

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 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)

CONTENTS

	Page
Trustees' report	1 – 9
Statement of trustees' responsibilities	10
Independent auditor's report	11 – 13
Statement of financial activities	14
Balance sheet	15
Statement of cash flows	16
Notes to the financial statements	17 - 27

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
(A COMPANY LIMITED BY GUARANTEE)**

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
(A COMPANY LIMITED BY GUARANTEE)**

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

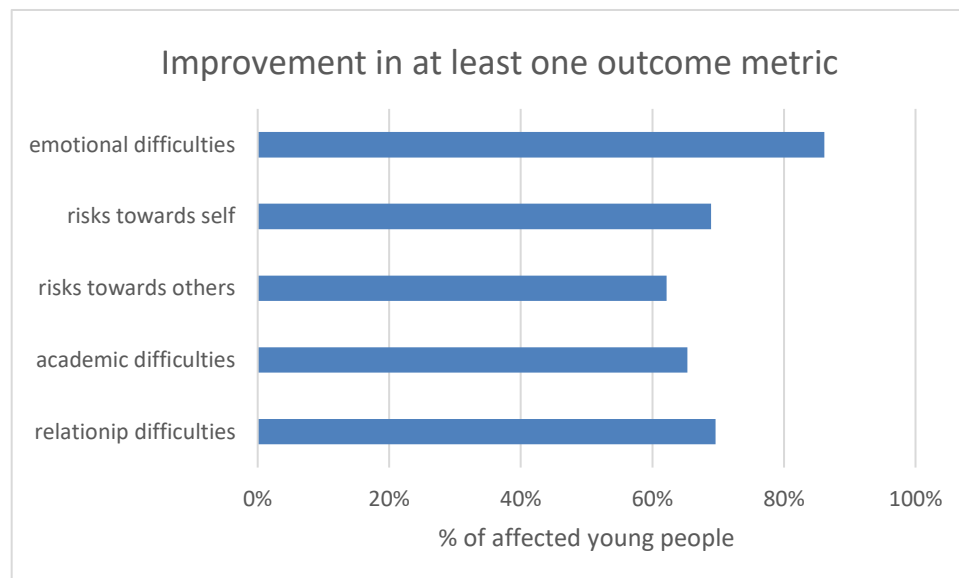
Note: Stabilisation of difficulties is an important step towards recovery. It is recognised as an achievement. However, improvements in specific areas do not necessarily mean total recovery.

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

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

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.

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

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

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.

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

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 (A COMPANY LIMITED BY GUARANTEE)

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.

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

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

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.

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

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

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	£	£	£	£	£
Income and endowments from:						
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
Expenditure on:						
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.