THE WISH CENTRE LIMITED

England & Wales · Charity number 1125263

Details

Other names	THE WISH CENTRE LTD
Status	Registered
Legal form	Charitable company
Company number	05060450
Registered	2008-07-30
Register	View on the Charity Commission register

Contact

Address	Cedars Youth & Community Centre Chicheley Gardens Harrow Middlesex HA3 6QH
Phone	02031379044
Email	info@thewishcentre.org.uk
Website	www.thewishcentre.org.uk

Activities

Objects: TO RELIEVE THE DISTRESS AND SUFFERING OF WOMAN, YOUTH AND CHILDREN WHO HAVE BEEN VICTIMS OF ABUSE, VIOLENCE AND NEGLECT AND OF THOSE WHO SELF HARM IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING SUPPORT SERVICES, ADVICE, INFORMATION AND COUNSELLING.

Activities: To relieve the distress and suffering of women, youth and children who have been victims of abuse, violence and neglect and of those who self harm in particular but not exclusively by providing support services, advice, information and counselling.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training
- **Who:** Children/young People, Other Defined Groups

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Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, NATIONAL
- Brent
- Harrow

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£268,705	£199,420	-	-
2024-03-31	£220,527	£222,001	-	-
2023-03-31	£276,398	£238,069	-	-
2022-03-31	£237,013	£233,702	-	-
2021-03-31	£286,710	£271,004	-	-

Trustees

Name	Role	Appointed
Chloe Lily Edis		2022-07-18
Finley Brook Harnett		2022-07-18
Nikita Arif		2024-01-31
Sakshi Patil		2025-10-29
Sima Patel		2025-01-09
Stephen George Engineer		2024-07-18

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THE WISH CENTRE LIMITED

England & Wales - Charity number 1125263

Accounts



THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

Company Limited by Guarantee No. 05060450
Registered Charity No. 1125263

THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

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THE WISH CENTRE LIMITED

COMPANY AND CHARITY INFORMATION

THE WISH CENTRE LIMITED	A company limited by guarantee
CHARITY REGISTRATION NUMBER	1125263
COMPANY REGISTRATION NUMBER	05060450
REGISTERED OFFICE	85 Great Portland Street London England W1W 7LT
PRINCIPAL OFFICE	Cedars Youth and Community Centre Chicheley Road Harrow Weald HA3 6QH
DIRECTORS AND TRUSTEES	Finley Harnett (Chair) Stefano Zammattio (Treasurer- resigned 10th September 2024) Mahum Arif (Nikita Arif) Chloe Edis Alexis Watkins (resigned 17th October 2024) Sima Patel (appointed 9th January 2025) Stephen Engineer (Treasurer from 18th July 2024) Nicole Henry (resigned 18th July 2024)
COMPANY SECRETARY & CHIEF EXECUTIVE	Rowena Jaber
INDEPENDENT EXAMINERS	Gravita Audit Oxford LLP First Floor Park Central 40-41 Park End Street Oxford OX1 1JD
BANKERS	HSBC 26-28 St Ann's Road Harrow HA2 6QQ

The Directors of The WISH Centre Limited, who are also Trustees, present their annual report with the independently examined financial statements of the charitable company for the year ended 31 March 2025.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

The WISH Centre Limited was incorporated in England on 2 March 2004 under registration no. 05060450, as a company limited by guarantee and is governed by its Memorandum and Articles of Association. The company was registered as a Charity in England on 30 July 2008 under registration no. 1125263. The registered office is 85 Great Portland Street, London, W1W 7LT.

The Directors are appointed in accordance with the company's Articles of Association. The induction procedure consists of a meeting with the Chief Executive and also with the Chair of The WISH Centre Ltd. A new Trustee is also provided with relevant policies and procedures such as the Memorandum and Articles of Association and details of the finance policy. A 'skills audit' is periodically undertaken to ensure a variety of skills are represented amongst Trustees.

The charity has a Chief Executive who manages the day to day running of the charitable company and who has overall responsibility for the various projects. The Trustees, who are also Directors, meet regularly throughout the year to discuss the charitable company's business affairs.

Company law requires the Trustees, who are also Directors, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

In preparing those financial statements the Directors 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 accounting standards and statements of recommended practice
- have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The Directors and Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees periodically review the charity's circumstances in order to identify and mitigate the major risks to which it is exposed and have established systems to mitigate those risks.

The Directors, who are also Trustees, during the year ended 31 March 2025 are shown below.

The Directors have no beneficial interest in the company.

Finley Harnett – Chair
Stefano Zammattio-Treasurer- resigned 10/09/24
Chloe Edis
Alexis Watkins-resigned 17/10/24
Nicole Henry- resigned 18/07/24
Nikita Arif
Stephen Engineer- appointed as Treasurer 18/07/24
Sima Patel - appointed 09/01/25

Company Secretary - Rowena Jaber

The directors and members of the Board of Trustees of the charity at the date of the report are as shown
on page 1.

Staff Team during the year ended 31st March 2025:

Rowena Jaber - Centre Director and Chief Executive
Hemita Patel - Finance and Administration Manager
Kaira Hunjan - Lead Psychotherapist
Gary Daines – Psychotherapist (Left July 2024)
Deborah Sanderson - Digital Systems Manager
Hafiza Ali – Lived Experience Peer Support Worker (Left Nov 2024)

External Clinical Supervision provided by:

Alison White

Many thanks to all the young people who help us through volunteering and campaigning.

Over 90 children and young people age 12 -25 who self harm accessed early intervention support through open ended Psychotherapy, Self harm Peer Support and Art Therapy Groups.

This year we noticed increased suicide ideation and children struggling with anxiety, coping skills and emotional resilience, particularly the mid-teens many of whom were living in family or care conditions that got worse since the pandemic. There has also been a significant rise in disordered eating and young people with learning development needs struggling to access support services. At the time of writing this report, we are tracking the impact of AI on youth mental health, particularly the use of Chat GPT and other platforms and related risks including suicide prevention.

Schools remained our highest referrer with an increase in self and parent/carer referrals

Referrer Role	Count	%
Schools	31	34%
Self\Parent\Carer	24	26%
Health	22	24%
Social Care	13	14%
Other Statutory\Voluntary	2	2%
Grand Total	**92**	**100%**

In terms of gender, the majority of young people identified as Female (91%) and the majority (77%) were ages 18 and under.

We continue to be successful in outreaching to and engaging with young people from minoritized backgrounds, and 72% were non White British.

Row Labels	Count	%
White British	26	28%
Asian or Asian British Indian	16	17%
Any other Asian Background	11	12%
Any other White Background	9	10%
Any other Mixed Background	6	7%
Mixed White and Black Caribbean	5	5%
Black or Black British Caribbean	4	4%
Black or Black British African	4	4%
Asian or Asian British Pakistani	4	4%
Asian or Asian British Bangladeshi	3	3%
Any Other Ethnic Group	3	3%
Mixed White and Black African	1	1%
Grand Total	**92**	**100%**

We planned over the last year to increase the number of peer support groups and art therapy on offer and to adapt our psychotherapy model so that we are able to meet the high demand for our services and support more young people.

Art Therapy Groups (new offer)

We provided specialist support for self-harm and other emotional issues for ages 16+ where early intervention (during early adolescence) had perhaps not been taken up.
The time and methods of outreach and engagement were intensive and involved the therapist/s; youth support worker and centre director by text, phone calls, pre meetings etc. This outreach was very successful in meeting all three objectives.

In such cases, we found that the prevalence of trauma was greater in these individuals - as adverse experiences were often more complex and multiple traumas were unprocessed in the young people. In such cases longer term psychotherapy was offered alongside a group intervention. This also worked in reverse - having a group intervention and when this was complete - individual therapy being offered.

The art therapy group was a particular success and it worked well with young adults aged between 18-22. We worked with a maximum of 7 at any given time and the outcomes for self harm and suicidal ideation were testament to the work done by the group members.

The Arts therapy group was a group with it's basis in art therapy however it was adapted to incorporate Wish's peer support model. Participants felt the weekly check ins which were mostly verbal but sometimes used the arts were a vital part of the group process. By the end of the group, self harm was an area they felt more comfortable to talk about with each other. Shame and stigma had been minimised, and we noticed that for the majority of the members there was a shift towards viewing themselves with more self compassion.

“I observed the group grow in confidence through the 9 months. I felt this was achieved through regular and consistent attendance of the group. The safety of sharing their experiences through metaphor as well as verbally in the group. Our outcomes clearly show that for all group members their self harm improved - 60% felt it was better than when they started the group and 40% felt that self harm had improved a lot. In regards to suicidal ideation there was an 80% improvement in this area - 60% "felt better" and 20% felt their suicidal thoughts had improved a lot”, Kaira Hunjan, Lead Psychotherapist.

The Art Therapy group started in September 2024 and finished at the end of June 2025. It is a group specifically tailored for young adults between the ages of 18 – 25. Run on a weekly basis for two hours and held at our centre in Harrow Weald. It has been a rolling group of seven Young Adults (YA) joining and leaving at different times throughout its duration, with core group members who attend regularly.

Referral criteria – Young adults of mixed genders aged between 18-25 who live in Harrow, have a Harrow GP, or attend a Harrow College/University. Primary criteria: YA who are self-harming and/or have a history of self-harm. Referrals for this service came from a range of different organisations including CMHT at Bentley House, IAPT, Colleges, voluntary sector, and self-referrals.
Participants had existing diagnoses for: Depression, Neurodiversity including – ADHD, cognitive functioning difficulties, ASD. Anxiety, Schizophrenia, PTSD, gender dysphoria, physical health issues (Chronic fatigue). Other difficulties experienced and presenting issues included: suicidal ideation with some major historic suicide attempts as well as hospitalisations, substance misuse, low self-esteem, trauma, insomnia and bullying.

Approach- Initial assessments were conducted to assess current safeguarding risks and to determine suitability for the group. The aim of the group was to provide a warm, trusting and supportive environment. As well as a caring, young adult centered group that people enjoyed being in. Additionally, the space had to be non-judgemental and “brave” so that members could share their life experiences and struggles through the creative arts. These conditions allowed for the Arts to be a “creative expression to communicate feelings, rather than aiming at aesthetically pleasing end products to be judged by external standards” (Liebmann 2004: 7). Each session was stand alone and followed a theme-based approach. This consisted of a formal structure with an introduction including a group check in, art making time followed by group/peer sharing and processing of feelings and material/themes. Sessions finished with grounding and a check out.

Benefits and Outcomes: The group space became a democratic space, where power and responsibility could be shared as well as a space for social learning. YA with similar needs provided mutual support for each other and helped with mutual problem solving and this was demonstrated through check ins as well as peer/group discussions. This in turn provided group members opportunities to learn from feedback from one another. The art therapy group was an economical way of using expertise to help several people at the same time. Using art generates a lot of material and this can often accelerate group processes and dynamics. Expression through the arts can sometimes be the only way to access unconscious processes as trauma especially is difficult to process through verbal means alone. Open discussions were had about self-harm and suicidal ideation and this also presented opportunities to implement psycho education.

Safeguarding: Weekly group check ins were a means of assessing risk. An attempted suicide by a group member was shared during a group session and an immediate referral to CMHT as well as adult safeguarding was made. A small number of group members received support from The Cove in times of crisis.

Example of activities – A directive approach was used during the majority of the group sessions. Elements of Eco therapy took place where the group experienced being outside in nature and then brought back that experience into the art room. Participation in individual as well as collaborative art making. Various art media was used including clay, paint, collage, mixed media, pastels, masks. Examples of group themes were “When was the last time you felt good about yourself”, “How do you see yourself, how do others see you and how would you like to be seen.” Individual emotions were explored through art and responses to their creative processes. As was expression through music, movement and guided visualisations.

Feedback from group members:
Group member 1: Trans (M-F), 19 years old, White British. NEET. "I found it very helpful in finding better and less harmful outlets for pain." Secured an apprenticeship, volunteered in a local charity shop and left the group as they moved to the South Coast to start a new life.

Group member 2: Female, 19 years old, British Asian (Pakistani). Gap Year and working part time. “I found the group sessions unlike something I have ever done before and enjoyed them.” Has secured a place at university to study Medicine in September.

Group member 3: Female, 22 years old, British Asian (Indian). Gap year and working part time. "Really helpful outlet to get away from life and to just get in touch with emotions and to focus on something different" “I really liked meeting others going through similar things – made me feel not alone. And also quite fun to do art.” Due to start an MA in Oct/Jan and applying to be a WISH Trustee.

Group member 4: Male, 22 years old, White British and Irish. Student: Final year of university. "It's a nice, calming and friendly environment" “Overall the Art Therapy group has been a safe space for me and had me get in touch with my feelings.” Has completed final year of university and will be seeking full time work.

Group member 5: Female, 21 years old, British Asian (Pakistani). NEET.

Group member 6: Female, 19 year old, British Asian (Indian). NEET. “Thank you, I appreciate all the help.” Left the group as secured a job in Marketing and is now working full time.

Group member 7: Female, 21 years old, White European. Student at University. “It was great being there and doing all we did.” Continuing University.

Feedback forms recorded the following:

All of the young adults who attended the Arts therapy group found it helpful and as a result of the support felt more heard and understood. All participants felt they got in touch with their feelings through the process of making art and were also better able to express their feelings through art.
80% of group members said that making art has become an outlet for them and 80% also stated that they have gained a better understanding of themselves through making art.

Outcomes at the end of Group in the following areas:

- Confidence & Self Esteem : 80% felt "Better" and 20% no change
- Anxiety: 60% felt "Better" and 40% no change
- Self Harm: 60% felt "Better" and 40% "improved alot"
- Personal Safety: 60% felt "better" and 20% "Improved alot" and 20% no change
- Sadness/Depression: 60% felt "Better" and 40% no change
- Happiness/Coping: 80% felt "Better" and 20% "Improved alot"
- Suicidal Thoughts: 60% felt "Better" and 20% improved alot and 20% no change

Self Harm Peer Support Groups

The recruitment of a youth support worker (albeit for a short period of time) meant that we could once again start our peer support groups. Disordered Eating, Self Injury (self harm) and anxiety were the lead issues. Over 60% of the young people were from minoritized black ethnic communities and over 80% female or identify as non binary.

The young people shared how meaningful the experience was because they felt understood by others going through the same issues as them. Young people from six different schools were part of the group which meant we reached teenagers in other Harrow high schools (aside from Whitmore and Bentley Wood).

The Self Harm Peer Support Groups were for young women and trans female to male youth ages 13 to 16 years, with a focus on Disordered Eating in addition to Self Harm.

The Peer Support Groups continue to be a vibrant and critical lifeline for young people, including those who do not want to engage with any one to one support.

Our track record shows that we are successful in outreaching to and engaging young people who are non binary young adults, black young adults and those with a history of bulimia, binge eating and restrictive dieting.

Presentations have mainly been around restrictive eating and purging alongside self harm. Like with self harm this behaviour is often hidden - particularly the purging part which is often shared by the young person during the course of therapy. Excessive exercising often presents alongside calory restriction.

The young people in the group presented with varying degrees of disordered eating (most without a diagnosis). We provided snacks and drinks during the group and set boundaries and rules around eating/purging/other behaviours around eating. Psychoeducation was also part of this.
A long-standing member of the group who was given a diagnosis of anorexia accessed the ARC intensive day programme a few months into the group starting. The young person felt the group was too important to them to stop and therefore continued to attend whilst attending ARC during the day. This was despite a long journey back to Harrow from the other side of London.

Case Study "M" Self harm & Disordered Eating

M" is a 15 year old mixed race female referred to us by mum whilst on the CAMHS waitlist. She had a history with St Vincents (Eating Disorders Hospital) and had refused counselling from a number of services. We outreached to M by text and met her, and she attended our ED & Self harm Peer Support Group between June and December 2024. During this time she was case managed by CAMHS and CEDS for weigh in's and given a diagnosis of anorexia. She was at risk of being excluded from her High School but had to leave as her she was struggling with eating and attended ARC. M came to group every week and fully participated. The group supported her in deciding to try the ARC Programme.

M has kept in touch with us and self referred for one-one psychotherapy. She has refused other services, and was offered family therapy with CEDS and turned it down. M started weekly psychotherapy with us and has engaged well, attended 11 sessions consistently (even during the summer holidays). In therapy she has begun to share extensively around her childhood, which has been traumatic with numerous adverse childhood experiences including emotional and physical abuse as well as neglect. Due to the extent of M's illness and ongoing emotional struggles she was home schooled for 9 months and attended the ARC day programme at the end of 2024. She is continuing to be case managed by CEDS on a monthly basis and is awaiting a discharge to CAMHS for an ASD assessment. M has returned to her High school and is now in Year 11, hoping to take her GCSE's in the summer despite the many challenges she has faced. We are continuing to support M and anticipate that this will be a long-term intervention for at least a year. This project is critical in supporting young people who go through the system and who could end up with no interventions and high risk.

Individual Psychotherapy

Over the last year our 1-1 psychotherapy support was based in two schools – Whitmore and Bentley Wood High schools due to specific funding and commissioning. We worked with our existing model of offering long term psychotherapy. This consisted of effective short-term therapy (6 sessions), medium term (6-20 sessions) and longer term (20+ sessions). With a small percentage of young people being seen for a duration of 18 months. Despite a reduction in our therapy capacity, we still managed to see young people relatively quickly from the point of referral.

Self harm continued to be the entry point for referrals to the service. The issues young people have been facing are: bereavement, parental illness both physical and mental, friendship issues, bullying, gender dysphoria. Sexual identity, trauma (sexual abuse/violence, CSE), suicidal ideation as well as previous suicide attempts. We are continuing to see more young people struggling with suicidal ideation alongside self-harm and there are increasing challenges that come with this.

The impact of Gary (one of our long term therapists) leaving (after eighteen years of service) meant that we couldn't reach as many young people as we previously could. We also lost the expertise of a very experienced practitioner who was instrumental in establishing the therapy service. With only one therapist, there was a real struggle to meet the demands on the service.

Overall, the number of self referrals (14+) and parent/carer referrals have continued to grow, and our work around the reduction of the CAMHS waitlist together with limited resources locally has resulted in significant referrals from health and other statutory agencies.

Young adults (18+) are increasingly being referred for support and the age group 16-25 years now comprise of over 50% of our service users.

Our Outcomes for young people continue to be excellent, with over 80% stopping or significantly reducing their self harm.

There is also a wider impact our community model made which includes:
• Addressing inequalities – the project was successful in targeting young people from minoritised communities including NEET young people. There was a high number of non binary and trans young people, particularly in the Art Therapy groups which provided a safe, non judgmental and supportive space.

• Better identifying unmet need – through the provision of outreach we were able to successfully engage with young people who had not previously accessed services. We did this through printed and digital poster campaigns on social media and in colleges, GP surgeries, health clinics with QR self referral codes. Young people were able to access Art Therapy Groups and Psychotherapy.

• Improving equality of access to early intervention and engagement and navigation of support – the outreach digitally and in person meant a swift engagement.

Going forward we are planning to build the infrastructure of the staff team so that we have more capacity to reach more young people. This will include a Deputy CEO post and a Marketing and Communications role.

We are refreshing our three-year Strategy and are excited to make decisions on where and how to have the greatest impact for young people so that they are able to move forward from distress to optimistic and purposeful young lives.

Rowena Jaber

Centre Director

FINANCIAL REVIEW

It is the policy of The WISH Centre Limited (WISH) to maintain general unrestricted reserves at a level to enable the charity to operate effectively. General unrestricted reserves represent funds of the charity that are freely available, excluding designated funds, reserved funds or funds invested in fixed assets.

The Trustees consider it prudent to work towards retaining general unrestricted reserves equivalent to three month's running costs to enable the charity to continue to provide services at the present level.

The trustees consider that reserves at this level are required due to:

- Risks associated with each income stream and expenditure being different from that budgeted planned activity level.
- Organisations commitments Reliability of Income - continuation of any of the current unrestricted income of WISH cannot be guaranteed.
- WISH's strategic and operational plans for the coming budgetary period and for the future years.

The Reserves Policy will allow WISH:

- Time to find and secure alternative funding, when an income stream dries up.
- To cover costs when there are possible late payments by funders.
- Time to negotiate with possible affected staff and give the required notice period when a lack of funding could lead to staff redundancies.
- To meet unexpected operational costs that may accumulate throughout the year.
- To support planned commitments or designations that cannot be met by future income alone.

Under the current reserves policy, the required level of reserves, based on 3 months of all costs for the year to 31st March 2025, is £55,500. The level of general unrestricted reserves (not already designated) at 31 March 2025 is £107,261 (2024: £54,159) equivalent to 193% of the target.

The Trustees hold funds in designated reserves for specific purposes. At 31 March 2025 the Trustees resolved to set aside funds of £5,000 (2024: £5,000) in a Development Fund: designated for website/ marketing/fundraising/and training; and £67,000 (2024: £67,000) in an Employment Fund: designated to provide future funding for the Charity's core posts if required and a provision for additional costs of redundancy or sickness.

The calculation of the required level of reserves is an integral part of the organisation's planning, budget and forecast cycle.

The statement of financial activities shows net incoming resources for the year of £268,705

The total restricted funds and reserves at the balance sheet date, stood at £303,230 of which £123,969 were restricted funds, £72,000 were designated funds and £107,261 were unrestricted reserves.

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the board and signed on its behalf dated: 11/27/25

Stephen Engineer

Stephen Engineer (Nov 27, 2025 13:50:01 GMT)

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Stephen Engineer- Treasurer

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS OF THE WISH CENTRE LIMITED

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2025 which are set out on pages 12 to 25.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's report

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Gary Pready FCA
Gravita Audit Oxford LLP

First Floor
Park Central
40-41 Park End Street
Oxford
OX1 1JD

Date 3 December 2025

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Income and Expenditure					
Incoming Resources					
Grants Received	3	-	227,195	227,195	203,410
Sundry Income		5,000	-	5,000	5,000
Commission Income		14,625	-	14,625	-
Voluntary Income and Donations		17,224	-	17,224	8,378
Interest and investment income	4	4,661	-	4,661	3,739
Total Income Resources		**41,510**	**227,195**	**268,705**	**220,527**
Resources Expended					
Direct charitable expenditure	5	158	186,462	186,620	208,491
Fundraising and publicity	6	-	534	534	2,081
Management, Governance and administration	7	260	12,005	12,265	11,429
Total Resources Expended		**418**	**199,001**	**199,420**	**222,001**
Net Incomong/(outgoing) Resources		**41,091**	**28,194**	**69,285**	**- 1,474**
Transfers between funds		**12,011**	**- 12,011**	**-**	**-**
Net movement in funds		**53,102**	**16,183**	**69,285**	**- 1,474**
Reconciliation of funds:					
Total funds brought forward at 1 April 2024		126,159	107,786	233,945	235,419
Total funds carried forward as 31 March 2025		179,261	123,969	303,230	233,945

BALANCE SHEET AS AT 31 MARCH 2025

	Notes		2025		2024
Fixed Assets		£	£	£	£
Tangible assets	9		541		721
Current Assets					
Debtors	10	-		2,167	
Cash at bank and in hand		306,910		238,064	
		306,910		**240,231**	
Total Current Assests					
Current Liabilities					
Amounts falling due within one year	11	4,221		7,006	
Total Current Liabilities		4,221		7,006	
Net Current Assets			302,689		233,225
Total Assets Less Current Liabilities			**303,230**		**233,945**
Funds					
Restricted income funds	13		123,969		107,786
Unrestricted Funds:					
Designated Funds	14	72,000		72,000	
General Reserve		107,261		54,159	
			179,261		126,159
TOTAL FUNDS			**303,230**		**233,945**

For the financial year ended 31 March 2025 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibility for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company. These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with. FRS 102.

On behalf of the Board and signed on its behalf dated: 11/27/25

Stephen Engineer

Stephen Engineer (Nov 27, 2025 13:50:01 GMT)

Stephen Engineer
Treasurer

SUMMARY INCOME AND EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025	2024
		£	£
Income receivable (income resources)		268,705	220,527
Expenditure (resources expended)		(199,420)	(222,001)
Net Surplus/(Deficit)for the year		**69,285**	**- 1,474**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting Policies

a) Basis of preparation

The wish centre financial statements are prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 as applicable to companies subject to the small companies regime and the Charities Act 2011 . The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared under the historical cost convention unless otherwise stated in the relevant accounting policy note. The accounts are prepared in sterling, which is the functional currency of the wish centre.

The charity constitutes a public benefit entity as defined by FRS102.

b) Incoming Resources

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Voluntary income and donations are included in the financial statements on a cash receivable basis, except when the donors specify that they must be used in future accounting periods or donors' conditions have not been fulfilled. In these cases, the income is deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor(s) intention to make a distribution. Where legacies have been notified to the charity or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated goods, income and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Gift aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

c) Fund Accounting

The charitable company maintains the following funds and reserves policies;

- **Unrestricted**: These are funds which can be used in accordance with the charity's objectives at the discretion of the Trustees.
- **Designated:** These are funds set aside by the Trustees out of unrestricted funds for specific future purposes.
- **Restricted:** These are funds that can only be used for particular purposes. Restrictions arise when specified by the donor.

d) Resources Expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to each particular category. Where costs cannot be directly attributed to particular headings they are allocated to activities on a basis consistent with the use of those resources.

Direct charitable expenditure represents costs incurred in meeting the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity and compliance with its constitutional and statutory requirements.
A full analysis of resources expended is given in the notes to the financial statements.

e) Tangible fixed assets and depreciation

Individual fixed assets are capitalised at cost when over £1,000. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Fixtures, fittings and equipment	25% reducing balance basis

f) Intangible assets

Intangible assets comprise an acquired website and development expenditure.
Intangible assets are initially recognized at cost. Amortisation is charged on a straight line basis over the expected useful life of the asset, as follows:

Website	3 years straight line basis

g) Pension costs

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate. The employer's pension contributions are allocated to each fund based on the percentage of salary allocated to each fund.

h) Leases

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases. Rental payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease except where another more systematic basis is more representative of the time pattern in which economic benefits from the lease asset are consumed.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025
(continued)

2 Share Capital

The company has no share capital. The liability of its members is limited to £10 each.

3 Grants	**2025**	**2024**
Grants receivable were:	**£**	**£**
Restricted:		
Bentley Wood High School	-	13,162
British Airways/Comic Relief	100,107	-
John Lyon's Charity - Collaboration Fund	60,500	60,500
John Lyon's Charity - Recovery Fund	-	50,000
Mind In Harrow/ CNWL	-	8,134
Mind In Harrow/ Heads Up	26,382	25,614
Young Harrow Foundation/Change Makers	206	15,000
Young Harrow Foundation/CNWL	20,000	20,000
Young Harrow Foundation/Family Hub	-	1,000
Young Harrow Foundation/Disordered Eating Prevention	20,000	-
Unrestricted:		
John Lyons Cost Of Living Uplift	-	10,000
	£ 227,195	**£ 203,410**

These grants, including local government grants from Harrow Council, are in respect of maintaining the existence of The WISH Centre, and to provide specialist services to enable it to achieve its objectives as described on page 4 onwards.

4 **Interest and Investment Income**	**2025**	**2024**
	£	**£**
Bank interest received	£ 4,661	£ 3,739

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025
(continued)

5 **Direct Charitable Expenditure**	**Unrestricted Funds £**	**Restricted Funds £**	**2025 Total £**	**2024 Total £**
Direct project cost	- 91	5,052	4,962	5,582
Travel and subsistence	98	137	234	185
Staff salaries	-	141,042	141,042	159,779
Employers NIC	-	13,600	13,600	15,539
Employers pension contributions	-	6,040	6,040	6,082
Office rent, rates and associated costs	-	16,196	16,196	16,498
Staff training, development welfare and recruitment	- 4	841	837	813
Volunteer expenses	-	11	11	259
Printing, postage and stationery	-	129	129	63
Equipment	-	-	-	579
Telephone	74	1,529	1,603	1,168
IT and office supplies	34	1,199	1,233	1,191
Membership and subscription costs	47	686	733	753
TOTAL	**£ 158**	**£ 186,462**	**£ 186,620**	**£ 208,491**

6 **Fundraising and Publicity**	**Unrestricted Funds £**	**Restricted Funds £**	**2025 Total £**	**2024 Total £**
Advertising and publications	-	359	359	474
Fundraising costs	-	-	-	43
Internet and website	-	175	175	1,564
TOTAL	**£ -**	**£ 534**	**£ 534**	**£ 2,081**

7 **Management, Governance and Administration**	**Unrestricted Funds £**	**Restricted Funds £**	**2025 Total £**	**2024 Total £**
Insurance	-	1,785	1,785	1,632
Bank charges	68	60	128	65
Accountancy & legal fees	-	2,085	2,085	2,217
External Finance Function	-	7,590	7,590	6,600
Management meeting expenses	12	485	497	675
Depreciation	180	-	180	240
TOTAL	**£ 260**	**£ 12,005**	**£ 12,265**	**£ 11,429**

Included under Accountancy and legal fees above are independent examination and associated accountancy fees of £2,000 (2024: £1,980)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025
(continued)

8 Staff Costs and Emoluments, trustee remuneration and expenses and the cost of key management personnel

	2025 £	2024 £
Staff salaries	141,042	159,779
Social security costs	13,600	15,539
Employer pension contributions	6,040	6,082
	£ 160,682	**£ 181,400**

One employee received employee benefits of more than £60,000.

None of the trustees have been paid any remuneration or received any other benefits from employment with The WISH Centre Ltd or a related entity. Trustee expenses totalling £37 (2024: £47) have been reimbursed in the year.
The key management personnel of The WISH Centre Ltd comprise of the trustees and the Chief Executive Officer. The employee benefits of the key management personnel including employer's NIC, total £66,144

The average number of employees in the year were as follows:

	2025 Number	2024 Number
Employees	**4**	**6**

9 **Tangible Fixed Assets**

	Fixtures, Fittings and Equipment £
Cost at 1 April 2024	7,144
Additions	-
Disposals	-
Cost at 31 March 2025	**7,144**
Depreciation at 1 April 2024	6,423
Charge for the year	180
Disposals	-
Depreciation at 31 March 2025	**6,603**
Net book value at 31 March 2025	**£ 541**
Net book value at 31 March 2024	**£ 721**

THE WISH CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025
(continued)

10 Debtors	2025	2024
	£	£
Trade debtors	-	-
Prepayments and accrued income	-	2,167
	£ -	£ 2,167

11 Liabilities Falling Due Within One Year	2025	2024
	£	£
Trade creditors	727	460
Taxation, social security and pension contributions	661	3,753
Accruals and deferred income	2,472	1,980
Other creditors	361	813
	£ 4,221	£ 7,006

Deferred Income reconciliation	2025	2024
	£	£
Balance brought forward	-	11,800
Amount released	-	(11,800)
Amount deferred for the year	-	-
Balance carried forward	£ -	£ -

Monies invoiced under performance related grants have been deferred where appropriate

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 (continued)

12 Operating lease commitments

Lessee
At the reporting end date the company had outstanding commitments for future minimum lease payments under non-cancellable operating leases, as follows:

	2025	2024
	£	£
Amounts falling due within one year	1,127	1,083
Amounts falling due after one year	-	-

A total of £12,518 was recognised as an operating lease expense in the period (2024: £14,083)

13 Restricted Funds

	Opening Balance at 31-Mar 24	Income	Expenditure	Net transfer from unrestricted funds	Closing Balance as at 31-Mar-25
	£	£	£	£	£
British Airways/Comic Relief	-	100,107	40,973	-	59,134
Bentley Wood High School	13,163	-	-	- 13,163	-
John Lyon's Charity	5,159	-	5,159	-	-
John Lyon's Charity - Recovery Fund	9,285	-	9,292	7	-
BBC Children in Need	8,654	-	8,654	-	-
John Lyon's Charity - Collaboration Fund	30,351	60,500	37,893	-	52,958
Young Harrow Foundation/Change Makers	11,097	206	10,595	-	708
Young Harrow Foundation/Disordered Eating	-	20,000	16,993	-	3,007
Young Harrow Foundation/Family Hub	333	-	333	-	-
Mind in Harrow/Comic Relief	- 1,145	-	-	1,145	-
Mind In Harrow/ Heads Up Consortium	19,597	26,382	39,912	-	6,067
Mind In Harrow/CNWL- CAMHS Reduction	1,849	-	-	-	1,849
Young Harrow Foundation/ CNWL 16-25	9,291	20,000	29,045	-	246
Brook Young People Funding	152	-	152	-	-
TOTAL	**£ 107,786**	**£ 227,195**	**£ 199,001**	**-£ 12,011**	**£ 123,969**

Restricted funds relate to grants received for specific expenditure which has not been fully utilised at the balance sheet date.
The fund in respect of Bentley Wood High School was transferred from restricted to unrestricted funds during the year, following reassessment of the nature of the terms in place.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 (continued)

14 Restricted Funds (Previous Year)

	Opening Balance at 31-Mar 23 £	Income £	Expenditure £	Net transfer from unrestricted funds £	Closing Balance as at 31-Mar-24 £
Harrow Council LCPF- Place Based Funding	-	-	1,122	1,122	-
Bentley Wood High School	-	13,163	-	-	13,163
John Lyon's Charity	33,120	-	27,961	-	5,159
John Lyon's Charity - Recovery Fund	19,141	50,000	59,856	-	9,285
BBC Children in Need	43,134	-	34,480	-	8,654
John Lyon's Charity - Collaboration Fund	19,624	60,499	49,771	-	30,351
Young Harrow Foundation/Change Makers	-	15,000	3,903	-	11,097
Young Harrow Foundation/Family Hub	-	1,000	667	-	333
Mind in Harrow/Comic Relief	- 1,145	-	-	-	- 1,145
Mind In Harrow/ Heads Up Consortium	-	25,614	6,018	-	19,597
Mind In Harrow/CNWL- CAMHS Reduction	9,676	8,134	15,961	-	1,849
Young Harrow Foundation/ CNWL 16-25	-	20,000	10,709	-	9,291
Brook Young People Funding	152	-	-	-	152
TOTAL	**£ 123,702**	**£ 193,409**	**£ 210,448**	**£ 1,122**	**£ 107,786**

15 Designated Funds

Designated funds have been set aside by the trustees out of unrestricted funds as follows:

	2025 £	2024 £
Development fund	5,000	5,000
Employment fund	67,000	67,000
	£ 72,000	**£ 72,000**

16 Income from general donations, donated goods and donated services

We are very grateful to the many individuals and the organisations who have supported our work through donations and fundraising events.

17 Related party transactions

There were no related party transactions in the reporting period that require disclosure.

18 Going concern

The Trustees consider that there are no material uncertainties about the ability of the Charity to continue as a going concern. In making this assessment we have considered the likely charitable conditions for a period of twelve months from the date of our approval of these accounts.

The WISH Centre TAR and Annual Accounts 2024-25 - to be signed

Final Audit Report 2025-11-27

Created:	2025-11-26
By:	Helen Beesly (helen@beeslyconsulting.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAAJ7ZMokQS4aWYByZLasK2VUP8jKT4vMmq

"The WISH Centre TAR and Annual Accounts 2024-25 - to be signed" History

Document created by Helen Beesly (helen@beeslyconsulting.com)
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Agreement completed.
2025-11-27 - 1:50:01 PM GMT

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THE WISH CENTRE LIMITED

England & Wales - Charity number 1125263

Accounts

THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

Company Limited by Guarantee No. 05060450
Registered Charity No. 1125263

THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

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Balance Sheet	7
Statement of Financial Activities	8
Summary Income and Expenditure Statement	9
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THE WISH CENTRE LIMITED

COMPANY AND CHARITY INFORMATION

THE WISH CENTRE LIMITED	A company limited by guarantee
CHARITY REGISTRATION NUMBER	1125263
COMPANY REGISTRATION NUMBER	05060450
REGISTERED OFFICE	85 Great Portland Street London England W1W 7LT
PRINCIPAL OFFICE	Cedars Youth and Community Centre Chicheley Road Harrow Weald HA3 6QH
DIRECTORS AND TRUSTEES	Finley Harnett (Chair) Stefano Zammattio (Treasurer until 10th September 2024) Mahum Arif (Nikita Arif) Chloe Edis Alexis Watkins Stephen Engineer (Treasurer from 18th July 2024)
COMPANY SECRETARY & CHIEF EXECUTIVE	Rowena Jaber
INDEPENDENT EXAMINERS	Critchleys Audit LLP Beaver House 23-38 Hythe Bridge Street Oxford OX1 2EP
BANKERS	HSBC 26-28 St Ann's Road Harrow HA2 6QQ

DIRECTORS' AND TRUSTEES' ANNUAL REPORT

The Directors of The WISH Centre Limited, who are also Trustees, present their annual report with the independently examined financial statements of the charitable company for the year ended 31 March 2024. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102)

STRUCTURE, GOVERNANCE AND MANAGEMENT

The WISH Centre Limited was incorporated in England on 2 March 2004 under registration no. 05060450, as a company limited by guarantee and is governed by its Memorandum and Articles of Association. The company was registered as a Charity in England on 30 July 2008 under registration no. 1125263. The registered office is 85 Great Portland Street, London, W1W 7LT.

The Directors are appointed in accordance with the company's Articles of Association. The induction procedure consists of a meeting with the Chief Executive and also with the Chair of The WISH Centre Ltd. A new Trustee is also provided with relevant policies and procedures such as the Memorandum and Articles of Association and details of the finance policy. A 'skills audit' is periodically undertaken to ensure a variety of skills are represented amongst Trustees.

The charity has a Chief Executive who manages the day to day running of the charitable company and who has overall responsibility for the various projects. The Trustees, who are also Directors, meet regularly throughout the year to discuss the charitable company's business affairs.

Company law requires the Trustees, who are also Directors, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

In preparing those financial statements the Directors 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 accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The Directors and Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees periodically review the charity's circumstances in order to identify and mitigate the major risks to which it is exposed and have established systems to mitigate those risks.

The Directors, who are also Trustees, during the year ended 31 March 2024 are shown below.
The Directors have no beneficial interest in the company.

Claire Kiely (Chair) – resigned 15/11/2023
Finley Harnett – Chair from 15/11/2023
Stefano Zammattio (Treasurer)
Bankita Asher – resigned 15/11/2023
Chloe Edis
Alexis Watkins
Nicole Henry- resigned 18/07/24
Mahum Arif (Nikita Arif) - appointed 31/01/24
Stephen Engineer- appointed as Treasurer 18/07/24

Company Secretary - Rowena Jaber

The directors and members of the Board of Trustees of the charity at the date of the report are as shown on page 1.

Staff Team during the year ended 31st March 2024:
Rowena Jaber - Centre Director and Chief Executive
Hemita Patel - Finance and Administration Officer
Kaira Hunjan - Lead Psychotherapist
Gary Daines – Psychotherapist
Deborah Sanderson - Digital Systems Manager
Rina Patel – Integrative Counsellor
Tarun Mattu – Marketing and Comms
Ellen Nicholls -Youth Support Worker

External Clinical Supervision provided by:

Alison White

Many thanks to all the young people who help us through volunteering and campaigning.

Over 100 children and young people age 12 -25 who self harm and are in distress accessed early intervention support through open ended Psychotherapy, Self harm Peer Support and Art Therapy Groups.

This year we noticed increased suicide ideation and children struggling with anxiety, coping skills and emotional resilience, particularly the mid-teens many of whom were living in family or care conditions that got worse since the pandemic.

There has also been a significant rise in disordered eating and young people with learning development needs struggling to access support services.

Overall, the number of self referrals (14+) and parent/carer referrals have continued to grow, and our work around the reduction of the CAMHS waitlist together with limited resources locally has resulted in significant referrals from health and other statutory agencies.

Young adults (18+) are increasingly being referred for support and the age group 16-25 years now comprise of over 50% of our service users.

Our Outcomes for young people continue to be excellent, with over 80% stopping or significantly reducing their self harm.

There is also a wider impact our community model made includes:
• Addressing inequalities – the project was successful in targeting young people from minoritised communities including NEET young people. There was a high number of non binary and trans young people, particularly in the Art Therapy groups which provided a safe, non judgmental and supportive space.

• Better identifying unmet need – through the provision of outreach we were able to successfully engage with young people who had not previously accessed services. We did this through printed and digital poster campaigns on social media and in colleges, GP surgeries, health clinics with QR self referral codes. Young people were able to access Art Therapy Groups and Psychotherapy.

• Improving equality of access to early intervention and engagement and navigation of support – the outreach digitally and in person meant a swift engagement.

Going forward we are planning to increase the number of peer support groups and art therapy on offer and adapt our psychotherapy model so we are able to meet the high demand for our services and support more young people.

Rowena Jaber

Centre Director

FINANCIAL REVIEW

It is the policy of The WISH Centre Limited (WISH) to maintain general unrestricted reserves at a level to enable the charity to operate effectively. General unrestricted reserves represent funds of the charity that are freely available, excluding designated funds, reserved funds or funds invested in fixed assets.

The Trustees consider it prudent to work towards retaining general unrestricted reserves equivalent to three month's running costs to enable the charity to continue to provide services at the present level.

The trustees consider that reserves at this level are required due to:

* Risks associated with each income stream and expenditure being different from that budgeted planned activity level.
* Organisations commitments Reliability of Income - continuation of any of the current unrestricted income of WISH cannot be guaranteed.
* WISH's strategic and operational plans for the coming budgetary period and for the future years.

The Reserves Policy will allow WISH:

* Time to find and secure alternative funding, when an income stream dries up.
* To cover costs when there are possible late payments by funders.
* Time to negotiate with possible affected staff and give the required notice period when a lack of funding could lead to staff redundancies.
* To meet unexpected operational costs that may accumulate throughout the year.
* To support planned commitments or designations that cannot be met by future income alone.

Under the current reserves policy, the required level of reserves, based on 3 months of all costs for the year to 31st March 2024, is £55,500. The level of general unrestricted reserves (not already designated) at 31 March 2024 is £54,159 (2023: £66,717) equivalent to 97.6% of the target.

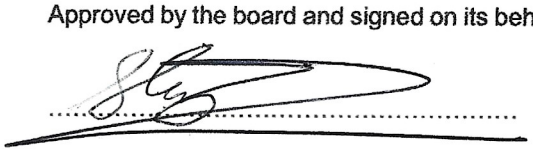
The Trustees hold funds in designated reserves for specific purposes. At 31 March 2024 the Trustees resolved to set aside funds of £5,000 (2023: £5,000) in a Development Fund: designated for website/ marketing/fundraising/and training; and £67,000 (2023: £40,000) in an Employment Fund: designated to provide future funding for the Charity's core posts if required and a provision for additional costs of redundancy or sickness.

The calculation of the required level of reserves is an integral part of the organisation's planning, budget and forecast cycle.

The statement of financial activities shows net incoming resources for the year of £220,527. The total restricted funds and reserves at the balance sheet date, stood at £233,945 of which £107,786 were restricted funds, £72,000 were designated funds and £54,159 were unrestricted reserves.

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the board and signed on its behalf dated:



Stephen Engineer- Treasurer

23 September 2024

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS OF THE WISH CENTRE LIMITED

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages 7 to 17.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's report

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Hannah Ormston CIPFA ACA
Critchleys Audit LLP

Beaver House
23-38 Hythe Bridge Street
Oxford
OX1 2EP

Date: 3 October 2024

BALANCE SHEET AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Fixed Assets					
Tangible assets	9		721		961
Current Assets					
Debtors	10	2,167		-	
Cash at bank and in hand		238,063		250,887	
		240,230		**250,887**	
Total Current Assests					
Current Liabilities					
Amounts falling due within one year	11	7,006		16,429	
Total Current Liabilities		7,006		16,429	
Net Current Assets			233,224		234,458
Total Assets Less Current Liabilities			**233,944**		**235,419**
Funds					
Restricted income funds	13		107,785		123,702
Unrestricted Funds:					
Designated Funds	14	72,000		45,000	
General Reserve		54,159		66,717	
			126,159		111,717
TOTAL FUNDS			**233,944**		**235,419**

For the financial year ended 31 March 2024 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibility for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company. These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with. FRS 102.

On behalf of the Board and signed on its behalf dated:

Stephen Engineer
Treasurer

23 September 2024

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds £	Restricted Funds £	2024 £	Total Funds 2023 £
Income and Expenditure					
Incoming Resources					
Grants Received	3	10,000	193,410	203,410	262,862
Education and trainings		-	-	-	-
Sundry Income		5,000	-	5,000	5,000
Meeting, conferences workshops and sessions		-	-	-	250
Voluntary Income and Donations		8,378	-	8,378	7,332
Interest and investment income	4	3,739	-	3,739	954
Total Income Resources		**27,117**	**193,410**	**220,527**	**276,398**
Resources Expended					
Direct charitable expenditure	5	8,329	200,162	208,491	219,442
Fundraising and publicity	6	-	2,081	2,081	8,343
Management, Governance and administration	7	3,224	8,205	11,429	10,284
Total Resources Expended		**11,553**	**210,448**	**222,001**	**238,069**
Net Incomong/(outgoing) Resources		**15,564**	**(17,038)**	**(1,474)**	**38,329**
Transfers between funds		**(1,122)**	**1,122**	**-**	**-**
Net movement in funds		**14,442**	**(15,916)**	**(1,474)**	**38,329**
Reconciliation of funds:					
Total funds brought forward at 1 April 2023		111,717	123,702	235,419	197,090
Total funds carried forward as 31 March 2024		126,159	107,786	233,945	235,419

SUMMARY INCOME AND EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2023 £
Income receivable (income resources)		220,527	276,398
Exenditure (resources expended)		(222,001)	(238,069)
Net Surplus/(Deficit)for the year		**(1,474)**	**38,329**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting Policies

a) **Basis of preparation**

The **wïsh centre** financial statements are prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 as applicable to companies subject to the small companies regime and the Charities Act 2011 . The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared under the historical cost convention unless otherwise stated in the relevant accounting policy note. The accounts are prepared in sterling, which is the functional currency of the **wïsh centre**.

The charity constitutes a public benefit entity as defined by FRS102.

b) **Incoming Resources**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Voluntary income and donations are included in the financial statements on a cash receivable basis, except when the donors specify that they must be used in future accounting periods or donors' conditions have not been fulfilled. In these cases, the income is deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor(s) intention to make a distribution. Where legacies have been notified to the charity or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated goods, income and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Gift aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

c) **Fund Accounting**

The charitable company maintains the following funds and reserves policies;

Unrestricted - These are funds which can be used in accordance with the charity's objectives at the discretion of the Trustees.

Designated - These are funds set aside by the Trustees out of unrestricted funds for specific future purposes.

Restricted - These are funds that can only be used for particular purposes. Restrictions arise when specified by the donor.

d) **Resources Expended**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to each particular category. Where costs cannot be directly attributed to particular headings they are allocated to activities on a basis consistent with the use of those resources.

Direct charitable expenditure represents costs incurred in meeting the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity and compliance with its constitutional and statutory requirements.

A full analysis of resources expended is given in the notes to the financial statements.

e) **Tangible fixed assets and depreciation**

Individual fixed assets are capitalised at cost. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Fixtures, fittings and equipment	25% reducing balance basis

f) **Pension costs**

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate. The employer's pension contributions are allocated to each fund based on the percentage of salary allocated to each fund.

g) **Leases**

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases. Rental payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease except where another more systematic basis is more representative of the time pattern in which economic benefits from the lease asset are consumed.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023
(continued)

2 Share Capital

The company has no share capital. The liability of its members is limited to £10 each.

3 Grants	**2024**	**2023**
Grants receivable were:	**£**	**£**
Restricted:		
BBC Children in Need	-	39,978
Bentley Wood High School	13,162	-
Brook Young People Funding	-	4,000
Harrow Council - LCPF Place Based Funding	-	29,693
John Lyon's Charity	-	30,000
John Lyon's Charity - Collaboration Fund	60,500	60,500
John Lyon's Charity - Recovery Fund	50,000	50,000
Mind In Harrow/ CNWL	8,134	-
Mind In Harrow/ Heads Up Consortium	25,614	-
Mind in Harrow/Comic Relief	-	25,191
Young Harrow Foundation/Change Makers	15,000	-
Young Harrow Foundation/CNWL	20,000	23,000
Young Harrow Foundation/Family Hub	1,000	-
Unrestricted:		
John Lyons Cost Of Living Uplift	10,000	-
Children In Need Cost of Living Uplift	-	500
	£ 203,410	**£ 262,862**

These grants, including local government grants from Harrow Council, are in respect of maintaining the existence of The WISH Centre, and to provide specialist services to enable it to achieve its objectives as described on page 4 onwards.

4 **Interest and Investment Income**	**2024**	**2023**
	£	**£**
Bank interest received	£ 3,739	£ 954

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024
(continued)

5 Direct Charitable Expenditure	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £
Direct project cost	106	5,476	5,582	4,934
Travel and subsistence	2	183	185	583
Staff salaries	6,545	153,234	159,779	170,466
Employers NIC	747	14,792	15,539	16,073
Employers pension contributions	868	5,214	6,082	6,697
Office rent, rates and associated costs	-	16,498	16,498	15,532
Staff training, development welfare and recruitment	-	813	813	1,051
Volunteer expenses	-	259	259	-
Printing, postage and stationery	-	63	63	367
Equipment	-	579	579	794
Telephone	55	1,113	1,168	1,396
IT and office supplies	6	1,185	1,191	1,194
Membership and subscription costs	-	753	753	355
Other miscellaneous costs	-	-	-	-
TOTAL	**£ 8,329**	**£ 200,162**	**£ 208,491**	**£ 219,442**

6 Fundraising and Publicity	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £
Advertising and publications	-	474	474	723
Fundraising costs	-	43	43	-
Internet and website	-	1,564	1,564	1,901
Amortisation	-	-	-	5,719
TOTAL	**£ -**	**£ 2,081**	**£ 2,081**	**£ 8,343**

7 Management, Governance and Administration	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £
Insurance	-	1,632	1,632	1,598
Bank charges	-	65	65	64
Accountancy & legal fees	1,980	237	2,217	2,983
External Finance Function	850	5,750	6,600	4,950
Management meeting expenses	154	521	675	368
Depreciation	240	-	240	321
TOTAL	**£ 3,224**	**£ 8,205**	**£ 11,429**	**£ 10,284**

Included under Accountancy and legal fees above are independent examination and associated accountancy fees of £1,980 (2023: £1,800)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024 (continued)

8 Staff Costs and Emoluments, trustee remuneration and expenses and the cost of key management personnel

	2024 £	2023 £
Staff salaries	159,779	170,466
Social security costs	15,539	16,073
Employer pension contributions	6,082	6,697
	£ 181,400	**£ 193,236**

One employee received employee benefits of more than £60,000.

None of the trustees have been paid any remuneration or received any other benefits from employment with The WISH Centre Ltd or a related entity. Trustee expenses totalling £47 (2023: £107) have been reimbursed in the year.
The key management personnel of The WISH Centre Ltd comprise of the trustees and the Chief Executive Officer. The employee benefits of the key management personnel including employer's NIC, total £82,993

The average number of employees in the year were as follows:

	2024 Number	2023 Number
Employees	**6**	**8**

9 **Tangible Fixed Assets**

	Fixtures, Fittings and Equipment £
Cost at 1 April 2023	7,144
Additions	-
Disposals	-
Cost at 31 March 2024	**7,144**
Depreciation at 1 April 2023	6,183
Charge for the year	240
Disposals	-
Depreciation at 31 March 2024	**6,423**
Net book value at 31 March 2024	**£ 721**
Net book value at 31 March 2023	**£ 961**

10 Debtors	2024	2023
	£	£
Trade debtors	-	-
Prepayments and accrued income	2,167	-
	£ 2,167	**£ -**

11 Liabilities Falling Due Within One Year	2024	2023
	£	£
Trade creditors	460	734
Taxation, social security and pension contributions	3,753	3,761
Accruals and deferred income	1,980	11,800
Other creditors	813	134
	£ 7,006	**£ 16,429**

Deferred Income reconciliation	2024	2023
	£	£
Balance brought forward	11,800	15,000
Amount released	(11,800)	(15,000)
Amount deferred for the year	-	11,800
Balance carried forward	**£ -**	**£ 11,800**

Monies invoiced under performance related grants have been deferred where appropriate

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024 (continued)

12 Operating lease commitments

Lessee
At the reporting end date the company had outstanding commitments for future minimum lease payments under non-cancellable operating leases, as follows:

	2024	2023
	£	£
Amounts falling due within one year	1,083	3,250
Amounts falling due after one year	-	-

A total of £14,083 was recognised as an operating lease expense in the period (2023: £15,532)

13 Restricted Funds

	Opening Balance at 31-Mar 23	Income	Expenditure	Net transfer from unrestricted funds	Closing Balance as at 31-Mar-24
	£	£	£	£	£
Harrow Council LCPF- Place Based Funding	-	-	1,122	1,122	-
Bentley Wood High School	-	13,163	-	-	13,163
John Lyon's Charity	33,120	-	27,961	-	5,159
John Lyon's Charity - Recovery Fund	19,141	50,000	59,856	-	9,285
BBC Children in Need	43,134	-	34,480	-	8,654
John Lyon's Charity - Collaboration Fund	19,624	60,499	49,771	-	30,351
Young Harrow Foundation/Change Makers	-	15,000	3,903	-	11,097
Young Harrow Foundation/Family Hub	-	1,000	667	-	333
Mind in Harrow/Comic Relief	8,531	-	-	-	8,531
Mind In Harrow/ Heads Up Consortium	-	25,614	6,018	-	19,596
Mind In Harrow/ Young Harrow Foundation/ CNWL	-	28,134	26,670	-	1,464
Brook Young People Funding	152	-	-	-	152
TOTAL	**£ 123,702**	**£ 193,409**	**£ 210,448**	**£ 1,122**	**£ 107,785**

Restricted funds relate to grants received for specific expenditure which has not been fully utilised at the balance sheet date.

14 **Designated Funds**

Designated funds have been set aside by the trustees out of unrestricted funds as follows:

	2024	2023
	£	£
Development fund	5,000	5,000
Employment fund	67,000	40,000
	£ 72,000	**£ 45,000**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024
(continued)

17 Income from general donations, donated goods and donated services

We are very grateful to the many individuals and the organisations who have supported our work through donations and fundraising events.

18 **Related party transactions**

There were no related party transactions in the reporting period that require disclosure.

19 **Going concern**

The Trustees consider that there are no material uncertainties about the ability of the Charity to continue as a going concern. In making this assessment we have considered the likely charitable conditions for a period of twelve months from the date of our approval of these accounts.

THE WISH CENTRE LIMITED

England & Wales - Charity number 1125263

Accounts



THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

Company Limited by Guarantee No. 05060450
Registered Charity No. 1125263

THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

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THE WISH CENTRE LIMITED

COMPANY AND CHARITY INFORMATION

THE WISH CENTRE LIMITED	A company limited by guarantee
CHARITY REGISTRATION NUMBER	1125263
COMPANY REGISTRATION NUMBER	05060450
REGISTERED OFFICE	85 Great Portland Street London England W1W 7LT
PRINCIPAL OFFICE	Cedars Youth and Community Centre Chicheley Road Harrow Weald HA3 6QH
DIRECTORS AND TRUSTEES	Clare Kiely (Chair) Stefano Zammattio (Treasurer) Bankita Ashar - appointed 18/07/22 Chloe Edis - appointed 18/07/22 Alexis Watkins - appointed 18/07/22 Nicole Henry - appointed 18/07/22 Finley Hamett - appointed 18/07/22
COMPANY SECRETARY & CHIEF EXECUTIVE	Rowena Jaber
INDEPENDENT EXAMINERS	Critchleys Audit LLP Beaver House 23-38 Hythe Bridge Street Oxford OX1 2EP
BANKERS	HSBC 26-28 St Ann's Road Harrow HA2 6QQ

DIRECTORS' AND TRUSTEES' ANNUAL REPORT

The Directors of The WISH Centre Limited, who are also Trustees, present their annual report with the independently examined financial statements of the charitable company for the year ended 31 March 2023. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102)

STRUCTURE, GOVERNANCE AND MANAGEMENT

The WISH Centre Limited was incorporated in England on 2 March 2004 under registration no. 05060450, as a company limited by guarantee and is governed by its Memorandum and Articles of Association. The company was registered as a Charity in England on 30 July 2008 under registration no. 1125263. The registered office is 85 Great Portland Street, London, W1W 7LT.

The Directors are appointed in accordance with the company's Articles of Association. The induction procedure consists of a meeting with the Chief Executive and also with the Chair of The WISH Centre Ltd. A new Trustee is also provided with relevant policies and procedures such as the Memorandum and Articles of Association and details of the finance policy. A 'skills audit' is periodically undertaken to ensure a variety of skills are represented amongst Trustees.

The charity has a Chief Executive who manages the day to day running of the charitable company and who has overall responsibility for the various projects. The Trustees, who are also Directors, meet regularly throughout the year to discuss the charitable company's business affairs.

Company law requires the Trustees, who are also Directors, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

In preparing those financial statements the Directors 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 accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The Directors and Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees periodically review the charity's circumstances in order to identify and mitigate the major risks to which it is exposed and have established systems to mitigate those risks.

The Directors, who are also Trustees, during the year ended 31 March 2023 are shown below.
The Directors have no beneficial interest in the company.

Clare Kiely - Chair
Stefano Zammattio (Treasurer)
Bankita Asher
Chloe Edis
Alexis Watkins
Nicole Henry
Finley Harnett
Emma Haig - resigned Oct 22
Clare Nash – resigned Oct 22
Millie Shuter – resigned Oct 22

Company Secretary - Rowena Jaber

The directors and members of the Board of Trustees of the charity at the date of the report are as shown on page 1.

Staff Team during the year ended 31st March 2023:
Rowena Jaber - Centre Director and Chief Executive
Tracy Shaw - Finance and Administration Manager
Kaira Hunjan - Lead Psychotherapist
Gary Daines - Psychotherapist
Sahil Dodhia – Projects Officer
Emily Lewis – Emotional and Mental Health Practitionner
Rina Patel – Integrative Counsellor
Deborah Sanderson - Digital Systems Manager
Hemita Patel - Finance and Administration Officer
Maximillian Mullians - Marketing and Communications Officer
Tarun Mattu – Social Media

External Clinical Supervision provided by:

Alison White

Many thanks to all the young people who help us through volunteering and campaigning.

Children and young people who come to WISH who have experienced serious harm from themselves or others have either made suicide attempts, self harm or been victims of sexual abuse or exploitation, or both. Every child's journey is different.

Our long term psychotherapy and self harm peer support groups, art therapy groups, and outreach work continue to offer an incredibly important resource for young people in Harrow ages 12-25 who self harm and who may have experienced sexual violence, exploitation or suicide ideation. We are frequently reminded about the uniqueness of the type of service we offer when compared to the experience young people share with us about their involvement with other services, in particular in terms of our young person centred approach, secure boundaries and reliable engagement.

Our data for the year shows:

- 103 children and young people ages 12-25
- 60% of these were age 14-18 years
- 83% were female; the remainder were male or Trans FTM
- 55% Black British/African/Mixed; 31% White British; 14%White Other
- 53% Disability; Mental Health 24%; SEND 14%; Long Term health condition 11%
- 32% Referrals from Schools; 27% from Health/Mental Health; 25% Self or Parent/Carer; 17% Social Care
- We worked with young people in 10 local schools and colleges and NEET young people

Outcome Data

Every young person's progress is mapped by evidenced based tool Young Person's Core, which from Assessment to 4-6 weekly reviews, generates an improvement journey on our clinical database.

Our outcomes for the year are:
72% Stopped or Significantly Reduced Self Harm
92% Stopped Suicide Ideation
82% Stopped or Significantly Reduced Anxiety/Stress
82% Stopped or Significantly Reduced Depression/Sadness
74% Stopped or Significantly Reduced Trauma
57% Improved Coping Skills
53% Improved Emotional Resilience

Of the young people we supported over the year with Suicide Ideation, 72% reported that the key preventative factor for them was fear of hurting their parent/carer/family. At the end of their journey they could all identify a range of opportunities and felt that being alive was more beneficial to them. This included the ability to be better able to tolerate emotional pain.
74% of young people had overcome the impact of trauma, no longer having flashbacks, panic attacks and insomnia. They reported no longer disassociating or feeling "zoned out" and that nightmares relating to their trauma have stopped. This means they are now able to sleep, function overall more positively and 57% had improved coping skills, including feeling that they are able to cope when things go wrong; feeling they have someone to turn to for support when they need it; now having healthy coping tools to draw on when they feel low. It is significant that the key cohort are young people that are struggling with emotional regulation post-pandemic.

Over the year we have noticed an increase in referrals for young people with learning developments needs such as autism, and while these young people may meet our criteria around self-harm, we are finding an increasing number who are referred are not suitable for the type of long term reflective Psychotherapy we offer. We are unclear if this is due to less support being available for these young people than was in the past or if this is due to other factors. Apart from referrals for neurodivergent young people, the other referrals we are receiving are complex needs and with numerous presentations. Young adults (18+) are increasingly being referred for support.

Case Study – "Eve"

Eve is an 18-year-old young woman of mixed Black African and Irish ethnicities. She was referred to The Wish Centre via Head's Up who were contacted by Eve's Head of Year following an incident of self-harm that involved Eve visiting A&E. She was assessed by CAMHS and did not meet their threshold for support and therefore help was sought within the voluntary sector. The young person was referred for 1-1 Psychotherapy, Outreach and Art therapy Group.

With the start-up of an Arts Psychotherapy group at The Wish Centre in June 2022, Eve was outreached by the Emotional Mental Health Practitioner. She decided to try out the group and attended the first session. Eve presented as anxious and initially found it quite difficult to interact with other group members. After this experience Eve found the group was not for her and opted for individual psychotherapy instead. Eve was on a waiting list for psychotherapy and in the interim was supported and outreached by the EMHP.

Eve began her one-to-one psychotherapy in September 2022 in school as was her preference. The young person had no previous experience of therapeutic support. She spoke very openly about her visit to A&E in April 2021 and how she had cut her forearm with the intention of causing self-injury to end her life. Eve shared she had been finding things difficult and had been feeling low and isolated for most of the year. Issues with friendships at school and entering into an abusive relationship led to Eve's struggles and this impacted her attendance in school. She described being "clean" from self-harm for 100 days at the start of therapy.

During Eve's initial assessment, she presented with high levels of anxiety and stress and a lack of healthy coping mechanisms. There was no presentation of suicidal ideation or self harm at the time. At the start of therapy, Eve shared how she found it difficult to articulate her feelings and to understand what she is experiencing and why. She also expressed struggling to self-regulate and not liking being on her own. As therapy progressed Eve shared challenging life experiences including parental alcohol misuse and parental separation, the latter occurring when Eve wasn't born.

At Eve's six week review her anxiety and stress levels had dropped to mild and she managed to secure a part time job in retail. She began to experience times when she had strong urges to self-harm but managed to stop herself from cutting and resorted to picking at the skin on her fingers instead. There was no presentation of suicidal thoughts at this time and what was noticeable was that she was introducing self-care into her daily life. Therapeutically we began exploring relationship dynamics with key individuals in Eve's life. She initially struggled to sit some mock exams but at the same time was beginning to make some decisions about her future career path and university. In the first three months of therapy, Eve did experience dips in her mood and low levels of suicidal ideation. She was able to establish that these were connected to her self-image and self-esteem.

Six months into therapy Eve once again had low levels of anxiety and stress. She had mild levels of self-harm which involved urges and no cutting along with no suicidal ideation. Eve now had moderate levels of healthy coping strategies with journalling, expression through art helping her to self soothe.

At points Eve's mood can fluctuate and more recently during a particularly distressing time she was very close to self-harming after nearly a year of not cutting. Eve managed to seek our help did not self-harm. Eve is now reporting that her relationship with her mother has improved and is able to reach out to her and trusted others in times of distress. At times her urges to self-harm are still present however she has not acted on them. Eve has had 21 therapy sessions to date and continues to invest in her commitment to her wellbeing.

We were commissioned to provide support for 16-25 years, which involved piloting Art Therapy Groups in addition to open ended psychotherapy. The following aims were achieved:

- Addressing inequalities – the project was successful in targeting young people from BAME communities including NEET young people. There was a high number of non binary and trans young people, particularly in the Art Therapy groups which provided a safe, non judgmental and supportive space
- Better identifying unmet need – through the provision of outreach as part of the project, we were able to successfully engage with young people who had not previously accessed services. We did this through printed and digital poster campaigns on social media and in colleges, GP surgeries, health clinics etc with QR self referral codes. Young people were able to access Art Therapy Groups and Psychotherapy.
- Improving equality of access to early intervention and wellbeing support, engagement and navigation of support – the outreach digitally and in person meant a swift response and engagement. Some young people were signposted to additional services such as Women and Girls Network/Rape Crisis/Harrow Youth Stop and we supported young people accessing higher education and apprenticeships as well as housing support where needed.

Quotes from our online feedback surveys:
"Therapy was really good and effective, helped me a lot with my healing journey, grateful I had therapy at Wish."
There were check-ups every certain amount of sessions which helped me think properly about my feelings. It was always made into a comfortable environment, if felt like drawing or playing with something my therapist would provide for that which is helpful. I enjoy the fact that you're able to speak about anything without being/feeling judged. "
"I found group to be really helpful and found that by meeting people who were a similar age and had similar issues helped me feel less alone. I always really enjoyed group and found it beneficial "
"I only attended once as I prefer individual work and therapy, but I did highly enjoy it. It was a way to cope together and express your emotions through arts."

Case Study "Chantelle"
Chantelle is an 18-year-old Black British young woman of Caribbean and African heritage. Chantelle was a Looked after child and had been in foster care since the age of 8. Her referral was made following concerns about her low mood, trauma in the form of sexual violence, CSE, CCE and unprocessed feelings about being placed into foster care.
Chantelle's one-to-one psychotherapy started in April 2022. Following an initial consultation Chantelle shared that she was due to have a baby in the coming weeks. She decided to postpone her support with The Wish Centre until after her child was born.
In September 2022 Chantelle began to engage in weekly psychotherapy in person at our centre and on occasion digitally. Chantelle's child is subject to a child protection plan under the category of neglect. Her new role as a single mother was the starting point of our therapy. Due to the CP plan, there were restrictions on where Chantelle can take her child as well as who she can meet. This was especially difficult for Chantelle to cope with as at times she has felt extremely isolated, watched and alone. She has likened the experience to being "on tag."
As well as parenting, we supported Chantelle to enroll on a full-time college course so that she can pursue a career that involves working with vulnerable young people. During therapy, we explored Chantelle's early upbringing, the parental abuse that she was subjected to and other traumatic life events. She has been courageously juggling her parental responsibilities and full-time study simultaneously, as well as bouts of physical illness. These series of life events have in turn led to her feeling quite low at times and struggling emotionally. Chantelle is however committed to continuing with her therapeutic support in the long term.

Strategy

The delivery of our three year strategy (2022-2025) is targeted work to build our offer in Harrow, in addition to increased partnership work and working towards organisational sustainability. We are committed to implementing a Youth Voice Strategy that can be embedded into governance, communications and service development.

The Youth Advisory Group works to encourage young people ages 13-25 with lived experience of mental health issues and services to come forward to inform and shape decisions, subsequently making wïsh a better place for young people.
Working with both ex-service users and young people with lived experience is important with the opportunity to engage with young people in all their diversity around the improvement of our services.
It has also strengthened our Governance and Strategy as young people with Lived Experience have become Trustee's and are informing decisions on services and resources.
We are implementing the changes to our website that have been identified, including how to access clearer information and make it easier to self- refer through the website. Young people input on our training materials to ensure their messages are heard about what helps or doesn't when responding to a young person who self harms.

We have reviewed our fundraising strategy to diversify our sources of income. We have seen an increase in commissioning/funding from statutory bodies such as CNWL and recently began some direct commissioning from schools. Our Trustee Board are focusing on community fundraising, and one has recently secured a place for us with the London Marathon.

Partnerships

We have been able to pilot the successful Next Steps pilot programme with Whitmore School through the Home School Community Fund, and are continuing to build vibrant partnerships with Ignite Trust and other local charities.

The Next Steps Partnership Project with Whitmore High School and Ignite is going well, with young people engaging consistently in therapy. We have helped school to understand best practice in responses to self harm and risks and have seen improvements in communication and safeguarding.

Aside from Whitmore, the work with other schools and colleges is continuing successfully. We're currently providing a service in the following schools: Bentley Wood, Park High, Rooks Heath, Nower Hill, Hatch End, Harrow College, Canons High. The therapy room at Cedars is regularly being used where we see young people from Sacred heart, Westminster University, Harrow College, Queensmead School because of their preference to be seen outside of school. We also support young people who are NEET or in part time employment or apprenticeships.

Heads Up Partnership continues to deliver targeted interventions in Harrow schools.
All staff and trustee have diversity and inclusion training. We work closely with Heads Up Partners MIND in Harrow, Mosaic (LGBTQ+) CASS (ADHD and Autism) and Paiwand (Refugee) and benefit from ongoing CPD as well as targeted delivery and shared referral pathways.
We access BAATN (Black African Asian Therapist Network) and Women and Girls Network to ensure we are accessing best practice training and design of policies, materials, comms etc.

Staff and Trustee's must undergo Safeguarding training from the Local Authority.

We have entered new partnerships with CNWL, CAHMS and others through the Young Adults Forum and have been part of the Harrow Partnership with Young Harrow, Health and others looking at remodelling of the local service offer.

During the year we have benefited from support from Young Harrow Foundation who have greatly assisted with strategy development, recruitment including interview panels, fundraising and brokering new opportunities and pilot projects such as Next Steps.
We accessed training and support from Voluntary Action Harrow to design and implement our Trustee Recruitment programme and continue to access trainings with them for Trustee's and staff

Future Plans

We are in a financially improving position and are optimistic about the way forward, both in terms of our service offer, the strategic direction, and importantly our planning and governance.

We will focus on strengthening, expanding and consolidating our refreshed Trustee Board with further recruitment of lived experience and community based assets to deliver our strategy. We have an incoming Interim Chair of our Trustee Board who will lead on the refreshment of the Trustee Board and are recruiting new Board Members who are committed to working with us to achieve our three year strategy and increase to Trustee representation from individuals who are LGBTQ+, ethnically diverse, have lived experience and young people.

Develop a Partnership Engagement Plan to encompass a targeted model with schools and local charities for sustainable revenue generation, building on the Next Steps model and utilising valuable lessons learnt.
Establish research to refresh the evidence base and impact of our Model as post pandemic adjustments following our 2018 Centre for Mental Heath evaluation.
https://www.centreformentalhealth.org.uk/publications/space-talk

DIRECTORS' AND TRUSTEES' ANNUAL REPORT (continued)

FINANCIAL REVIEW

It is the policy of The WISH Centre Limited (WISH) to maintain general unrestricted reserves at a level to enable the charity to operate effectively. General unrestricted reserves represent funds of the charity that are freely available, excluding designated funds, reserved funds or funds invested in fixed assets.

The Trustees consider it prudent to work towards retaining general unrestricted reserves equivalent to three month's running costs to enable the charity to continue to provide services at the present level.

The trustees consider that reserves at this level are required due to:

* Risks associated with each income stream and expenditure being different from that budgeted planned activity level.
* Organisations commitments Reliability of Income - continuation of any of the current unrestricted income of WISH cannot be guaranteed.
* WISH's strategic and operational plans for the coming budgetary period and for the future years.

The Reserves Policy will allow WISH:

* Time to find and secure alternative funding, when an income stream dries up.
* To cover costs when there are possible late payments by funders.
* Time to negotiate with possible affected staff and give the required notice period when a lack of funding could lead to staff redundancies.
* To meet unexpected operational costs that may accumulate throughout the year.
* To support planned commitments or designations that cannot be met by future income alone.

Under the current reserves policy, the required level of reserves, based on 3 months of all costs for the year to 31st March 2023, is £57,045. The level of general unrestricted reserves (not already designated) at 31 March 2023 is £66,717 (2022: 61,228 equivalent to 117% of the target, or 3.5 months of operating costs.

The Trustees hold funds in designated reserves for specific purposes. At 31 March 2023 the Trustees resolved to set aside funds of £5,000 (2022: £5,000) in a Development Fund: designated for website/ marketing/fundraising/and training; and £40,000 (2022: £40,000) in an Employment Fund: designated to provide future funding for the Charity's core posts if required and a provision for additional costs of redundancy or sickness.

The calculation of the required level of reserves is an integral part of the organisation's planning, budget and forecast cycle.

The statement of financial activities shows net incoming resources for the year of £276,398. The total restricted funds and reserves at the balance sheet date, stood at £235,419 of which £123,702 were restricted funds, £45,000 were designated funds and £66,717 were unrestricted reserves.

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the board and signed on its behalf dated:

.....

Stefano Zammattio - Trustee 28 Nov. 2023

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS OF THE WISH CENTRE LIMITED

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023 which are set out on pages 2 to 20.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's report

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

G Pready

Gary Pready FCA
Critchleys Audit LLP

Beaver House
23-38 Hythe Bridge Street
Oxford
OX1 2EP

Date: 30/11/2023

BALANCE SHEET AS AT 31 MARCH 2023

	Notes		2023		2022
Fixed Assets		£	£	£	£
Tangible assets	9		961		1,282
Intangible assets	10		-		5,719
Current Assets					
Debtors	11	-		20,034	
Cash at bank and in hand		250,887		191,339	
		250,887		**211,373**	
Total Current Assests					
Current Liabilities					
Amounts falling due within one year	12	16,429		21,284	
Total Current Liabilities		16,429		21,284	
Net Current Assets			234,458		190,089
Total Assets Less Current Liabilities			**235,419**		**197,090**
Funds					
Restricted income funds	14		123,702		85,143
Unrestricted Funds:					
Designated Funds	15	45,000		45,000	
Intangible Asset Fund	16	-		5,719	
General Reserve		66,717		61,228	
			111,717		111,947
TOTAL FUNDS			**235,419**		**197,090**

For the financial year ended 31 March 2023 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibility for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company. These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with. FRS 102.

On behalf of the Board and signed on its behalf dated:

Stefano Zammattio
Treasurer

28 Nov. 2023

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Income and Expenditure					
Incoming Resources					
Grants Received	3	500	262,362	262,862	220,938
Education and trainings		-	-	-	-
Sundry Income		5,000	-	5,000	4,000
Meeting, conferences workshops and sessions		250	-	250	-
Voluntary Income and Donations		7,332	-	7,332	10,556
Donations in kind		-	-	-	1,500
Interest and investment income	4	954	-	954	19
Total Income Resources		**14,036**	**262,362**	**276,398**	**237,013**
Resources Expended					
Direct charitable expenditure	5	1,064	218,378	219,442	220,152
Fundraising and publicity	6	5,719	2,624	8,343	8,690
Management, Governance and administration	7	291	9,993	10,284	4,860
Total Resources Expended		**7,074**	**230,995**	**238,069**	**233,702**
Net Incomong/(outgoing) Resources		**6,962**	**31,367**	**38,329**	**3,311**
Transfers between funds		**(7,192)**	**7,192**	**-**	**-**
Net movement in funds		**(230)**	**38,559**	**38,329**	**3,311**
Reconciliation of funds:					
Total funds brought forward at 1 April 2022		111,947	85,143	197,090	193,779
Total funds carried forward as 31 March 2023		111,717	123,702	235,419	197,090

SUMMARY INCOME AND EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	2022 £
Income receivable (income resources)		276,398	237,013
Exenditure (resources expended)		(238,069)	(233,702)
Net Surplus/(Deficit)for the year		**38,329**	**3,311**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 **Accounting Policies**

a) **Basis of preparation**

The **wïsh centre** financial statements are prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 as applicable to companies subject to the small companies regime and the Charities Act 2011 . The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared under the historical cost convention unless otherwise stated in the relevant accounting policy note. The accounts are prepared in sterling, which is the functional currency of the **wïsh centre**.

The charity constitutes a public benefit entity as defined by FRS102.

b) **Incoming Resources**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Voluntary income and donations are included in the financial statements on a cash receivable basis, except when the donors specify that they must be used in future accounting periods or donors' conditions have not been fulfilled. In these cases, the income is deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor(s) intention to make a distribution. Where legacies have been notified to the charity or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated goods, income and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Gift aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

c) **Fund Accounting**

The charitable company maintains the following funds and reserves policies;

Unrestricted - These are funds which can be used in accordance with the charity's objectives at the discretion of the Trustees.

Designated - These are funds set aside by the Trustees out of unrestricted funds for specific future purposes.

Restricted - These are funds that can only be used for particular purposes. Restrictions arise when specified by the donor.

d) **Resources Expended**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to each particular category. Where costs cannot be directly attributed to particular headings they are allocated to activities on a basis consistent with the use of those resources.

Direct charitable expenditure represents costs incurred in meeting the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity and compliance with its constitutional and statutory requirements.

A full analysis of resources expended is given in the notes to the financial statements.

e) **Tangible fixed assets and depreciation**

Individual fixed assets are capitalised at cost. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Fixtures, fittings and equipment	25% reducing balance basis

f) **Intangible assets**

Intangible assets comprise an acquired website and development expenditure.
Intangible assets are initially recognized at cost. Amortisation is charged on a straight line basis over the expected useful life of the asset, as follows:

Website	3 years straight line basis

g) **Pension costs**

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate. The employer's pension contributions are allocated to each fund based on the percentage of salary allocated to each fund.

h) **Leases**

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases. Rental payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease except where another more systematic basis is more representative of the time pattern in which economic benefits from the lease asset are consumed.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023
(continued)

2 Share Capital

The company has no share capital. The liability of its members is limited to £10 each.

3 Grants Grants receivable were:	**2023** £	**2022** £
Restricted:		
Harrow Council - London Crime Prevention Fund	-	35,000
Harrow Council - LCPF Place Based Funding	29,693	6,648
BBC Children in Need	39,978	39,978
Young Harrow Foundation	23,000	-
John Lyon's Charity	30,000	30,000
John Lyon's Charity - Collaboration Fund	60,500	-
John Lyon's Charity - Recovery Fund	50,000	50,000
City Bridge Trust	-	23,500
Mind in Harrow/Comic Relief	25,191	30,812
Brook Young People Funding	4,000	4,000
Type text here		
Unrestricted:		
First Give Grant	-	1,000
Children In Need Cost of Living Uplift	500	-
	£ 262,862	**£ 220,938**

These grants, including local government grants from Harrow Council, are in respect of maintaining the existence of The WISH Centre, and to provide specialist services to enable it to achieve its objectives as described on page 4 onwards.

4 Interest and Investment Income	**2023** £	**2022** £
Bank interest received	£ 954	£ 19

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023
(continued)

5 Direct Charitable Expenditure	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £
Direct project cost	-	4,934	4,934	6,695
Travel and subsistence	-	583	583	64
Staff salaries	(157)	170,623	170,466	171,327
Employers NIC	(62)	16,135	16,073	15,885
Employers pension contributions	1,283	5,414	6,697	6,986
Office rent, rates and associated costs	-	15,532	15,532	12,981
Staff training, development welfare and recruitment	-	1,051	1,051	2,189
Insurance	-	-	-	437
Volunteer expenses	-	-	-	51
Printing, postage and stationery	-	367	367	151
Equipment	-	794	794	275
Telephone	-	1,396	1,396	1,531
IT and office supplies	-	1,194	1,194	1,107
Membership and subscription costs	-	355	355	362
Cleaning	-	-	-	-
Other miscellaneous costs	-	-	-	111
TOTAL	**£ 1,064**	**£ 218,378**	**£ 219,442**	**£ 220,152**

6 Fundraising and Publicity	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £
Advertising and publications	-	723	723	182
Fundraising costs	-	-	-	250
Internet and website	-	1,901	1,901	2,018
Amortisation	5,719	-	5,719	6,240
TOTAL	**£ 5,719**	**£ 2,624**	**£ 8,343**	**£ 8,690**

7 Management, Governance and Administration	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £
Insurance	-	1,598	1,598	1,020
Bank charges	-	64	64	150
Accountancy & legal fees	(30)	3,013	2,983	2,368
External Finance Function	-	4,950	4,950	-
Management meeting expenses	-	368	368	894
Depreciation	321		321	428
TOTAL	**£ 291**	**£ 9,993**	**£ 10,284**	**£ 4,860**

Included under Accountancy and legal fees above are independent examination and associated accountancy fees of £1,800 (2022: £2,368)

8 Staff Costs and Emoluments, trustee remuneration and expenses and the cost of key management personnel

	2023 £	2022 £
Staff salaries	170,466	171,327
Social security costs	16,073	15,885
Employer pension contributions	6,697	6,986
	£ 193,236	**£ 194,198**

One employee received employee benefits of more than £60,000.

None of the trustees have been paid any remuneration or received any other benefits from employment with The WISH Centre Ltd or a related entity. Trustee expenses totalling £107 (2022: £0) have been reimbursed in the year.

The key management personnel of The WISH Centre Ltd comprise of the trustees and the Chief Executive Officer. The employee benefits of the key management personnel including employer's NIC, total £75,064

The average number of employees in the year were as follows:

	2023 Number	2022 Number
Employees	**8**	**8**

9 Tangible Fixed Assets

	Fixtures, Fittings and Equipment £
Cost at 1 April 2022	7,144
Additions	-
Disposals	-
Cost at 31 March 2023	**7,144**
Depreciation at 1 April 2022	5,862
Charge for the year	321
Disposals	-
Depreciation at 31 March 2023	**6,183**
Net book value at 31 March 2023	**£ 961**
Net book value at 31 March 2022	**£ 1,282**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

10 **Intangible Assets**

	Website £
Cost at 1 April 2022	18,719
Additions	-
Disposals	-
Cost at 31 March 2023	**18,719**
Amortisation at 1 April 2022	13,000
Charge for the year	5,719
Disposals	-
Amortisation at 31 March 2023	**18,719**
Net book value at 31 March 2023	**£ -**
Net book value at 31 March 2022	**£ 5,719**

11. Debtors

	2023 £	2022 £
Trade debtors	-	15,398
Prepayments and accrued income	-	4,636
	£ -	**£ 20,034**

12 **Liabilities Falling Due Within One Year**

	2023 £	2022 £
Trade creditors	734	680
Taxation, social security and pension contributions	3,761	3,774
Accruals and deferred income	11,800	16,830
Other creditors	134	-
	£ 16,429	**£ 21,284**

Deferred Income reconciliation	2023 £	2022 £
Balance brought forward	15,000	38,588
Amount released	(15,000)	(38,588)
Amount deferred for the year	11,800	15,000
Balance carried forward	**£ 11,800**	**£ 15,000**

Monies invoiced under performance related grants have been deferred where appropriate

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

13 Operating lease commitments

Lessee
At the reporting end date the company had outstanding commitments for future minimum lease payments under non-cancellable operating leases, as follows:

	2023	2022
	£	£
Amounts falling due within one year	3,250	2,860
Amounts falling due after one year	-	-

A total of £15,532 was recognized as an operating lease expense in the period (2022: £11,724)

14 Restricted Funds

	Opening Balance at 31-Mar 22	Income	Expenditure	Net transfer from unrestricted funds	Closing Balance as at 31-Mar-23
	£	£	£	£	£
Harow Council LCPF - Place Based Funding	56	29,693	36,621	6,872	-
John Lyon's Charity	29,288	30,000	26,168	-	33,120
John Lyon's Charity - Recovery Fund	28,540	50,000	59,399	-	19,141
BBC Children in Need	23,259	39,978	20,103	-	43,134
John Lyon's Charity - Collaboration Fund	-	60,500	40,876	-	19,624
Young Harrow Fundation	-	23,000	23,320	320	-
Mind in Harrow/Comic Relief	-	25,191	16,660	-	8,531
Brook Young People Funding	4,000	4,000	7,848	-	152
TOTAL	**£ 85,143**	**£ 262,362**	**£ 230,995**	**£ 7,192**	**£ 123,702**

Restricted funds relate to grants received for specific expenditure which has not been fully utilised at the balance sheet date.

15 Designated Funds

Designated funds have been set aside by the trustees out of unrestricted funds as follows:

	2023	2022
	£	£
Development fund	5,000	5,000
Employment fund	40,000	40,000
	£ 45,000	**£ 45,000**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

16 **Unrestricted intangible asset fund**

The unrestricted intangible asset fund represents the costs of the The WISH Centre Limited's website funded out of a specific restricted income fund, less amortisation costs. Upon completion of the specific funding for the website development, the fund has been transferred to the unrestricted intangible asset fund in line with the terms of the grant. Amortisation charges expended through the SOFA are deducted against the unrestricted intangible asset fund.

	£
Unrestricted intangible asset fund b/f	5,719
Transfer from restricted fund	-
Reduction due to amortisation in the year	(5,719)
Unrestricted intangible asset fund c/f	£ -

17 **Income from general donations, donated goods and donated services**

We are very grateful to the many individuals and the organisations who have supported our work through donations and fundraising events.

18 **Related party transactions**

There were no related party transactions in the reporting period that require disclosure.

19 **Going concern**

The Trustees consider that there are no material uncertainties about the ability of the Charity to continue as a going concern. In making this assessment we have considered the likely charitable conditions for a period of twelve months from the date of our approval of these accounts.

THE WISH CENTRE LIMITED

England & Wales - Charity number 1125263

Accounts

THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

Company Limited by Guarantee No. 05060450
Registered Charity No. 1125263

THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

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THE WISH CENTRE LIMITED

COMPANY AND CHARITY INFORMATION

THE WISH CENTRE LIMITED	A company limited by guarantee
CHARITY REGISTRATION NUMBER	1125263
COMPANY REGISTRATION NUMBER	05060450
REGISTERED OFFICE	85 Great Portland Street London England W1W 7LT
PRINCIPAL OFFICE	Cedars Youth and Community Centre Chicheley Road Harrow Weald HA3 6QH
DIRECTORS AND TRUSTEES	Clare Kiely (Chair) Stefano Zammattio (Treasurer) Emma Haigh Clare Nash Millie Shuter - appointed 24/06/21 Bankita Ashar - appointed 18/07/22 Chloe Edis - appointed 18/07/22 Alexis Watkins - appointed 18/07/22 Nicole Henry - appointed 18/07/22 Finley Stanford - appointed 18/07/22
COMPANY SECRETARY & CHIEF EXECUTIVE	Rowena Jaber
INDEPENDENT EXAMINERS	John Diffey FCCA Laconica Limited Chartered Certified Accountants 25 Meades Lane Chesham Buckinghamshire HP5 1ND
BANKERS	HSBC 26-28 St Ann's Road Harrow HA2 6QQ

THE WISH CENTRE LIMITED

DIRECTORS' AND TRUSTEES' ANNUAL REPORT

The Directors of The WISH Centre Limited, who are also Trustees, present their annual report with the independently examined financial statements of the charitable company for the year ended 31 March 2022. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102)

STRUCTURE, GOVERNANCE AND MANAGEMENT

The WISH Centre Limited was incorporated in England on 2 March 2004 under registration no. 05060450, as a company limited by guarantee and is governed by its Memorandum and Articles of Association. The company was registered as a Charity in England on 30 July 2008 under registration no. 1125263. The registered office is 85 Great Portland Street, London, W1W 7LT.

The Directors are appointed in accordance with the company's Articles of Association. The induction procedure consists of a meeting with the Chief Executive and also with the Chair of The WISH Centre Ltd. A new Trustee is also provided with relevant policies and procedures such as the Memorandum and Articles of Association and details of the finance policy. A 'skills audit' is periodically undertaken to ensure a variety of skills are represented amongst Trustees.

The charity has a Chief Executive who manages the day to day running of the charitable company and who has overall responsibility for the various projects. The Trustees, who are also Directors, meet regularly throughout the year to discuss the charitable company's business affairs.

Company law requires the Trustees, who are also Directors, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

In preparing those financial statements the Directors 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 accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The Directors and Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees periodically review the charity's circumstances in order to identify and mitigate the major risks to which it is exposed and have established systems to mitigate those risks.

The Directors, who are also Trustees, during the year ended 31 March 2022 are shown below.
The Directors have no beneficial interest in the company.

Clare Kiely - Chair
Stefano Zammattio (Treasurer)
Emma Haigh
Clare Nash
Millie Shuter - appointed 24/06/21
Nerys Anthony - resigned 25/03/22
Sahil Dodhia - resigned 30/03/22
Allan Aubeelack - resigned 24/06/21

Company Secretary - Rowena Jaber

The directors and members of the Board of Trustees of the charity at the date of the report are as shown on page 1.

Staff Team during the year ended 31st March 2022:
Rowena Jaber - Centre Director and Chief Executive
Tracy Shaw - Finance and Administration Manager
Kaira Hunjan - Lead Psychotherapist
Gary Daines - Psychotherapist
Natalie Georgiou - Psychotherapist
Annie Wade Smith - Youth Support and Participation Worker
Deborah Sanderson - Business Systems Manager
Hemita Patel - Finance and Administration Assistant
Jessica Jaber - Social Media, Marketing and Communications Officer

External Clinical Supervision provided by:
Androulla Troisi
Alison White

Many thanks to all the young people who help us through volunteering and campaigning


wish
centre
ANNUAL
REPORT
2022
Registered charity
no: 1125263
www.thewishcentre.org.uk

CASE STUDY

For example, 42 young people reported that the only preventative factor for them not committing suicide was fear of hurting their parent/carer/family. At the end of their journey they could all identify a range of opportunities and felt that being alive was more beneficial to them. This included the ability to be better able to tolerate emotional pain. An example of this is the ability to develop healthier relationships and become more accepting of the faults of others, eg "I can't talk to my friends about what's wrong but I can talk to them about music and other stuff and have fun".

WÏSH'S IMPACT

wïsh centre

SELF HARM

Even with an increase in referrals due to self-harm, wïsh continued to provide long-term open-ended therapy to young people. A lot of our work involved helping individuals understand the causes and triggers that lead to self-harm and help them enhance their understanding of emotions and feelings. Once young people have been given the opportunity to tell their stories in a safe, trusting relationship can they begin their recovery journey. 94% of our young people stopped or reduced self-harming over the course of the year.



TRAUMA

Young people whom we have supported in the past year have varying experiences of trauma, abuse and neglect with issues ranging from child sexual abuse, child sexual exploitation to physical and emotional abuse.

TRAINING

The wïsh centre provides a range of training for professionals and frontline workers in the fields of mental health, social care, education, charities and community groups who support young people who self-harm and their families. Over the pandemic, Wish delivered online training session for a range of professionals and front line workers.



SERVICE DELIVERY

SAFE TO SPEAK

1 TO 1 THERAPY

Our team of dedicated psychotherapists continued to offer young people long term open ended therapy as part of our clinical model and quickly adjusted to work around the ever changing guidelines around Covid-19. Working digitally and providing outdoor therapy over the Lockdown period suited a lot of young people. A gradual move to face-to-face sessions was needed in some instances but we were also able to provide a hybrid model. This was one of the benefits of working digitally and something we continue to offer. We saw a rise in young people being referred for both self harm and disordered eating. These issues were compounded by living and surviving through such experiences in a global pandemic. Their resilience was tested and most of our young people bravely persevered through the adversities they were facing. The young people we work with are incredible despite many suffering from sexual or domestic violence and abuse, exploitation and being at risk of serious harm from themselves or others. They will find a resilience and determination to keep going, even if this means self-harming as a means of coping.

PEER SUPPORT GROUPS

Peer Support has always been one of our most effective offers here at wïsh and something that we are very passionate about as part of our model. Over the course of the pandemic, we ran a variety of groups both digitally, outdoors and in person at our centre in Harrow. We supported a wide range of young people aged 12-25 through our groups and build a small community of support.

SUPPORT NETWORK

The wïsh centre has grown from into a community of young people and mental health professionals who together have developed effective ways to help young people to stop self harming. We are proud to evidence our 90% recovery rate and are keen to help many more young people to stop self harming, overcome the impact of trauma, sexual violence, abuse or neglect whilst training those who support them to be more effective. We are proud to evidence our 90% recovery rate and are keen to help many more young people to stop self harming, overcome the impact of trauma, sexual violence, abuse or neglect whilst training those who support them to be more effective.

OUTREACH

Throughout the pandemic, the Wish team engaged with young people in more ways than ever before. We provided digital support to young people who were not able to be seen in our centre and kept young people and referrers on our waiting list informed. Wish also supported young people by making self-care boxes around the Christmas period, a time that can be very unsettling for many.

wïsh centre



YOUTH ADVISORY GROUP

To help improve services for young people, wish would like to set up a Youth Advisory Group. The advisory group will work to encourage young people ages 13-25 with lived experience of mental health issues and services to come forward to inform and shape decisions, subsequently making wish a better place for young people.

LIVED EXPERIENCE

Working with both ex-service users and young people with lived experience is important and ensures that we listen to their voices whilst also creating opportunities for new ideas, knowledge and experience. In turn, this will give our team the opportunity to engage with young people in all their diversity around the improvement of our services.



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FUTURE PLANS

We are firm believers in listening to feedback from the young people that we support and implementing change to improve our services and outcomes. Over the course of the year, young people asked for various things that we were able to change and implement.

YOUNG PEOPLE ASKED	WHAT WE DID
Outdoor face to face sessions.	We provided walking 1 to 1 therapy and outdoor group sessions
Support in school through the pandemic.	Provided digital support to Young People via MS Teams in School.
Additional self-care support at home	A small group of young people worked with our Youth Worker to design and make self care boxes.

OUR OUTCOMES

wish centre

Wish uses the Evidenced based Tool Young Person's Core which provides a baseline assessment of self harm at the beginning of the young persons support, which is then reviewed every 4-6 weeks. The clinical database then provides statistical analysis of their improvement journey. Notably we are proud to evidence a 94% rate in the reduction or stopping of self harm.



POSITIVE CHANGE

Young people said that while they still had periods of feeling distressing symptoms such as anxiety, depression or urges to self-harm, they felt that they could cope with these better. They recognised that this period of feeling unwell would pass and had identified strategies to cope with the feelings.

90% of young people that we worked with now feel optimistic about their future compared to 100% who used to wonder if they would be better off dead and had thought about killing themselves.

CASE STUDY

"Shekya" was referred by social care after being a target for bullying in school and after an incident of online sexual exploitation. She had a history of low self esteem and self harm and was seen by the outreach worker at the end of 2019. At this time Shekya was victim of another sexual assault by a peer in school. When joining the group, Shekya was struggling to deal with the sexual assault that had taken place and said her peers had blamed her for the exclusion of the perpetrator and suffered a backlash from this in school through bullying and name calling. Shortly after, she had nightmares triggered by peers talking about the perpetrator or seeing his picture. These were the triggers for her self harming and suicidal ideation. In sessions, Shekya explored/dealt with issues around feeling isolated and lonely and began to discuss new relationships with boys. Skekya's self harm reduced from daily to every few months and feels she has a lot more support around her including new healthier ways of coping. She is less vulnerable to sexual exploitation, abusive relationships and risk of serious harm from herself and others.

OUR FUNDING

wish centre

Wish are funded through a mix of grants from Trusts and Foundations, commissioning by statutory sector bodies and through donations and income generated by events or training. We are grateful to all of our funding partners and a special thanks goes to those who "stepped up" during the pandemic to increase grant allocations such as City Bridge Trust and BBC Children in Need, and those who joined forces to rapidly respond to the needs of the pandemic. We would also like to recognise John Lyon's Charity who responded to the increase need and demand for our services by supporting us through the Recovery Fund which has allowed us to be sustainable going forward.



There have been many individuals and local organisations who have raised much needed funds during this period through special events such as Bakery Boy Music Radio Shows, sponsored HotPod Yoga thons and community events such as Whitmore Road sponsored Christmas Lights. We were lucky to have Corporate Fundraising events such as the CBRE 50:50 Challenge, and donations from a range of local businesses and schools.

OUR PARTNERS

Young Harrow Foundation have been a huge source of creativity and leadership, both in terms of identifying local needs of young people and bringing a range of charities and local organisations together to meet those needs whilst generating access to new funding opportunities. Heads Up Youth Mental Health Consortium is a valued partner who provide targeted work together with the five specialist charities involved : MIND in Harrow; MOSAIC LGBTQ; PAIWAND; CASS. This partnership will continue to flourish beyond its initial funding by Comic Relief and City Bridge Trust. New Pathways multi-agency Youth Crime Prevention Partnership has been successful in creating a joined up approach to tackling Youth Violence and Child Sexual Exploitation, and we are proud to have run a targeted programme for CSE prevention in Black and Minoritised Ethnic Young Women and to be a key partner in the Harrow Black Lives Matters Group.

JOHN LYON

NEW PATHWAYS

Heads Up

CITY BRIDGE TRUST

youngharrow foundation

BBC Children in Need

COMIC RELIEF



FINANCIAL REVIEW

It is the policy of The WISH Centre Limited (WISH) to maintain general unrestricted reserves at a level to enable the charity to operate effectively. General unrestricted reserves represent funds of the charity that are freely available, excluding designated funds, reserved funds or funds invested in fixed assets.

The Trustees consider it prudent to work towards retaining general unrestricted reserves equivalent to three month's running costs to enable the charity to continue to provide services at the present level.

The trustees consider that reserves at this level are required due to:

* Risks associated with each income stream and expenditure being different from that budgeted planned activity level.
* Organisations commitments Reliability of Income - continuation of any of the current unrestricted income of WISH cannot be guaranteed.
* WISH's strategic and operational plans for the coming budgetary period and for the future years.

The Reserves Policy will allow WISH:

* Time to find and secure alternative funding, when an income stream dries up.
* To cover costs when there are possible late payments by funders.
* Time to negotiate with possible affected staff and give the required notice period when a lack of funding could lead to staff redundancies.
* To meet unexpected operational costs that may accumulate throughout the year.
* To support planned commitments or designations that cannot be met by future income alone.

Under the current reserves policy, the required level of reserves, based on 3 months of all costs for the year to 31st March 2022, is £58,426. The level of general unrestricted reserves (not already designated) at 31 March 2022 is £61,228 (2021: 69,966) equivalent to 105% of the target, or 3.1 months of operating costs.

The Trustees hold funds in designated reserves for specific purposes. At 31 March 2022 the Trustees resolved to set aside funds of £5,000 (2021: £5,000) in a Development Fund: designated for website/ marketing/fundraising/and training; and £40,000 (2021: £35,000) in an Employment Fund: designated to provide future funding for the Charity's core posts if required and a provision for additional costs of redundancy or sickness.

The calculation of the required level of reserves is an integral part of the organisation's planning, budget and forecast cycle.

The statement of financial activities shows net incoming resources for the year of £3,331. The total restricted funds and reserves at the balance sheet date, stood at £197,090 of which £85,143 were restricted funds and £111,947 were unrestricted reserves.

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the board and signed on its behalf dated: 7th December 2022



Stefano Zammattio - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS OF THE WISH CENTRE LIMITED

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE WISH CENTRE LIMITED

I report on the accounts of the company for the year ended 31 March 2022 which are set out on pages 2 to 22.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The Trustees (who are also the Directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under Section 144 of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no material matter has come to my attention:

1) which gives me reasonable cause to believe that, in any material respect, the requirements:

   - to keep accounting records in accordance with section 386 to 389 of the Companies Act 2006 and
   - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Section 394 to 397 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (2nd edition) preparing their accounts in accordance with FRS 102.

   have not been met; or

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

John Diffey FCCA
Laconica Limited
Chartered Certified Accountants
Date: 7th December 2022

25 Meades Lane, Chesham
Buckinghamshire, HP5 1ND

THE WISH CENTRE LIMITED

BALANCE SHEET AS AT 31 MARCH 2022

	Notes		2022		2021
		£	£	£	£
Fixed Assets					
Tangible assets	9		1,282		210
Intangible assets	10		5,719		11,959
Current Assets					
Debtors	11	20,034		57,517	
Cash at bank and in hand		191,339		172,371	
Total Current Assets		211,373		229,888	
Current Liabilities					
Amounts falling due within one year	12	21,284		48,278	
Total Current Liabilities		21,284		48,278	
Net Current Assets			190,089		181,610
Total Assets Less Current Liabilities			£ 197,090		£ 193,779
Funds					
Restricted income funds	14		85,143		71,854
Unrestricted Funds:					
Designated Funds	15	45,000		40,000	
Intangible asset fund	16	5,719		11,959	
General Reserve		61,228		69,966	
			111,947		121,925
Total Funds			£ 197,090		£ 193,779

For the financial year ended 31 March 2022 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibility for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with. FRS 102.

On behalf of the Board and signed on its behalf dated: 7th December 2022

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Stefano Zammattio - Trustee

THE WISH CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Income and Expenditure					
Incoming Resources					
Grants received	3	1,000	219,938	220,938	272,628
Education and training		-	-	-	-
Sundry Income		4,000	-	4,000	4,000
Meetings, conferences workshops and sessions		-	-	-	-
Voluntary income and donations		10,556	-	10,556	9,631
Donations in kind		1,500	-	1,500	400
Interest and investment income	4	19	-	19	51
Total Incoming Resources		17,075	219,938	237,013	286,710
Resources Expended					
Direct charitable expenditure	5	16,784	203,368	220,152	256,308
Fundraising and publicity	6	6,490	2,200	8,690	10,009
Management, Governance and administration	7	3,779	1,081	4,860	4,687
Total Resources Expended		27,053	206,649	233,702	271,004
Net Incoming/(outgoing) Resources		(9,978)	13,289	3,311	15,706
Reconciliation of funds:					
Total funds brought forward at 1 April 2021		121,925	71,854	193,779	178,073
Total funds carried forward at 31 March 2022		£111,947	£85,143	£197,090	£193,779

THE WISH CENTRE LIMITED

SUMMARY INCOME AND EXPENDITURE STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 £	2021 £
Income receivable (incoming resources)		237,013	286,710
Expenditure (resources expended)		(233,702)	(271,004)
Net Surplus / (Deficit) for the year		£3,311	£15,706

1 **Accounting Policies**

a) **Basis of preparation**

The **wïsh centre** financial statements are prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 as applicable to companies subject to the small companies regime and the Charities Act 2011 . The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared under the historical cost convention unless otherwise stated in the relevant accounting policy note. The accounts are prepared in sterling, which is the functional currency of the **wïsh centre**.

The charity constitutes a public benefit entity as defined by FRS102.

b) **Incoming Resources**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Voluntary income and donations are included in the financial statements on a cash receivable basis, except when the donors specify that they must be used in future accounting periods or donors' conditions have not been fulfilled. In these cases, the income is deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor(s) intention to make a distribution. Where legacies have been notified to the charity or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated goods, income and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Gift aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

c) **Fund Accounting**

The charitable company maintains the following funds and reserves policies;

Unrestricted - These are funds which can be used in accordance with the charity's objectives at the discretion of the Trustees.

Designated - These are funds set aside by the Trustees out of unrestricted funds for specific future purposes.

Restricted - These are funds that can only be used for particular purposes. Restrictions arise when specified by the donor.

d) **Resources Expended**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to each particular category. Where costs cannot be directly attributed to particular headings they are allocated to activities on a basis consistent with the use of those resources.

Direct charitable expenditure represents costs incurred in meeting the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity and compliance with its constitutional and statutory requirements.

A full analysis of resources expended is given in the notes to the financial statements.

e) **Tangible fixed assets and depreciation**

Individual fixed assets are capitalised at cost. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Fixtures, fittings and equipment	25% reducing balance basis

f) **Intangible assets**

Intangible assets comprise an acquired website and development expenditure.
Intangible assets are initially recognized at cost. Amortisation is charged on a straight line basis over the expected useful life of the asset, as follows:

Website	3 years straight line basis

g) **Pension costs**

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate. The employer's pension contributions are allocated to each fund based on the percentage of salary allocated to each fund.

h) **Leases**

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases. Rental payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease except where another more systematic basis is more representative of the time pattern in which economic benefits from the lease asset are consumed.

2. **Share Capital**

The company has no share capital. The liability of its members is limited to £10 each.

3. **Grants**

Grants receivable were;	2022 £	2021 £
Restricted:		
National Lottery	-	9,960
Harrow Giving Fund	-	28,047
Harrow Council - London Crime Prevention Fund	35,000	25,000
Harrow Council - LCPF Place Based Funding	6,648	-
BBC Children in Need	39,978	39,436
Young Harrow Foundation	-	11,750
John Lyon's Charity	30,000	69,470
John Lyon's Charity - Recovery Fund	50,000	-
City Bridge Trust	23,500	46,550
Mind in Harrow/Comic Relief	30,812	25,240
Brook Young People Funding	4,000	-
Unrestricted:		
First Give Grant	1,000	-
City Bridge Trust	-	11,525
London Youth	-	650
Masonic Province of Middx Charitable Trust	-	5,000
	£220,938	£272,628

These grants, including local government grants from Harrow Council, are in respect of maintaining the existence of The WISH Centre, and to provide specialist services to enable it to achieve its objectives as described on page 4 onwards.

4. **Interest and Investment Income**

	2022 £	2021 £
Bank interest received	£19	£51

5. **Direct Charitable Expenditure**	**Unrestricted Funds** £	**Restricted Funds** £	**2022 Total** £	**2021 Total** £
Direct project cost	210	6,485	6,695	11,063
Travel and subsistence	60	4	64	-
Staff salaries	13,566	157,761	171,327	203,465
Employers NIC	647	15,238	15,885	19,065
Employers pension contributions	335	6,651	6,986	8,368
Office rent, rates and associated costs	1,111	11,870	12,981	7,003
Staff training and development	716	1,473	2,189	1,168
Insurance	-	437	437	295
Volunteer expenses	-	51	51	175
Printing, postage and stationery	-	151	151	236
Equipment	-	275	275	2,082
Telephone	28	1,503	1,531	2,047
IT and office supplies	-	1,107	1,107	1,169
Membership and subscription costs	-	362	362	279
Cleaning	-	-	-	(79)
Other miscellaneous costs	111	-	111	(28)
Total	£16,784	£203,368	£220,152	£256,308

6. **Fundraising and Publicity**	**Unrestricted Funds** £	**Restricted Funds** £	**2022 Total** £	**2021 Total** £
Advertising and publications	-	182	182	65
Fundraising costs	250	-	250	698
Internet and website	-	2,018	2,018	3,006
Amortisation	6,240	-	6,240	6,240
Total	£6,490	£2,200	£8,690	£10,009

7. **Management, Governance and Administration**	**Unrestricted Funds** £	**Restricted Funds** £	**2021 Total** £	**2021 Total** £
Insurance	1,020	-	1,020	1,077
Bank charges	48	102	150	120
Accountancy & legal fees	1,389	979	2,368	2,947
Management meeting expenses	894	-	894	83
Storage costs	-	-	-	390
Disposal of fixed assets	-	-	-	-
Depreciation	428	-	428	70
Total	3,779	1,081	£4,860	£4,687

Included under Accountancy and legal fees above are independent examination and associated accountancy fees of £1,950 (2021: £1,830)

8. **Staff Costs and Emoluments, trustee remuneration and expenses and the cost of key management personnel**

	2022 £	2021 £
Staff salaries	171,327	203,465
Social security costs	15,885	19,065
Employer pension contributions	6,986	8,368
	£194,198	£230,898

One employee received employee benefits of more than £60,000.

None of the trustees have been paid any remuneration or received any other benefits from employment with The WISH Centre Ltd or a related entity. No trustee expenses have been reimbursed in the year.

The key management personnel of The WISH Centre Ltd comprise of the trustees and the Chief Executive Officer. The employee benefits of the key management personnel including employer's NIC, total £66,976.52

The average number of employees in the year were as follows:

	2022 Number	2021 Number
Employees	8	8

9. **Tangible Fixed Assets**

	Fixtures, Fittings and Equipment £
Cost at 1 April 2021	5,644
Additions	1,500
Disposals	-
Cost at 31 March 2022	7,144
Depreciation at 1 April 2021	5,434
Charge for the year	428
Disposals	-
Depreciation at 31 March 2022	5,862
Net book value at 31 March 2022	£1,282
Net book value at 31 March 2021	£210

10. **Intangible Assets**

	Website £
Cost at 1 April 2021	18,719
Additions	-
Disposals	-
Cost at 31 March 2022	18,719
Amortisation at 1 April 2021	6,760
Charge for the year	6,240
Disposals	-
Amortisation at 31 March 2022	13,000
Net book value at 31 March 2022	£5,719
Net book value at 31 March 2021	£11,959

11. **Debtors**

	2022 £	2021 £
Trade debtors	15,398	56,497
Prepayments and accrued income	4,636	1,020
	£20,034	£57,517

12. **Liabilities Falling Due Within One Year**

	2022 £	2021 £
Trade creditors	680	1,613
Taxation, social security and pension contributions	3,774	6,247
Accruals and deferred income	16,830	40,418
Other creditors	-	-
	£21,284	£48,278

Deferred Income reconciliation	2022 £	2021 £
Balance brought forward	38,588	23,050
Amount released	-38,588	-23,050
Amount deferred for the year	15,000	38,588
Balance carried forward	£15,000	£38,588

Monies invoiced under performance related grants have been deferred where appropriate.

13. **Operating lease commitments**

Lessee
At the reporting end date the company had outstanding commitments for future minimum lease payments under non-cancellable operating leases, as follows:

	2022 £	2021 £
Amounts falling due within one year	2,860	3,462
Amounts falling due after one year	-	-

A total of £11,724 was recognized as an operating lease expense in the period (2021: £7,013)

14. **Restricted Funds**

	Opening Balance at 31-Mar-21 £	Income £	Expenditure £	Net transfer to unrestricted funds £	Closing Balance at 31-Mar-22 £
Harrow Council -					
London Crime Prevention Fund	-	35,000	(35,000)	-	-
LCPF - Place Based Funding	-	6,648	(6,592)	-	56
John Lyon's Charity	23,661	30,000	(24,373)	-	29,288
John Lyon's Charity - Recovery Fund	-	50,000	(21,460)	-	28,540
BBC Children in Need	23,324	39,978	(40,043)	-	23,259
Harrow Giving Fund	3,401	-	(3,401)	-	-
Young Harrow Fundation	8,000	-	(8,000)	-	-
City Bridge Trust	13,174	23,500	(36,674)	-	-
Mind in Harrow/Comic Relief	294	30,812	(31,106)	-	-
Brook Young People Funding	-	4,000	-	-	4,000
Total	£71,854	£219,938	(£206,649)	£0	£85,143

Restricted funds relate to grants received for specific expenditure which has not been fully utilised at the balance sheet date.

15. **Designated funds**

Designated funds have been set aside by the trustees out of unrestricted funds as follows:

	2022 £	2021 £
Development fund	£5,000	£5,000
Employment fund	£40,000	£35,000
	£45,000	£40,000

16. **Unrestricted intangible asset fund**

The unrestricted intangible asset fund represents the costs of the The WISH Centre Limited's website funded out of a specific restricted income fund, less amortisation costs. Upon completion of the specific funding for the website development, the fund has been transferred to the unrestricted intangible asset fund in line with the terms of the grant. Amortisation charges expended through the SOFA are deducted against the unrestricted intangible asset fund.

	£
Unrestricted intangible asset fund b/f	11,959
Transfer from restricted fund	-
Reduction due to amortisation in the year	(6,240)
Unrestricted intangible asset fund c/f	5,719

17. **Income from general donations, donated goods and donated services**

We are very grateful to the many individuals and the organisations who have supported our work through donations and fundraising events, including: Middlesex Freemasons, Collette Foundation, Sacred Heart Language College, Hotpod Yoga, CBRE, Whitmore Road, London Metropolitan University and Fluido UKI Ltd

18. **Related party transactions**

There were no related party transactions in the reporting period that require disclosure.

19. **Going concern**

The Trustees consider that there are no material uncertainties about the ability of the Charity to continue as a going concern. In making this assessment we have considered the likely charitable conditions for a period of twelve months from the date of our approval of these accounts.

THE WISH CENTRE LIMITED

England & Wales - Charity number 1125263

Accounts

LACONICA

CHARTERED CERTIFIED ACCOUNTANTS

THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

Company Limited by Guarantee No. 05060450
Registered Charity No. 1125263

THE WISH CENTRE LIMITED

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

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THE WISH CENTRE LIMITED

COMPANY AND CHARITY INFORMATION

THE WISH CENTRE LIMITED	A company limited by guarantee
CHARITY REGISTRATION NUMBER	1125263
COMPANY REGISTRATION NUMBER	05060450
PRINCIPAL & REGISTERED OFFICE	85 Great Portland Street London England W1W 7LT
DIRECTORS AND TRUSTEES	Clare Kiely (Chair) Stefano Zammattio (Treasurer) Emma Haigh Nerys Anthony - appointed 25/02/21 Clare Nash - appointed 05/03/21 Sahil Dodhia - appointed 05/03/21 Millie Shuter - appointed 24/06/21
COMPANY SECRETARY & CHIEF EXECUTIVE	Rowena Jaber
INDEPENDENT EXAMINERS	John Diffey FCCA Laconica Limited Chartered Certified Accountants 25 Meades Lane Chesham Buckinghamshire HP5 1ND
BANKERS	HSBC 26-28 St Ann's Road Harrow HA2 6QQ

DIRECTORS' AND TRUSTEES' ANNUAL REPORT

The Directors of The WISH Centre Limited, who are also Trustees, present their annual report with the independently examined financial statements of the charitable company for the year ended 31 March 2021. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102)

STRUCTURE, GOVERNANCE AND MANAGEMENT

The WISH Centre Limited was incorporated in England on 2 March 2004 under registration no. 05060450, as a company limited by guarantee and is governed by its Memorandum and Articles of Association. The company was registered as a Charity in England on 30 July 2008 under registration no. 1125263. The registered office is 85 Great Portland Street, London, W1W 7LT.

The Directors are appointed in accordance with the company's Articles of Association. The induction procedure consists of a meeting with the Chief Executive and also with the Chair of The WISH Centre Ltd. A new Trustee is also provided with relevant policies and procedures such as the Memorandum and Articles of Association and details of the finance policy. A 'skills audit' is periodically undertaken to ensure a variety of skills are represented amongst Trustees.

The charity has a Chief Executive who manages the day to day running of the charitable company and who has overall responsibility for the various projects. The Trustees, who are also Directors, meet regularly throughout the year to discuss the charitable company's business affairs.

Company law requires the Trustees, who are also Directors, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

In preparing those financial statements the Directors 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 accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The Directors and Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees periodically review the charity's circumstances in order to identify and mitigate the major risks to which it is exposed and have established systems to mitigate those risks.

DIRECTORS' AND TRUSTEES' ANNUAL REPORT (continued)

The Directors, who are also Trustees, during the year ended 31 March 2021 are shown below. The Directors have no beneficial interest in the company.

Clare Kiely - Chair
Stefano Zammattio (Treasurer)
Emma Haigh
Allan Aubeelack - resigned 24/06/21
Laura Moyses - resigned 21/12/20
Nikita Arif - resigned 26/11/20
Richard Hardware - resigned 23/04/20
Nerys Anthony - appointed 25/02/21
Clare Nash - appointed 05/03/21
Sahil Dodhia - appointed 05/03/21

Company Secretary - Rowena Jaber

The directors and members of the Board of Trustees of the charity at the date of the report are as shown on page 1.

Staff Team during the year ended 31st March 2021:
Rowena Jaber - Centre Director and Chief Executive
Tracy Shaw - Finance and Administration Manager
Gary Daines - Lead Psychotherapist
Kaira Hunjan - Psychotherapist
Natalie Georgiou - Psychotherapist
Annie Wade Smith - Youth Support and Participation Worker
Deborah Sanderson - Business Systems Manager
Hemita Patel - Finance and Administration Assistant
Jessica Jaber - Social Media, Marketing and Communications Officer

External Clinical Supervision provided by:
Androulla Troisi
Alison White

Many thanks to all the young people who help us through volunteering and campaigning

The wïsh Centre Annual Report 2021



Registered Charity No. 1125263
Company Ltd by Guarantee No. 05060450



Effective : together

Centre Director's Report

The WISH Centre (WISH) supports children and teenagers ages 10-25 years who have experienced domestic or sexual violence, child sexual exploitation, abuse or neglect including those who are self harming or suicidal. This is through a mix of therapy, peer support groups, outreach programme, advocacy, safeguarding and out of hours crisis help.

As we continue to work through the ongoing impact of the Covid-19 pandemic we are transforming our services to try and manage our capacity as we are in more demand than ever. Children and young people already struggling with their mental health feel even more isolated and much worse. Rates of self harm have increased particularly amongst the 11-13 years age group, and we have seen an increase in suicide ideation amongst this age group. Levels of anxiety and isolation are high.

We commit to supporting children and young people ages 10-25 years who self harm or have been sexually exploited come what may, and following guidance will be continuing with in person and online sessions in a blended, targeted approach. The work of our small but dedicated team of psychotherapists and youth workers is vital to ensure that the young people are supported and empowered, and that they not only achieve positive outcomes to overcome the impact of their experiences but also that their voices are heard in terms of shaping the services and help they get from WISH and others.

We are reassured by the positive outcomes we have been able to achieve against the challenges of reductions in the sector of sustainable funding and fundraising events and donations, coupled with the increase in demand for our services.

We have been pro actively targeting BAME girls and young women ages 13-16 years with early interventions to prevent the development of mental health issues, prevent self harm, school exclusions or sexual exploitation.

Our partnerships include Harrow's New Pathways Youth Violence Prevention and in particular the Black Lives Matters Sub Group. We continue to be active members of the Heads Up Youth Mental Health Consortium, and have benefitted hugely from working closely with a range of organisations, as well as the ongoing support from Young Harrow Foundation, Harrow Giving and our funders and donors.

Together we will work towards our vision of a society free from self harm, abuse and social injustice where those affected by trauma are empowered through early intervention support.

Rowena Jaber


wish centre
Wish's Outcomes For Young People 2020-2021
77% with Depression or Sadness stopped or significantly reduced
84% stopped or significantly reduced Self Harming
83% with Suicide Ideation stopped or significantly reduced
75% improvement in risk of or impact from Abuse
72% significantly improved in Emotional Resilience
79% significantly improved with Coping Mechanisms
100% safety from Sexual Exploitation
75% stopped or significantly improved Trauma Reactions
77% with Anxiety and Stress significantly improved

they

Public Benefit

Our outcomes demonstrate the need for both early intervention and for long term open ended support for young people who self harm or have been sexually exploited. If the issues aren't dealt with effectively young people will present to statutory services with higher thresholds of risk and the associated costs of mental health and other support. We know that as a community based service that the outreach, out of hours and peer support group work holds great value for young people – becoming part of a community of peer support. Saving and helping to change young lives and improving their ability to cope and to stay in education with better life chances is at the core of what we do.



Chloe being filmed for Countryfile for BBC Children in Need Appeal. Chloe spoke about how digital and outdoor therapy and the peer support group helped her anxiety and self harm during the lockdown

Future Plans

We will work hard to sustain our current level of services whilst seeking funding and diverse sources of income to enable us to expand our offer so that we can support more young people and help others to.

We will invest in staff capacity so that we can develop an agile training offer which we will pilot locally.

We will deepen our connections with our multi agency partners, and seek new opportunities and inspiration to work closely with other local charity partners to improve services for young people in response to the recent HAY Harrow Needs Analysis.

We will develop a new strategy to enable us to share our validated model of support for young people who self harm, which will directly impact on both the lives of young people who will be able to access low cost, community support, and contribute to the financial long term sustainability of the Charity and the services it provides directly to young people in London.

FINANCIAL REVIEW

It is the policy of The WISH Centre Limited (WISH) to maintain general unrestricted reserves at a level to enable the charity to operate effectively. General unrestricted reserves represent funds of the charity that are freely available, excluding designated funds, reserved funds or funds invested in fixed assets.

The Trustees consider it prudent to work towards retaining general unrestricted reserves equivalent to three month's running costs to enable the charity to continue to provide services at the present level.

The trustees consider that reserves at this level are required due to:

* Risks associated with each income stream and expenditure being different from that budgeted planned activity level.
* Organisations commitments Reliability of Income - continuation of any of the current unrestricted income of WISH cannot be guaranteed.
* WISH's strategic and operational plans for the coming budgetary period and for the future years.

The Reserves Policy will allow WISH:

* Time to find and secure alternative funding, when an income stream dries up.
* To cover costs when there are possible late payments by funders.
* Time to negotiate with possible affected staff and give the required notice period when a lack of funding could lead to staff redundancies.
* To meet unexpected operational costs that may accumulate throughout the year.
* To support planned commitments or designations that cannot be met by future income alone.

Under the current reserves policy, the required level of reserves, based on 3 months of all costs for the year to 31st March 2021, is £68,000. The level of general unrestricted reserves (not already designated) at 31 March 2021 is £69,966 (2020: £55,459) equivalent to 103% of the target, or 3 months of operating costs.

The Trustees hold funds in designated reserves for specific purposes. At 31 March 2021 the Trustees resolved to set aside funds of £5,000 (2020: £15,000) in a Development Fund: designated for website/ marketing/fundraising/and training; and £35,000 (2020; £25,000) in an Employment Fund: designated to provide future funding for the Charity's core posts if required and a provision for additional costs of redundancy or sickness.

The calculation of the required level of reserves is an integral part of the organisation's planning, budget and forecast cycle.

The statement of financial activities shows net incoming resources for the year of £15,706. The total restricted funds and reserves at the balance sheet date, stood at £193,779 of which £71,854 were restricted funds and £121,925 were unrestricted reserves.

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the board and signed on its behalf dated: 21st December 2021

.....

Stefano Zammattio - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS OF THE WISH CENTRE LIMITED

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE WISH CENTRE LIMITED

I report on the accounts of the company for the year ended 31 March 2021 which are set out on pages 2 to 21.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The Trustees (who are also the Directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under Section 144 of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINER'S STATEMENT

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

In connection with my examination, no material matter has come to my attention:

1) which gives me reasonable cause to believe that, in any material respect, the requirements:

   - to keep accounting records in accordance with section 386 to 389 of the Companies Act 2006 and
   - to prepare accounts which accord with the accounting requirements of Section 394 to 397 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (2nd edition) preparing their accounts in accordance with FRS 102.

   have not been met; or

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

John Diffey FCCA
Laconica Limited
Chartered Certified Accountants
Date: 21st December 2021

25 Meades Lane, Chesham
Buckinghamshire, HP5 1ND

THE WISH CENTRE LIMITED

BALANCE SHEET AS AT 31 MARCH 2021

	Notes	£	2021 £	£	2020 £
Fixed Assets					
Tangible assets	9		210		280
Intangible assets	10		11,959		18,199
Current Assets					
Debtors	11	57,517		68,152	
Cash at bank and in hand		172,371		127,143	
Total Current Assets		229,888		195,295	
Current Liabilities					
Amounts falling due within one year	12	48,278		35,701	
Total Current Liabilities		48,278		35,701	
Net Current Assets			181,610		159,594
Total Assets Less Current Liabilities			£ 193,779		£ 178,073
Funds					
Restricted income funds	14		71,854		64,415
Unrestricted Funds:					
Designated Funds	15	40,000		40,000	
Intangible asset fund	16	11,959		18,199	
General Reserve		69,966		55,459	
			121,925		113,658
Total Funds			£ 193,779		£ 178,073

For the financial year ended 31 March 2021 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibility for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with. FRS 102.

On behalf of the Board and signed ~~on its~~ behalf dated: 21st December 2021

.....

Stefano Zammattio - Trustee

THE WISH CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Income and Expenditure					
Incoming Resources					
Grants received	3	17,175	255,453	272,628	192,093
Education and training		-	-	-	1,250
Sundry Income		4,000	-	4,000	3,002
Meetings, conferences workshops and sessions		-	-	-	-
Voluntary income and donations		9,631	-	9,631	5,526
Donations in kind		400	-	400	-
Interest and investment income	4	51	-	51	263
Total Incoming Resources		31,257	255,453	286,710	202,134
Resources Expended					
Direct charitable expenditure	5	12,736	243,572	256,308	232,806
Fundraising and publicity	6	7,550	2,460	10,009	5,794
Management, Governance and administration	7	2,704	1,982	4,687	5,003
Total Resources Expended		22,990	248,014	271,004	243,603
Net Incoming/(outgoing) Resources		8,267	7,439	15,706	(41,469)
Reconciliation of funds:					
Total funds brought forward at 1 April 2020		113,658	64,415	178,073	219,537
Total funds carried forward at 31 March 2021		£121,925	£71,854	£193,779	£178,073

THE WISH CENTRE LIMITED

SUMMARY INCOME AND EXPENDITURE STATEMENT FOR THE YEAR ENDED 31 MARCH 2021

	Notes	2021 £	2020 £
Income receivable (incoming resources)		286,710	202,134
Expenditure (resources expended)		(271,004)	(243,603)
Net Surplus / (Deficit) for the year		£15,706	(£41,469)

1 Accounting Policies

a) Basis of preparation

The **wish centre** financial statements are prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities (2nd edition) preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 as applicable to companies subject to the small companies regime and the Charities Act 2011 . The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared under the historical cost convention unless otherwise stated in the relevant accounting policy note.

The charity constitutes a public benefit entity as defined by FRS102.

b) Incoming Resources

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Voluntary income and donations are included in the financial statements on a cash receivable basis, except when the donors specify that they must be used in future accounting periods or donors' conditions have not been fulfilled. In these cases, the income is deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor(s) intention to make a distribution. Where legacies have been notified to the charity or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated goods, income and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Gift aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

c) **Fund Accounting**

The charitable company maintains the following funds and reserves policies;

Unrestricted - These are funds which can be used in accordance with the charity's objectives at the discretion of the Trustees.

Designated - These are funds set aside by the Trustees out of unrestricted funds for specific future purposes.

Restricted - These are funds that can only be used for particular purposes. Restrictions arise when specified by the donor.

d) **Resources Expended**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to each particular category. Where costs cannot be directly attributed to particular headings they are allocated to activities on a basis consistent with the use of those resources.

Direct charitable expenditure represents costs incurred in meeting the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity and compliance with its constitutional and statutory requirements.

A full analysis of resources expended is given in the notes to the financial statements.

e) **Tangible fixed assets and depreciation**

Individual fixed assets are capitalised at cost. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Fixtures, fittings and equipment	25% reducing balance basis

f) **Intangible assets**

Intangible assets comprise an acquired website and development expenditure.
Intangible assets are initially recognized at cost. Amortisation is charged on a straight line basis over the expected useful life of the asset, as follows:

Website	3 years straight line basis

g) **Pension costs**

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate. The employer's pension contributions are allocated to each fund based on the percentage of salary allocated to each fund.

h) **Leases**

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases. Rental payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease except where another more systematic basis is more representative of the time pattern in which economic benefits from the lease asset are consumed.

2. Share Capital

The company has no share capital. The liability of its members is limited to £10 each.

3. Grants

Grants receivable were;	2021 £	2020 £
Restricted:		
National Lottery	9,960	-
Harrow Giving Fund	28,047	-
Harrow Council - London Crime Prevention Fund	25,000	66,761
BBC Children in Need	39,436	39,310
Young Harrow Foundation	11,750	-
John Lyon's Charity	69,470	25,000
City Bridge Trust	46,550	45,650
Mind in Harrow/Comic Relief	25,240	14,902
Unrestricted:		
Young Harrow Foundation	-	470
City Bridge Trust	11,525	-
London Youth	650	-
Masonic Province of Middx Charitable Trust	5,000	-
	£272,628	£192,093

These grants, including local government grants from Harrow Council, are in respect of maintaining the existence of The WISH Centre, and to provide specialist services to enable it to achieve its objectives as described on page 4 onwards.

4. Interest and Investment Income

	2021 £	2020 £
Bank interest received	£51	£263

5. Direct Charitable Expenditure

	Unrestricted Funds £	Restricted Funds £	2021 Total £	2020 Total £
Direct project cost	706	10,357	11,063	6,304
Travel and subsistence	-	-	-	211
Staff salaries	10,266	193,199	203,465	173,697
Employers NIC	968	18,097	19,065	17,018
Employers pension contributions	473	7,895	8,368	7,282
Office rent, rates and associated costs	(290)	7,293	7,003	20,379
Staff training and development	273	895	1,168	1,693
Insurance	-	295	295	383
Volunteer expenses	-	175	175	62
Printing, postage and stationery	-	236	236	490
Equipment	400	1,682	2,082	139
Telephone	-	2,047	2,047	2,902
IT and office supplies	-	1,169	1,169	1,158
Membership and subscription costs	116	163	279	423
Cleaning	(79)	-	(79)	555
Other miscellaneous costs	(97)	69	(28)	110
Total	£12,736	£243,572	£256,308	£232,806

6. Fundraising and Publicity

	Unrestricted Funds £	Restricted Funds £	2021 Total £	2020 Total £
Advertising and publications	-	65	65	4,240
Fundraising costs	698	-	698	323
Internet and website	612	2,395	3,007	711
Amortisation	6,240	-	6,240	520
Total	£7,550	£2,460	£10,009	£5,794

7. Management, Governance and Administration

	Unrestricted Funds £	Restricted Funds £	2021 Total £	2020 Total £
Insurance	-	1,077	1,077	991
Bank charges	50	69	119	136
Accountancy & legal fees	2,501	446	2,947	2,458
Management meeting expenses	83	-	83	1,325
Storage costs	-	390	390	-
Disposal of fixed assets	-	-	-	-
Depreciation	70	-	70	93
Total	2,704	1,982	£4,687	£5,003

Included under Accountancy and legal fees above are independent examination and associated accountancy fees of £1,830 (2020: £1,758)

8. **Staff Costs and Emoluments, trustee remuneration and expenses and the cost of key management personnel**

	2021 £	2020 £
Staff salaries	203,465	173,697
Social security costs	19,065	17,018
Employer pension contributions	8,368	7,282
	£230,898	£197,997

One employee received employee benefits of more than £60,000.

None of the trustees have been paid any remuneration or received any other benefits from employment with The WISH Centre Ltd or a related entity. No trustee expenses have been reimbursed in the year.

The key management personnel of The WISH Centre Ltd comprise of the trustees and the Chief Executive Officer. The employee benefits of the key management personnel including employer's NIC, total £65,008.00

The average number of employees in the year were as follows:

	2021 Number	2020 Number
Employees	8	8

9. **Tangible Fixed Assets**

	Fixtures, Fittings and Equipment £
Cost at 1 April 2020	5,644
Additions	-
Disposals	
Cost at 31 March 2021	5,644
Depreciation at 1 April 2020	5,364
Charge for the year	70
Disposals	-
Depreciation at 31 March 2021	5,434
Net book value at 31 March 2021	£210
Net book value at 31 March 2020	£280

10. **Intangible Assets**

	Website £
Cost at 1 April 2020	18,719
Additions	-
Disposals	-
Cost at 31 March 2021	18,719
Amortisation at 1 April 2020	520
Charge for the year	6,240
Disposals	-
Amortisation at 31 March 2021	6,760
Net book value at 31 March 2021	£11,959
Net book value at 31 March 2020	£18,199

11. **Debtors**

	2021 £	2020 £
Trade debtors	56,497	62,650
Prepayments and accrued income	1,020	5,502
	£57,517	£68,152

12. **Liabilities Falling Due Within One Year**

	2021 £	2020 £
Trade creditors	1,613	5,242
Taxation, social security and pension contributions	6,247	6,140
Accruals and deferred income	40,418	24,319
Other creditors	-	-
	£48,278	£35,701

Deferred Income reconciliation

	2021 £	2020 £
Balance brought forward	23,050	22,600
Amount released	-23,050	-22,600
Amount deferred for the year	38,588	23,050
Balance carried forward	£38,588	£23,050

Monies invoiced under performance related grants have been deferred where appropriate.

13. Operating lease commitments

Lessee

At the reporting end date the company had outstanding commitments for future minimum lease payments under non-cancellable operating leases, as follows:

	2021 £	2020 £
Amounts falling due within one year	-	5,000
Amounts falling due after one year	-	-

A total of £7,013 was recognized as an operating lease expense in the period (2020: £15,561)

14. Restricted Funds

	Opening Balance at 31-Mar-20 £	Income £	Expenditure £	Net transfer to unrestricted funds £	Closing Balance at 31-Mar-21 £
Harrow Council - London Crime Prevention Fund	-	25,000	(25,000)	-	-
John Lyon's Charity	18,080	69,470	(63,889)	-	23,661
BBC Children in Need	18,970	39,436	(35,082)	-	23,324
National Lottery	-	9,960	(9,960)	-	-
Harrow Giving Fund	-	28,047	(24,646)	-	3,401
Young Harrow Fundation	-	11,750	(3,750)	-	8,000
City Bridge Trust	12,880	46,550	(46,256)	-	13,174
Mind in Harrow/Comic Relief	14,485	25,240	(39,431)	-	294
Total	£64,415	£255,453	(£248,014)	£0	£71,854

Restricted funds relate to grants received for specific expenditure which has not been fully utilised at the balance sheet date.

15. Designated funds

Designated funds have been set aside by the trustees out of unrestricted funds as follows:

	2021 £	2020 £
Development fund	£5,000	£15,000
Employment fund	£35,000	£25,000
	£40,000	£40,000

16. **Unrestricted intangible asset fund**

The unrestricted intangible asset fund represents the costs of the The WISH Centre Limited's website funded out of a specific restricted income fund, less amortisation costs. Upon completion of the specific funding for the website development, the fund has been transferred to the unrestricted intangible asset fund in line with the terms of the grant. Amortisation charges expended through the SOFA are deducted against the unrestricted intangible asset fund.

	£
Unrestricted intangible asset fund b/f	18,199
Transfer from restricted fund	-
Reduction due to amortisation in the year	(6,240)
Unrestricted intangible asset fund c/f	£11,959

17. **Income from general donations, donated goods and donated services**

We are very grateful to the many individuals and the organisations who have supported our work through donations and fundraising events, including: the Middlesex Province Relief Fund, Masonic Charitable Foundation and Mosaic Liberal Synagogue.

18. **Related party transactions**

There were no related party transactions in the reporting period that require disclosure.

19. **Going concern and the effects of the pandemic**

As the pandemic continues the challenge of ongoing sustainable funding for charities is not resolved, although many grant givers are both re-opening their giving programmes and some are focusing on charity recovery through core cost grants.

The Trustees consider that there are no material uncertainties about the ability of the Charity to continue as a going concern. In making this assessment we have considered the likely charitable conditions for a period of twelve months from the date of our approval of these accounts.