

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

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<b>Trustees</b>	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)
<b>Chief Executive</b>	Mrs Valentina Levi	
<b>Company Secretary</b>	Mr Niall Henderson	(appointed 6 November 2024)
	Mrs Valentina Levi	(resigned 6 November 2024)
	Dr Maxim De Sauma	(resigned 29 April 2024)
<b>Charity number</b>	1081903 / SCO052246	
<b>Company number</b>	04037793	
<b>Registered office</b>	51 Winchester Avenue London NW6 7TT	
<b>Auditor</b>	Azets Audit Services 2 <sup>nd</sup> Floor Regis House 45 King William Street London EC4R 9AN United Kingdom	
<b>Investment managers</b>	Seven Investment Management LLP 55 Bishopsgate London EC2N 3AS	
<b>Bankers</b>	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)**

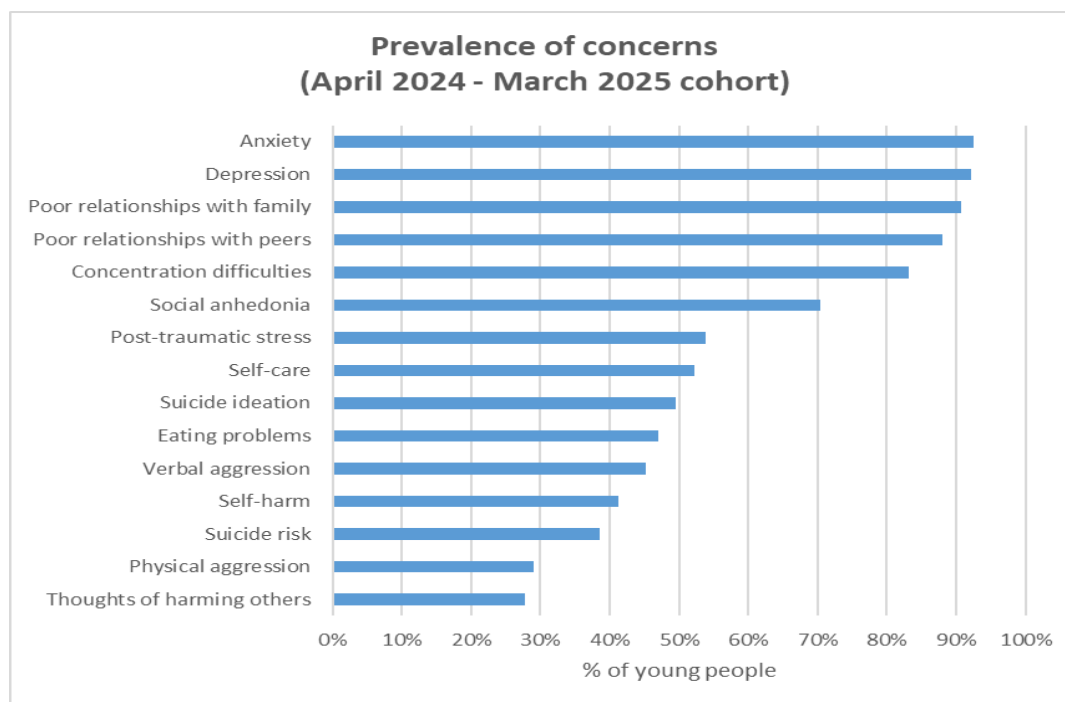
## **TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025**

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***

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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***

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- **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**

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#### **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.

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### ***TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025***

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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***

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#### **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***

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#### **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**

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**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***

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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**

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**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**

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**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**

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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

2<sup>nd</sup> 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					
<b><u>Income and endowments from:</u></b>						
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
<b><u>Expenditure on:</u></b>						
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
<b>Net movement in funds</b>		(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
<b>Fund balances at 31 March 2025</b>		<b>628,734</b>	<b>261,784</b>	<b>239,182</b>	<b>1,129,700</b>	<b>1,359,798</b>

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**

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

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	£	£	£	£
<b>Fixed Assets</b>					
Tangible assets	12		143,959		148,411
Investments	13		694,775		888,395
			<b>838,734</b>		<b>1,036,806</b>
<b>Current assets</b>					
Debtors	15	84,471		154,361	
Cash bank and in hand		473,010		293,104	
		<b>557,481</b>		<b>447,465</b>	
<b>Creditors: amounts falling due within one year</b>	16	<b>(266,515)</b>		<b>(124,473)</b>	
Net current assets			290,966		322,992
<b>Total assets less current liabilities</b>			<b>1,129,700</b>		<b>1,359,798</b>
<b>Income funds</b>					
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
			<b>1,129,700</b>		<b>1,359,798</b>

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

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

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**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**

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**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>
<b>Analysis by fund</b>		
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 £
<b>Cost</b>			
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>
<b>Depreciation and impairment</b>			
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>
<b>Carrying amount</b>			
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 £
<b>Cost or valuation</b>			
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>
<b>Carrying amount</b>			
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**

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**14 Financial Investments**

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

**15 Debtors**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Amounts falling due within one year:</b>		
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**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
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.

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**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>

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**22 Related party transactions**

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

**23 Cash generated from operations**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
(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	-	-
<b>Cash generated from/ (absorbed by) operations</b>	<b><u>(24,175)</u></b>	<b><u>(170,353)</u></b>

The charity had no debt during the year.