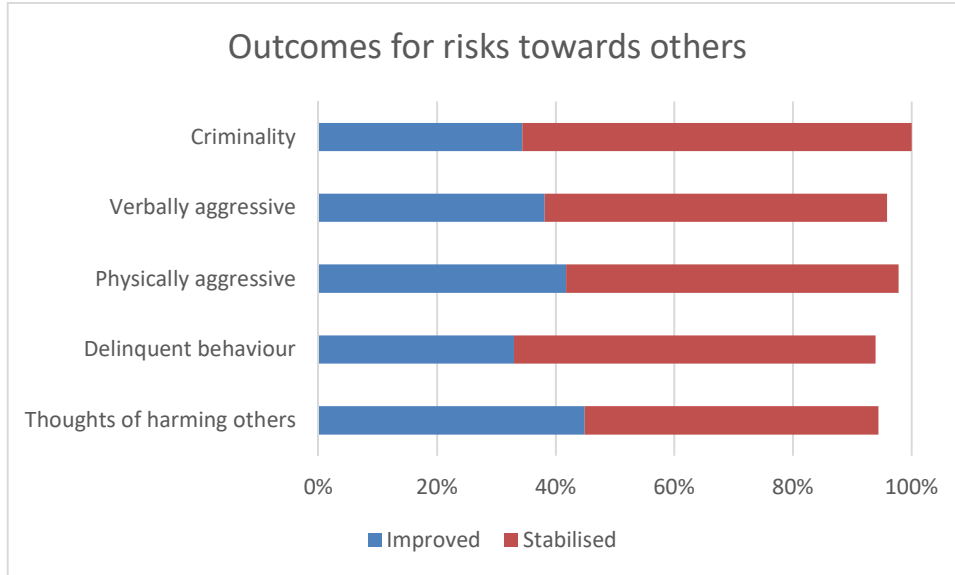


BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

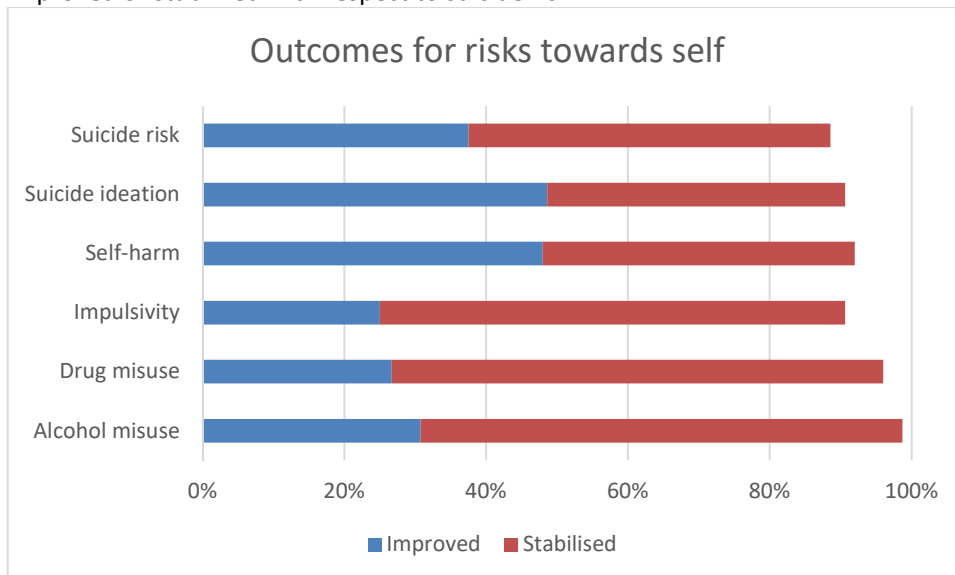
Outcomes for Risks Towards Others

Measures of therapeutic achievement in risk factors towards others showed 100% improved or stabilized with respect to criminality, 98% improved or stabilized with respect to physical aggression, 96% improved or stabilized with respect to verbal aggression, 95% improved or stabilized with respect to thoughts of harming others, and 94% improved or stabilized with respect to delinquent behaviour.



Outcomes for Risks Towards Self

Measures of therapeutic achievement in risk factors toward self, where relevant to a young person, showed 99% improved or stabilized with respect to alcohol misuse, 96% improved or stabilized with respect to drug misuse, 92% improved or stabilized with respect to self-harm, 91% improved or stabilized with respect to impulsivity, and 89% improved or stabilized with respect to suicide risk.



BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

"Getting acquainted with anger" – A Schools Case Study:

Rebecca is 16 and was referred to our service after repeatedly getting into trouble for aggressive outbursts at school. The school had tried everything but no amount of reasoning helped Rebecca once she felt treated unfairly and she was at real risk of being permanently excluded.

But Rebecca's family life was not well-known to school staff and her work with her therapist uncovered the reality of her difficult home life – that she lived in a refuge with her mother and an older sister who had significant needs of her own. They lived all together in one room unsure if this was a permanent home or whether they'd be moved on. Growing up in poverty, with her father working abroad, Rebecca had been left to fend for herself throughout much of her childhood.

Rebecca had a real fear that if she opened up about her feelings this would only lead to her being let-down. But overtime, the trusted relationship she built up with her therapist provided Rebecca with a reliable and thoughtful space where she felt listened to.

This process of opening up and talking about her problems enabled Rebecca to understand what caused her anger and better manage her emotions. Now when Rebecca becomes angry, or feels slighted, she is able to understand the experience enough to give herself a way out without becoming aggressive. This led to less school isolations and improved her ability to concentrate on her studies. By the end of the treatment, Rebecca was able to take her GCSE's, and discussed with her therapist plans to apply to college. More importantly, her therapist also felt Rebecca's new self-awareness and new understanding of her own feelings would stand her in good stead when facing challenging situations in the future.

FINANCIAL REVIEW

For the financial year ending 31 March 2021, the Brent Adolescent Centre received funding from the following organisations who kindly donated towards the different projects.

For the in-house and Irish Projects and the development of our private service: Brent CCG, John Lyon's Charity, The Government of Ireland: Emigrant Support Programme, Irish Youth Foundation, the National Lottery Community Fund – RC London and South East Region, Comic Relief, London Borough of Brent, Young Brent Foundation, The Pantheon Charitable Trust, The Prism Charitable Trust, Garfield Weston Foundation, DM Thomas Foundation, Charity Aid Foundation, Jusaca Charitable Trust and Julius Silman Charitable Trust. For Schools and Sport & Thought projects: the City of London's Corporation's Charity - City Bridge Trust, Comic Relief, Bridgepoint Charitable Trust, John Lyon's Charity and Lehman Brothers Foundation Europe. For the Youth Offending Service project: BBC Children In Need and Dentons UKMEA LLP Charitable Trust. For organisation core costs Charities Aid Foundation and Peter Stabbing Memorial Trust.

At the end of the year, 2020/21, the Brent Adolescent Centre had total incoming resources amounting to £1,133,914 (2020: £941,812) including capital income. The total resources expended were £1,241,987 (2020: £1,021,546) with the net movement in funds – surplus £55,169 (2020: deficit £165,332).

BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

The Brent Adolescent Centre remains highly dependent on the generosity of our donors for our daily activities. Demand for our expertise and services to vulnerable young people has never been greater. The main sources of income for the Brent Adolescent Centre have been through Brent CCG, Schools and Grant Making Trusts to provide the services to young people to date, and we expect this to remain the case, whilst we adopted to work during the pandemic and begin to implement our strategic plan.

RESERVES POLICY

Brent Adolescent Centre's policy is to set aside enough funds, equivalent to between six to nine month's expenditure to give the charity a reliable safety net against financial fluctuations.

Each year the Executive Committee of Trustees reviews the appropriate level of reserves by assessing the risks facing the Brent Adolescent Centre and the potential financial impact of these. The policy requires the Trustees to ensure that the reserves are adequate to:

- allow time for fundamental restructuring in the event of a major downturn and consequential future funding uncertainties;
- enable the charity to continue the ongoing programme of work, much of which is long-term in nature, in spite of unexpected variations in income.

As at the end of the year, of the total reserves, the amount of free reserves held by the Brent Adolescent Centre was £1,012,211 which is approx. nine months of the charity's expenditure. The Trustees review the activities and expenditure of the charity and consider which services and expenditure could be reduced, if needed.

The charity is wholly dependent on regular and consistent funding in order to carry out its work with Young People. Whilst our fundraising activity results in a spread of income from a broad range of sources, some of which is longer term, the impact of sudden and major loss in income would impose a significant risk on our ability to maintain our activities. However, our reserves policy provides for a period of stability. In addition, the Centre owns the freehold interest in its building in Brondesbury Park, providing further security in extremis. Further risks which have been identified include allegations of impropriety of our personnel and more usual risks associated with natural catastrophes, such as fire, flood, communications failure, data breach, etc. (most of which are covered by our insurance, in any case). Risks are reviewed regularly.

Brent Adolescent Centre aims to keep the amount invested in reserves such that, most of the income can be spent on the services that it provides to young people, while also ensuring reasonable financial security.

BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

A Summary of the Impact of Coronavirus (Covid-19) on operations at Brent Centre

At the time of writing this report, the UK was still fighting the impacts of COVID-19. In mid-March 2020, Government guidelines dictated that we needed to close our Centre as we were unable to guarantee social distancing for our staff, trainees, service users and visitors. The Covid-19 control measures affected the charity's activities in the following ways;

- All face to face sessions were changed to phone/online contacts with the service users
- All staff and trainees worked from home
- Our Clinic for in-house patient was closed and online/phone support was provided
- All schools and outreach services were provided via phone/online.
- Impact on the Income – we are very grateful to our funders who during the pandemic continued their support and our schools and NHS CCG to continue their contracts to continue our services during the pandemic.
- We will continue submitting numerous applications and bids for funding to continue the services in the future.
- We can make use built up unrestricted reserves to cover any gap that arises.

Response:

- Regular support to staff and trainees, providing IT support to work from home
- We re-opened the clinic partially in October 2020 but we had to close the clinic again in January 2021 as the government announced second lockdown.
- At the writing of the report we have opened our clinic fully at Laufer House from October 2021 to provide our services face to face and also all our outreach staff are back at the schools and youth centres providing the services face to face. We are still offering appointment to those who required remote online appointments.
- Continued fundraising, from trusts & foundation, NHS and schools contracts, donations and events.
- Identified and reducing the running costs
- Continue assessment by the board as to the ongoing impact of Covid-19

PLANS FOR FUTURE PERIODS

At the time of writing this report we have opened all our services face to face. Our clinic at Laufer house is opened as usual for the patients and families to provide clinical services. Our schools and outreach staff are providing face to face services at the schools and youth centres face to face.

The Brent Adolescent Centre is looking forward to enhancing its services over the next year, working towards providing greater provision of mental health services for young people through all projects subject to funding. The trustees, along with senior management are continuing to develop Strategic Plan according to the charity's aims and objectives. Through these plans we will fine tune our organisation to reach and support as many young people as possible and see their lives transformed. We are working in a collaboration with The Institute of Psychoanalysis (British Psychoanalytical Society) at Byron House, 112a Shirland Road, Maida Vale, London W9 2BT, in the London Borough of Westminster, to provide the psychotherapy clinic similar to the one we have at Laufer House in Brent. The Institute of Psychoanalysis is the oldest psychoanalytic organisation in the UK with more 100 years of history. We have started pilot work in November 2021 at the London Borough of Westminster. We are also working to start two new schools in Ealing Borough from 2022 supported by John Lyon's Charity. We have signed new service level agreement with ScotsCare to provide our clinical services to their young people and their families, who come from Scottish descent and lives in London. This new areas of work will help expand our strategic reach to other borough of London and providing our much needed services to the young people, who are in need more than before due to increase in mental health issues and impact of the Covid-19 pandemic.

BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Brent Adolescent Centre is a registered charity (1081903). The charity is set up under its Memorandum and Articles of Association as a company limited by guarantee (registration number 04037793). The company was incorporated on 17 July 2000. Prior to this, the unincorporated charity operated as Centre for Research into Adolescent Breakdown.

The Board of Trustees are the charity's Trustees and the legal directors of the company. They are eligible for reappointment every three-years at the Annual General Meeting. As the need to recruit new Trustees arises Brent Adolescent Centre analyses the skills and capacity of its current board. The Brent Adolescent Centre will then seek to identify potential candidates who will bring relevant knowledge and experience to the board in line with its needs. Candidates are then invited to apply. The current board will discuss the candidates and select new Trustees who must be appointed at a Board meeting. Training needs of Trustees are identified by the Chair of Trustees with the Board.

The Trustees who served during the year were:

Mr P J Bard BCom MBA MSc (Chair)
Dr B L Roberts MBChB FRCPsych
Dr C R S Anderson MRCP FRCPsych (Resigned 15 July 2020)
Dr F M Hare (the Earl of Listowel) PhD
Mrs Danielle Sinclair (appointed 26 February 2020, resigned 15 July 2020)
Pessi Elias
Mr Randy Mannie (Treasurer)
Mr Gideon Hadary
Mr Simon Dodds
Mr Ian Barnes
Anoushka Babber

Key management personnel

Chief Executive Officer and Company Secretary: Dr M J A de Sauma MD, F. Inst. Psychoanal.

BRENT ADOLESCENT CENTRE (A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

The Board of Trustees meet at least five times a year. The Board set and review strategy and monitor operational matters. The Management and Finance Committee is a sub-committee of the Board of Trustees which includes the Chair, Treasurer, 3 Trustees and the Chief Executive Officer. They meet to review the general and financial management of the Centre, annual financial statements, matters relating to internal and external audits, investment and reserves' policies and changes in remuneration of staff. Other sub-committees are the Schools Sub-Committee, Private Services Sub-committee, Fundraising, development & Communications and Governance Working party. All recommendations from sub-committees are presented at subsequent Trustees' meetings and a decision is finalised by the board.

The Chief Executive Officer (CEO) and Clinical Director was appointed by the Board of Trustees to manage the running of the organisation. In the absence of the CEO and Clinical Director there is a senior management team consisting of the Research Manager, Head of Finance and Resources, Head of Clinical Services and Head of Private Services to help with the strategy and management of the organisation. The CEO and Clinical Director is the manager of heads of the departments, all the heads of the departments manage their respective departments, Finance & resources, Fundraising, Communications, Clinical Services (In-House and Outreach services), Research, and private services. All clinical in-house and outreach staff attend clinical meetings and are allocated a small supervision group.

The Trustees are provided with an induction and invited to attend the Clinical and Psychotherapy meetings. Trustees also meet with heads and managers of different departments and services to get a better understanding on how the organisation operates. The CEO and Clinical Director sends Trustees a list of possible training courses.

The CEO and Clinical Director is in charge of setting the pay and remuneration for management personnel. These are presented to the Board of Trustees who discuss the implications on the budget before approving.

Internal control and risk management

The Board of Trustees is responsible for ensuring that the Brent Adolescent Centre has an appropriate system of financial controls that regulates the efficient and effective operation of the charity. The Trustees also have to ensure that the charity complies with relevant laws and regulations and approve policies relating to them.

Brent Adolescent Centre policies are initially written by the member of staff most involved in that policy area in conjunction with the Head of Finance and Resources. The policy is then reviewed and amended by the CEO before submitting to the Board of Trustees for approval. If a policy is not approved, the Trustees will comment and it will be returned to the CEO and other staff. Decision making is taken at the most appropriate level depending on the risk involved. All decisions are made with the knowledge of the CEO. For decisions that involve a large commitment or level of risk to the organisation, the Board's approval is required.

Disclosure of information to auditor

Each of the directors has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)

TRUSTEE'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

Auditor

In accordance with section 485 of the Companies Act 2006, a resolution proposing that HW Fisher LLP be re-appointed as auditor of the company will be put to the Annual General Meeting.

On behalf of the Board of Trustees



P J Bard BCom MBA MSc

Trustee

Dated: 22 Jan 2022

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2021

The Trustees, who are also the directors of Brent Adolescent Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF BRENT ADOLESCENT CENTRE

Opinion

We have audited the financial statements of Brent Adolescent Centre (the 'Charity') for the year ended 31 March 2021 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF BRENT ADOLESCENT CENTRE

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of trustees' responsibilities, the Trustees, who are also the directors of the Charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

As part of our planning process:

- We enquired of management the systems and controls the charity has in place, the areas of the financial statements that are most susceptible to the risk of irregularities and fraud, and whether there was any known, suspected or alleged fraud. The charity did not inform us of any known, suspected or alleged fraud.
- We obtained an understanding of the legal and regulatory frameworks applicable to the charity. We determined that the following were most relevant: the Charity SORP, FRS 102, Charities Act 2011 and Companies Act 2006.
- We considered the incentives and opportunities that exist in the charity, including the extent of management bias, which present a potential for irregularities and fraud to be perpetuated, and tailored our risk assessment accordingly.
- Using our knowledge of the charity, together with the discussions held with the charity at the planning stage, we formed a conclusion on the risk of misstatement due to irregularities including fraud and tailored our procedures according to this risk assessment.

The key procedures we undertook to detect irregularities including fraud during the course of the audit included:

- Identifying and testing journal entries and the overall accounting records, in particular those that were significant and unusual.
- Reviewing the financial statement disclosures and determining whether accounting policies have been appropriately applied.
- Assessing the extent of compliance, or lack of, with the relevant laws and regulations.
- Assessing the validity of the classification of income, expenditure, assets and liabilities between unrestricted and restricted funds.
- Obtaining third-party confirmation of material bank balances.
- Documenting and verifying all significant related party balances and transactions.
- Reviewing documentation such as the trustee minutes for discussions of irregularities including fraud.

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF BRENT ADOLESCENT CENTRE

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

HW FISHER LLP

Sailesh Mehta (Senior Statutory Auditor)
for and on behalf of HW Fisher LLP

Chartered Accountants
Statutory Auditor
Acre House
11-15 William Road
London
NW1 3ER
United Kingdom

22 January 2022

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2021

Current financial year

		Unrestricted funds general 2021 £	Unrestricted funds designated 2021 £	Restricted funds 2021 £	Total 2021 £	Total 2020 £
	Notes					
<u>Income and endowments from:</u>						
Donations	3	397,273	-	421,443	818,716	630,809
Charitable activities	4	298,416	-	-	298,416	294,719
Investment income	5	10,222	-	-	10,222	16,284
Other income	6	6,560	-	-	6,560	-
Total income		712,471	-	421,443	1,133,914	941,812
<u>Expenditure on:</u>						
Raising funds	7	120,067	-	-	120,067	96,584
Clinical services	8	691,685	8,792	421,443	1,121,920	924,962
Total resources expended		811,752	8,792	421,443	1,241,987	1,021,546
Net gains/(losses) on investments	12	163,242	-	-	163,242	(85,598)
Net movement in funds		63,961	(8,792)	-	55,169	(165,332)
Fund balances at 1 April 2020		948,250	476,978	81,611	1,506,839	1,672,171
Fund balances at 31 March 2021		1,012,211	468,186	81,611	1,562,008	1,506,839

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2021

Prior financial year

		Unrestricted funds general 2020 £	Unrestricted funds designated 2020 £	Restricted funds 2020 £	Total 2020 £
	Notes				
<u>Income and endowments from:</u>					
Donations	3	226,577	-	404,232	630,809
Charitable activities	4	294,719	-	-	294,719
Investment income	5	16,284	-	-	16,284
Total income		537,580	-	404,232	941,812
<u>Expenditure on:</u>					
Raising funds	7	96,584	-	-	96,584
Clinical services	8	387,661	135,569	401,732	924,962
Total resources expended		484,245	135,569	401,732	1,021,546
Net gains/(losses) on investments	12	(85,598)	-	-	(85,598)
Gross transfers between funds		(8,082)	8,082	-	-
Net movement in funds		(40,345)	(127,487)	2,500	(165,332)
Fund balances at 1 April 2019		988,595	604,465	79,111	1,672,171
Fund balances at 31 March 2020		948,250	476,978	81,611	1,506,839

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

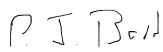
The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	13		168,186		176,978
Investments	14		867,570		702,946
			<u>1,035,756</u>		<u>879,924</u>
Current assets					
Debtors	16	311,510		118,923	
Cash at bank and in hand		411,813		658,996	
		<u>723,323</u>		<u>777,919</u>	
Creditors: amounts falling due within one year	17	(197,071)		(151,004)	
Net current assets			526,252		626,915
Total assets less current liabilities			<u>1,562,008</u>		<u>1,506,839</u>
Income funds					
Restricted funds	19		81,611		81,611
<u>Unrestricted funds</u>					
Designated funds	20	468,186		476,978	
General unrestricted funds		1,012,211		948,250	
		<u>1,480,397</u>		<u>1,425,228</u>	
			<u>1,562,008</u>		<u>1,506,839</u>

The financial statements were approved by the Trustees on ~~22 Jan 2022~~ 22 Jan 2022



P J Bard BCom MBA MSc
Trustee

Company Registration No. 04037793

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2021

		2021		2020	
	Notes	£	£	£	£
Cash flows from operating activities					
Cash absorbed by operations	22		(247,183)		(148,471)
Investing activities					
Purchase of tangible fixed assets		-		(8,082)	
Net cash used in investing activities			-		(8,082)
Net cash used in financing activities			-		-
Net decrease in cash and cash equivalents			(247,183)		(156,553)
Cash and cash equivalents at beginning of year			658,996		815,549
Cash and cash equivalents at end of year			411,813		658,996

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Company information

Brent Adolescent Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 Winchester Avenue, London, NW6 7TT.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of investments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

The trustees have considered the effect of the Covid-19 outbreak. The outbreak has caused little disruption to the company's business to date, as the charity's clinical services have been provided using online platforms. We had to close the centre, but we continued our services online and by telephone. Income has continued to be received from the multi-year grant agreements and staff have worked from home and attended meetings online. The trustees consider it unlikely that a prolonged outbreak will cause significant disruption. All our funders were particularly supportive during this lockdown period. We re-opened the partial clinical services at the centre from October 2020 and continued to provide services. We restored the outreach services to the schools fully with the re-opening of the schools from the new academic year. Accordingly, at the time of approving the financial statements, the trustees have a reasonable expectation that the company has adequate resources to continue in operation for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Incoming resources

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grant income is recognised in full in the year in which it is receivable unless there are specific performance related conditions that prevent its recognition and instead the income is deferred.

Government grants are recognised at the fair value of the amount received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received. The charity has received grants under the Coronavirus Job Retention Scheme. The scheme is designed to compensate for staff costs, so amounts received or receivable are recognised in the income statement as part of other income over the same period as the costs to which they relate. Government grants are accounted for under the accrual model.

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

1.5 Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Staff costs not directly identified have been allocated on the following basis:

Fundraising costs	Direct cost
Support costs	12% of total cost
Direct charitable activities	88% of total cost

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

Freehold property	3% on reducing balance
Equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.8 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

1.10 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments, other than investments, are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The Trustees do not consider there to be any critical accounting estimates or judgements applied in the preparation of the financial statements.

3 Donations

	Unrestricted funds general 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds general 2020 £	Restricted funds 2020 £	Total 2020 £
Donations and gifts	397,273	421,443	818,716	226,577	404,232	630,809

4 Charitable activities

	2021 £	2020 £
Service level agreements	298,416	294,196
Donated goods & services	-	523
	298,416	294,719

5 Investment income

	Unrestricted funds general 2021 £	Unrestricted funds general 2020 £
Bank interest receivable	10,222	16,284

BRENT ADOLESCENT CENTRE
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

6 Other income

	Unrestricted funds general 2021 £	Total 2020 £
CJRS government grant	6,560	-
	<u>6,560</u>	<u>-</u>

7 Raising funds

	Unrestricted funds general 2021 £	Unrestricted funds general 2020 £
<u>Fundraising and publicity</u>		
Fundraising costs	2,400	2,168
Staff costs	108,827	85,580
	<u>111,227</u>	<u>87,748</u>
Fundraising and publicity	111,227	87,748
<u>Investment management</u>	8,840	8,836
	<u>120,067</u>	<u>96,584</u>

BRENT ADOLESCENT CENTRE
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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

8 Clinical services

	2021	2020
	£	£
Staff costs	837,197	701,511
Depreciation and impairment	8,792	7,569
Consultancy	-	6,498
Other	3,979	8,187
	<u>849,968</u>	<u>723,765</u>
Share of support costs (see note 9)	260,539	194,897
Share of governance costs (see note 9)	11,413	6,300
	<u>1,121,920</u>	<u>924,962</u>
Analysis by fund		
Unrestricted funds - general	691,685	387,661
Unrestricted funds - designated	8,792	135,569
Restricted funds	421,443	401,732
	<u>1,121,920</u>	<u>924,962</u>

9 Support costs

	Support costs	Governance costs	2021	Support costs	Governance costs	2020
	£	£	£	£	£	£
Staff costs	134,515	-	134,515	86,277	-	86,277
Head office costs	33,523	-	33,523	39,736	-	39,736
Other costs	92,501	-	92,501	68,884	-	68,884
Audit fees	-	11,413	11,413	-	6,300	6,300
	<u>260,539</u>	<u>11,413</u>	<u>271,952</u>	<u>194,897</u>	<u>6,300</u>	<u>201,197</u>
Analysed between						
Charitable activities	<u>260,539</u>	<u>11,413</u>	<u>271,952</u>	<u>194,897</u>	<u>6,300</u>	<u>201,197</u>

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

There were no reimbursed expenses to trustees during the year (2020: nil).

BRENT ADOLESCENT CENTRE
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FOR THE YEAR ENDED 31 MARCH 2021

11 Employees

Number of employees

The average monthly number of employees during the year was:

	2021	2020
	Number	Number
Management and administrative staff	9	10
Research and clinical staff	27	23
	<u>36</u>	<u>33</u>

Employment costs

	2021	2020
	£	£
Wages and salaries	959,121	768,267
Social security costs	83,752	66,263
Other pension costs	37,666	38,838
	<u>1,080,539</u>	<u>873,368</u>

The number of employees whose annual remuneration was £60,000 or more were:

	2021	2020
	Number	Number
£90,000-£99,999	1	1

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, Executive Assistant to the Chief Executive Officer, Head of Finance & Resource and Administration and Finance Manager. The total benefits of the key management personnel of the charity were £255,303 (2020: £241,997). Pension costs in respect of higher paid employees was £9,410 (2020: £15,525).

12 Net gains/(losses) on investments

	Unrestricted	Unrestricted
	funds	funds
	general	general
	2021	2020
	£	£
Revaluation of investments	131,819	(99,177)
Gain/(loss) on sale of investments	31,423	13,579
	<u>163,242</u>	<u>(85,598)</u>

BRENT ADOLESCENT CENTRE
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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

13 Tangible fixed assets

	Freehold property	Equipment	Total
	£	£	£
Cost			
At 1 April 2020	341,440	40,806	382,246
At 31 March 2021	341,440	40,806	382,246
Depreciation and impairment			
At 1 April 2020	173,640	31,628	205,268
Depreciation charged in the year	5,034	3,758	8,792
At 31 March 2021	178,674	35,386	214,060
Carrying amount			
At 31 March 2021	162,766	5,420	168,186
At 31 March 2020	167,800	9,178	176,978

BRENT ADOLESCENT CENTRE
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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

14 Fixed asset investments

	Listed investments	Cash in portfolio	Total
	£		£
Cost or valuation			
At 1 April 2020	630,255	72,691	702,946
Additions	323,071	(323,071)	-
Valuation changes	131,819	-	131,819
Investment income	-	10,222	10,222
Management charges	-	(8,840)	(8,840)
Disposals	(276,743)	308,166	31,423
	<u>808,402</u>	<u>59,168</u>	<u>867,570</u>
Carrying amount			
At 31 March 2021	808,402	59,168	867,570
	<u><u>808,402</u></u>	<u><u>59,168</u></u>	<u><u>867,570</u></u>
At 31 March 2020	630,255	72,691	702,946
	<u><u>630,255</u></u>	<u><u>72,691</u></u>	<u><u>702,946</u></u>

15 Financial instruments

	2021	2020
	£	£
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	808,402	630,255
	<u><u>808,402</u></u>	<u><u>630,255</u></u>

16 Debtors

	2021	2020
	£	£
Amounts falling due within one year:		
Trade debtors	305,426	111,597
Other debtors	669	-
Prepayments and accrued income	5,415	7,326
	<u><u>311,510</u></u>	<u><u>118,923</u></u>

BRENT ADOLESCENT CENTRE
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FOR THE YEAR ENDED 31 MARCH 2021

17 Creditors: amounts falling due within one year

	2021	2020
	£	£
Other taxation and social security	30,339	24,905
Trade creditors	9,424	21,338
Other creditors	-	1,184
Accruals and deferred income	157,308	103,577
	<u>197,071</u>	<u>151,004</u>

Included in accruals and deferred income is £104,764 of deferred income. £59,103 was brought forward and released in the year.

18 Retirement benefit schemes

Defined contribution schemes

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £37,666 (2020 - £38,838).

**BRENT ADOLESCENT CENTRE
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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021**

19 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			Movement in funds		
	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
In House Projects	-	92,000	(92,000)	-	105,132	(105,132)	-	-	-
Development Fund	59,111	-	-	59,111	-	-	-	-	59,111
Schools Project	-	56,829	(56,829)	-	77,139	(77,139)	-	-	-
YOS Project	-	70,218	(70,218)	-	32,386	(32,386)	-	-	-
Strength Review (Big Lottery)	15,000	-	(7,500)	7,500	-	-	-	-	7,500
AET Project	-	25,000	(25,000)	-	-	-	-	-	-
Sport and Thought	-	51,926	(51,926)	-	42,540	(42,540)	-	-	-
Healthy Minds Brighter Future (Big Lottery)	-	66,034	(66,034)	-	132,068	(132,068)	-	-	-
Capital Project	5,000	14,500	(4,500)	15,000	-	-	-	-	15,000
Comic relief Red shade	-	26,559	(26,559)	-	32,178	(32,178)	-	-	-
Fun fit families workshop	-	1,166	(1,166)	-	-	-	-	-	-
	79,111	404,232	(401,732)	81,611	421,443	(421,443)			81,611

**BRENT ADOLESCENT CENTRE
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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021**

19	Restricted funds	(Continued)
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During the year, £48,473 was received from John Lyon's Charity, £25,885 from BBC Children In Need, £6,667 from Mrs Smith and Mount Trust, £4,000 from Irish Youth Foundation, £5,000 from Charles Hayward Foundation; £119,722 from Comic Relief, £132,068 from the National Lottery Community Fund; £36,900 from The City of London Corporation's charity - City Bridge Trust, £8,333 from the William Allen Young Charitable Trust, £5,000 from Garfield Weston, £6,364 from Lehman Brothers Foundation Europe, £3,000 from Pantheon Charitable Trust, £7,910 from Young Brent Foundation and £32,000 from Bridge Point with the remainder being made up of smaller donations from various trusts.

In addition, the following Trusts and Foundations have provided consistent support over several years:
The Dentons UK MEA LLP Charitable Trust; Mazars Charitable Trust. Most donations were for the purposes of clinical sessions for young people aged 14-21.

Government of Ireland: Emigrant Support Programme

Government of Ireland: Emigrant Support Programme (included within In House Projects) awarded a grant of £19,250 for the year 1 July 2020 to 30 June 2021. The funds were restricted for the following projects: Irish Mental Health and Practical Support Project. Nine months grant income was utilised in the period to 31 March 2021. Three months' grant income amounting to £4,875 has been deferred to the 21/22 financial year and will be utilised by 30 June 2021. Three months' grant income amounting to £4,875 deferred from 2019/20 has been utilised this year.

BRENT ADOLESCENT CENTRE
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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

20 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2019	Resources expended	Transfers	Balance at 1 April 2020	Resources expended	Balance at 31 March 2021
	£	£	£	£	£	£
Fixed Asset Funds	176,465	(7,569)	8,082	176,978	(8,792)	168,186
Strategic Plan Implementation	128,000	(128,000)	-	-	-	-
Research Projects	150,000	-	-	150,000	-	150,000
Education and Training Development	150,000	-	-	150,000	-	150,000
	<u>604,465</u>	<u>(135,569)</u>	<u>8,082</u>	<u>476,978</u>	<u>(8,792)</u>	<u>468,186</u>

Fixed asset fund - equates to the value of fixed assets at the balance sheet date. The transfer above, equalling fixed asset net book value, has been made for this purpose.

**BRENT ADOLESCENT CENTRE
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FOR THE YEAR ENDED 31 MARCH 2021**

21	Analysis of net assets between funds	Unrestricted funds 2021 £	Designated funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Designated funds 2020 £	Restricted funds 2020 £	Total 2020 £
	Fund balances at 31 March 2021 are represented by:								
	Tangible assets	-	168,186	-	168,186	-	176,978	-	176,978
	Investments	567,570	300,000	-	867,570	402,946	300,000	-	702,946
	Current assets/(liabilities)	444,641	-	81,611	526,252	545,304	-	81,611	626,915
		1,012,211	468,186	81,611	1,562,008	948,250	476,978	81,611	1,506,839

BRENT ADOLESCENT CENTRE
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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

22	Cash generated from operations	2021	2020
		£	£
	Surplus/(deficit) for the year	55,169	(165,332)
	Adjustments for:		
	Investment income recognised in statement of financial activities	(10,222)	(16,284)
	Gain on disposal of investments	(31,423)	(13,579)
	Fair value gains and losses on investments	(131,819)	99,177
	Investment management charges	8,840	8,836
	Depreciation and impairment of tangible fixed assets	8,792	7,569
	Movements in working capital:		
	(Increase) in debtors	(192,587)	(5,286)
	Increase/(decrease) in creditors	46,067	(63,572)
	Cash absorbed by operations	(247,183)	(148,471)
		<u> </u>	<u> </u>
23	Analysis of changes in net funds		
	The Charity had no debt during the year.		



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