

BRIGHTON THERAPY CENTRE LIMITED

England & Wales · Charity number 1150032

Details

Other names BRIGHTON THERAPY CENTRE

Status Registered

Legal form Charitable company

Company number [07791021](#)

Registered 2012-12-04

Register [View on the Charity Commission register](#)

Contact

Address Brighton Therapy Centre
23a New Road
Brighton
BN1 1UG

Phone 01273626444

Email info@brightontherapycentre.org.uk

Website www.brightontherapycentre.org.uk

Activities

Objects: To relieve mental and emotional suffering, and advance wellbeing for people living in England and Wales by the provision of quality, appropriate and effective psychological therapies, for the public benefit.

Activities: Brighton Therapy Centre provides a wide range of high quality counselling, therapy and psychological services to the people of Brighton & Hove, Hastings & Rother and the surrounding areas. We believe that all sections of the community should have access to the right kind of treatment. Our service aims to provide this and to be a centre of clinical excellence.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

Geography

- **Area of benefit:** BRIGHTON, HOVE AND THE SURROUNDING AREAS
- Brighton And Hove
- East Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£365,666	£374,610	-	-
2024-12-31	£353,514	£346,074	-	-
2023-12-31	£307,384	£367,413	-	-
2022-12-31	£375,599	£339,868	-	-
2021-12-31	£245,749	£225,932	-	-
2020-12-31	£198,594	£176,734	-	-

Trustees

Name	Role	Appointed
David Scully		2023-10-26
Knowledge Nyamaradzo		2025-05-21
Opelola Oluwa Akinyemi		2023-04-27
Richard Burgess-Gamble		2020-11-12
Robert Clare		2020-11-12
Sandeep Rai		2020-02-28
Suzanne Thompson		2017-10-13

BRIGHTON THERAPY CENTRE LIMITED

England & Wales - Charity number 1150032

Accounts

Company registration number 07791021 (England and Wales)

Charity registration number 1150032 (England and Wales)

BRIGHTON THERAPY CENTRE LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025

BRIGHTON THERAPY CENTRE LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Opelola Akinyemi Richard Burgess-Gamble, Treasurer Robert Clare Sandeep Rai David Scully Suzanne Thompson, Chair Knowledge Nyamaradzo	(Appointed 21 May 2025)
Country of incorporation	United Kingdom (England and Wales)	07791021
Charity registration	England and Wales	1150032
Registered office	23a New Road Brighton BN1 1UG	
Independent examiner	Michelle Westbury FCCA West & Berry Limited Nile House Nile Street Brighton BN1 1HW	

BRIGHTON THERAPY CENTRE LIMITED

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BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees present their annual report and financial statements for the year ended 31 December 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

The Trustees have paid due regard to guidance issued by the Charity Commission regarding public benefit and in deciding what activities the charity should undertake.

Objectives and activities

BTC's Vision, Public Benefit Statement, Mission, Values & Aims

Our Vision: Making quality psychological therapies accessible to all.

Our Public Benefit Statement: To relieve mental and emotional suffering, and advance wellbeing for people living in England and Wales by the provision of quality, appropriate and effective psychological therapies, for the public benefit.

Our Mission: We are an independent charitable organisation with a mission to provide a wide choice of high-quality psychological therapies to all. Whilst we offer services to all, we are committed to meeting the needs of underrepresented or difficult to reach groups who find it harder to access therapeutic services. We are joined in our mission by people choosing to work or volunteer for BTC, and by our full-fee paying clients who, in using our services, are contributing financially to our charitable work.

Values: Integrity, inclusivity, compassion & excellence.

Aims:

- To create centres of clinical excellence that are informed by our commitment to inclusivity, the advancement of best practice and expertise in areas of specialism, including trauma-informed approaches.
- To help individuals in our communities improve their emotional well-being and quality of life by working with them to help them learn strategies to maintain their own mental wellness and to prevent relapse.
- To improve access with our no-cost and low-cost programmes to ensure that people can receive appropriate, effective psychological therapies, regardless of their economic status.
- To reach out to those who because of their religion, race, class, sexual orientation, gender identity, political or economic status, or for other reasons, may find it more difficult to access services.
- To facilitate a practitioner learning community through the provision of clinical supervision, reflective practice and training opportunities.
- To involve service users, staff and other stakeholders in the development and improvement of our services.
- To grow and develop the BTC model to reach other communities in need.

What we do and what makes us special

Established in 2012, Brighton Therapy Centre (BTC) is a social enterprise that is both a registered charity and a limited company. Our model is:

- Independent
- Inclusive
- Sustainable
- Community based
- Clinically safe
- Scalable
- Ethically sound

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Our **independence** allows us to assess clients on a case-by-case basis and make individual recommendations for therapy accordingly. We often find that the most marginalised and complex individuals require long-term specialist therapy with our more experienced practitioners, rather than the short-term counselling available through the NHS and other non-profit counselling services.

To enable **inclusivity**, we deliver our no-cost and low-cost therapy via a number of pathways:

- Initial consultations: Clients on a low income are offered a £15 initial consultation. Refugees and others eligible for full funding are offered a free initial consultation.
- Grant-funded bursaries and subsidies: Eligible clients are offered partially or fully funded therapy using funding secured from charitable trusts, statutory grants and BTC's internal charitable fund.
- Sliding scale of fees: All BTC practitioners commit to providing at least 25% of their time to working with clients at a reduced rate. Trainees on placement with BTC offer all of their time at a significantly reduced rate.

Our **sustainable** business model depends on 4 income streams:

- Income from clinical services provided to individuals and organisations by our employed practitioner team
- Room rental income from our self-employed approved practitioner team
- Grant funding received from charitable trusts and statutory bodies
- Donations from the public

Our social enterprise model works particularly well in towns like Brighton and Hastings with socioeconomic inequalities where a large number of people can and will pay a full fee for high quality therapy. Our standard therapy fees are similar to those of private therapists in the local area, and we reinvest any profit we make into providing no-cost and low-cost therapy to disadvantaged local people who cannot afford the standard fees. This enables our full-fee paying clients to support their **community** at the same time as looking after their own mental health.

The model is **clinically safe**, adhering to BACP and UKCP ethical frameworks. Practitioners receive high levels of supervision and are provided with ongoing CPD opportunities. The management team are supported by external supervisors and a clinical governance group consisting of clinical trustees. Information governance meets the highest standards following the development of a bespoke MS Dynamics clinical system.

Robust infrastructure and governance, combined with the commitment of our practitioner team, ensure that our practice is both **scalable** and **ethically sound**.

2025 in Review

2025 was a year of positive change for BTC. While the departure of our Clinical Director in January left us under-staffed in the short term, we treated this as an opportunity to review our organisational structure and continuity planning. At our strategy board meeting in May, we agreed a recruitment plan that addresses the risks of over-dependence on key personnel, safeguards the future of our low-cost and no-cost therapy service and takes account of succession planning. Following a very successful recruitment campaign, in September/October three new Therapy Centre Managers (Katie Gelbart, Mary George and Ellie Roberts) joined the organisation, and they have had an immediate positive impact on the management and culture of Brighton and Hastings Therapy Centres.

Following the investment of reserves into upgrading the charity's IT infrastructure in 2022/23, we have been working on improving our minimum reserve position and achieved this goal in 2025, thereby improving our financial stability and cashflow. Factors contributing to this included the employed clinical team covering 100% of their collective total payroll costs and record success with unrestricted fundraising.

Scaling up our services will result, in the longer term, in being able to fund more of our charitable services ourselves, reducing our dependence on external funders. This development is particularly important in a time of burgeoning demand, a shortage of appropriate statutory and non-profit mental health services to meet that demand, and an increasingly competitive funding environment.

While the strain of being understaffed in the first three quarters of the year meant that we were unable to achieve all of the goals identified in the 2025 Action Plan, overall, the organisation has performed very well, thanks to the hard work and commitment of the employed and self-employed teams and strong governance from our board of trustees. These goals and outcomes are summarised in the table below:

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

	GOAL	OUTCOME
SERVICES	Improve monitoring and evaluation of services. Achieve 80% return rate for ReQoL surveys.	<ul style="list-style-type: none"> The introduction of mandatory ReQoL evaluations for all funded work has been very successful and we have achieved an 80.83% return rate. NHS clients typically wait many weeks and often several months to start therapy, receive an average of 8.5 sessions, and 67.8% show reliable improvement. BTC clients are typically referred within 2 weeks, we provide funding for up to 24 sessions, and of those who complete therapy 69% show reliable improvement. This is particularly significant when considering we see highly complex and suicidal clients, including those who report having been turned away by NHS and volunteer-led services.
	Increase provision of no-cost and low-cost services by 10%	<ul style="list-style-type: none"> In 2025 we successfully secured funding to deliver the 10% increase in provision of no-cost and low-cost services targeted. However, because the vast majority of this funding was not secured until after Q3, there has been a delay in translating this funding into provision, and the full benefit will be felt in 2026. In total £50,223 was spent on providing no-cost and low-cost services in 2025 compared with £53,076 in 2024. In 2024 we provided 3,537 sessions of no-cost and low-cost services to 245 individuals. We failed to increase this by 10% in 2025 but provided a healthy 3,266 sessions of no-cost and low-cost services to 221 individuals.
	Respond to the request for less rigidity around the cadence of therapy	<ul style="list-style-type: none"> 3 new Therapy Centre Managers joined the employed clinical team in Q3/4 and are able to offer much greater flexibility for clients requiring less frequent/rigid appointment times due to budget constraints, shift work etc. Many self-employed therapists are now also responding to this request by offering fortnightly therapy, where appropriate.
	Introduce SMS messaging for client communications	<ul style="list-style-type: none"> Thanks to a development within our Dynamics clinical system, communications regarding initial consultation bookings, offers of therapy, outcome evaluations and other surveys are now sent by both email and SMS, where appropriate. This has resulted in greater efficiency and improved response rates.
	Improve physical environment and accessibility	<ul style="list-style-type: none"> During 2025 the limited premises budget had to be prioritised for maintenance of windows, carpet and plumbing. As a result, the cosmetic improvements have had to be postponed until 2026. In Hastings changes have been made to offer a more pleasant and functional environment for practitioners and clients. This includes some minor repairs, decoration, door hooks, lighting, some new art, and fidget toys and art resources available in each room.

PRACTITIONER COMMUNITY	Make promotion routes for self-employed practitioners more transparent	<ul style="list-style-type: none"> We clarified the criteria for Graduate, Associate and Senior Associate grades and provided clear communication about these and the processes for achieving promotion to the practitioner community.
	Improve CPD opportunities for practitioners	<ul style="list-style-type: none"> We provided an excellent programme of CPD for our practitioner community and responded to the need for training on specific areas where we see increased demand from client. This included: <ul style="list-style-type: none"> Neurodiversity Authoritarianism, misogyny, existential threats Working with cancer Working with OCD Therapy binaries, language and difference The Hastings Reading Group launched in Q1 A 'Working with Cancer' monthly reflective practice group was launched in Q4 to support our Hope & Healing work
	Continue to explore ways to attract diversity	<ul style="list-style-type: none"> New team members have joined us from BAMER and LGBTQ+ communities Our BLM Discussion Group continues to develop, influencing the organisational culture and governance

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

BUSINESS DEVELOPMENT	Build our employed team to improve organisational resilience and help us to identify and develop future leaders	<ul style="list-style-type: none"> Our team has recently been strengthened with the recruitment of three Therapy Centre Managers – Mary George, Ellie Roberts and Katie Gelbart – who bring expertise in working with hard-to-reach groups, and specialise in homelessness, addiction recovery, neurodivergence and LGBTQ+ identities. All three bring strong managerial, fundraising and clinical experience and have made an immediate positive impact on the management and culture of BTC/HTC.
	Recruit new clinical trustee to replace the Chair of our Clinical Governance Group	<ul style="list-style-type: none"> We welcome Knowledge Nyamaradzo to the Clinical Governance Group (CCG). The 3 clinical trustees who form the CCG are currently sharing the Chair role while we continue our search for a replacement.
	Ensure HR and Clinical P&Ps reflect a coherent approach to team member inclusivity, wellbeing and development	<ul style="list-style-type: none"> We have reviewed our HR and Clinical P&Ps and identified areas for further improvements in 2026, in particular in relation to the accessibility of our services.
	Fully recover our targeted minimum reserve position	<ul style="list-style-type: none"> We fully recovered our targeted minimum reserve position in Q3 however, following this, we grew the employed team and recruited three new Therapy Centre Managers which raised our minimum reserve position beyond the initial target. We expect to recover the new targeted minimum reserve position in 2027.
	Introduce increase to room rental and therapy fees	<ul style="list-style-type: none"> We introduced small fee increases in line with cost-of-living changes.
	Develop grant fundraising strategy	<ul style="list-style-type: none"> While a reduced staff meant that we couldn't prioritise new fundraising initiatives in 2025, the employed team continued to submit applications to trusts and foundations. These efforts resulted in some funding for our low-cost work in Hastings and Brighton, and a record £25k unrestricted grant from the Postcode Lottery Trust.
	Improve marketing of Hastings services	<ul style="list-style-type: none"> Activity increased across Hastings social media, local partnerships and events e.g. with The Hastings Project and Hastings Book Festival increased visibility, and successful leafleting for our general services and Hope and Healing services in the area.
	Increase social media follower count	<ul style="list-style-type: none"> Instagram following grew by just over 50% in 2025 and content views and engagement doubled.
	Increase reach of newsletter	<ul style="list-style-type: none"> Our Newsletter subscriber rates increased by 55% in 2025.
	Explore use of SMS messaging for practitioner communications	<ul style="list-style-type: none"> SMS messaging now used to inform practitioners of room booking, training certification and other expiration dates.
	Improve the way we track funding	<ul style="list-style-type: none"> Completed IT development to enable real time tracking of funding.
	Explore options for securely storing therapy notes for clinical employees and volunteers	<ul style="list-style-type: none"> Protocol established and IT being developed for implementation in Q1
	Explore potential for using Dynamics as a fundraising database	<ul style="list-style-type: none"> An initial scoping exercise to use Dynamics as a fundraising database has been completed.
	Review service provided by our accountants and conduct procurement exercise	<ul style="list-style-type: none"> Review completed and new accountants appointed.
	Review our insurance to ensure that Trustees and Cybersecurity are adequately covered	<ul style="list-style-type: none"> Trustee and Cybersecurity insurance policies now in place.
Progress long term plan to bring services to where the people who need them live, thereby supporting environmental sustainability	<ul style="list-style-type: none"> The appointment of 3 Therapy Centre Managers constitutes a step forward in our long-term expansion plan. 	

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Charitable Works Summary

How much has BTC contributed to ongoing therapy in 2025?

BTC makes a significant contribution to the no-cost and low-cost services it provides through covering the cost of all associated overheads, including the governance, management, administration, infrastructure and premises that are necessary to provide these services.

In addition, the charity maintains a small fund to provide continuity funding for clients who have received external grant funding but would benefit from additional sessions to complete their treatment. In the future, we hope to increase the size of this fund, enabling us to make more no-cost and low-cost services available without dependence on external grant funding.

Total contribution from BTC funds:	Total contribution from external grant funds:	Total contribution from charitable organisation funds:
£1,064 (£2,114 in 2024)	£45,989 (£50,962 in 2024)	£3,170

Total contribution to ongoing therapy in 2025: £50,223 (£53,076 in 2024)

Successful grant funding applications in 2025

- East Sussex Police Fund - £2,990 (Brighton)
- Postcode Society Trust - £25,000 (Unrestricted)
- Ernest Kleinwort Charitable Trust - £5,000 (Brighton & Hastings)
- Southern Water Goodwill Fund - £5,000 (Hastings)
- Focus Foundation - pledge of £52,225 (Brighton & Hastings)
- The Hastings Project - £470 (Hastings)
- South-East Strategic Partnership for Migration - £14,760 granted with £7,380 received in 2025 (Brighton)
- Public Donations - £559.43 (Unrestricted)

Total grant funding in 2025: £98,624.43 (£65,580.44 in 2024)

A grant agreement is in place with the Focus Foundation for a pledge of £52,000 for the delivery of the Hope & Healing project, with a further £225 donation made to support the project. Operationally, the Focus Foundation are invoiced on a monthly basis for the services accessed by referred clients to draw from the pledged amount. For this reason, the accounts below reflect monthly sums received from the Focus Foundation as Income from Charitable Activities rather than within grants.

Client Feedback

BTC has an established process for engaging client and practitioner views on its services and care, with comprehensive surveys being undertaken each year. In addition, we are continually soliciting feedback from clients through our end of therapy questionnaires which they are asked to complete when they finish therapy. The results of both processes are given below, along with client case studies.

- This year 54 end of year client surveys were completed out of 684 sent (7.89% response rate).
- 50 end-of-therapy questionnaires were completed out of 257 sent (19.46%)
- We received an overall 4.6/5-star rating, consistent with 2024.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

- The top 3 reasons people chose BTC/HTC were:
 1. BTC/HTC came up when they search online
 2. NHS services were not available or adequate for their needs
 3. They had a word-of-mouth recommendation

Of respondents to whom the question applied:

- 96% experienced an improvement in confidence or wellbeing
- 94% experienced a reduction in anxiety or depression
- 90% experienced a reduction in suicidal thoughts
- 94% experienced a reduction in urges to physically self-harm
- 87% experienced an improvement in their physical health
- 90% felt more able to return to or remain at work
- 95% felt less isolated
- 81% felt that using our services reduced their need for other mental health services e.g. counselling or anti-depressant medication through their GP

Comments Included:

- “The service provided by HTC has provided me with an opportunity to access affordable therapy on a regular basis. The sessions I have attended have provided me with a sense of safe support and have helped me to understand how my whole life experiences impact my mental health and well-being. They have helped me to find some resolutions to some long-term difficulties, which has helped me to regain my self-confidence in how I approach those challenges.”
- “I’ve had many other experiences of therapy and counselling services. This is the first time I have felt understood and listened to. Support feels proactive and encouraging. The option of wheelchair accessible spaces is great too. (Rare to find!)”
- “The services have been absolutely fantastic for my husband and I who have been dealing with our baby going through brain tumour treatment. [Therapist] has been so wonderful and has helped us tremendously, we can’t ever say thank you enough for how much your kindness has meant to us. We could not afford these services, so your charitable help means the world to us. Thank you.”

Financial review

Reserves policy

BTC operates in an uncertain environment and must therefore retain funds to ensure its ongoing and future activities are reasonably protected from unexpected variances in income and expenditure. The Trustees review the level of reserves annually. It is the policy of the Charity that unrestricted funds that have not been designated for a specific purpose should be maintained at a level equivalent to 3 months’ operational expenditure. The charity aims to maintain minimum reserves of £75,368. Total unrestricted funds at the balance sheet date were £64,768 of which £13,858 were tied up in fixed assets, giving the charity free reserves of £50,910. The trustees regularly review the level of reserves, and the charity is expected to meet the target reserves in 2027.

Structure, governance and management

The charity is a company limited by guarantee and a registered charity. It is governed by its Memorandum and Articles of Association dated 30 November 2011 as amended on 23 March 2023, 23 October 2023 and 25 June 2024.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Opelola Akinyemi

Richard Burgess-Gamble, Treasurer

Robert Clare

Sandeep Rai

David Scully

Suzanne Thompson, Chair

Knowledge Nyamaradzo

(Appointed 21 May 2025)

Recruitment and appointment of trustees

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £10 in the event of a winding up. The trustees have been recruited by a selection process whereby an individual has expressed an interest in supporting the organisation, and also possesses knowledge and skills pertinent to the good management of the organisation. Appointments are made as follows:

- Application is considered by the Management and Trustees as to suitability.
- Applicant is interviewed by the Chair of the Trustees and the Management.
- If successful, the candidate is appointed, pending any necessary background checks, references and a final agreement from the board of trustees.

The trustees have extensive experience in the following areas: mental health law, children and family mental health, adult mental health, psychotherapy, business management, charity law and procedures and human resources.

The trustees meet quarterly to oversee the running of BTC. The Chair meets with the CEO regularly. The Financial Governance Group is a subgroup of the Board which meets with the CEO every 6 months and reports into the Board. The Clinical Governance Group is a subgroup of the Board which meets with the Clinical Management Team and CEO every 1-2 months and reports into the Board.

Staff

CEO - Kerry Evans

Therapy Centre Managers – Ellie Roberts, Katie Gelbart, Mary George

Operating Officer - Ryan Pratt

Clinical & Communications Officer - Sophie Chapman

Administrators - Kathy Hines-Watkins

Trauma Lead - Maureen McCamley

Details of procurement, recruitment and appointment of BTC Staff:

Upon deciding to recruit for a position within the employed team at BTC, a detailed job specification and person specification are created which highlight the need within the team and the desirable qualities of an applicant which centre around BTC's core values.

After posting these details with a fair timescale, applicants are assessed by the CEO, and a decision is made as to who BTC would like to interview. Interview questions are constructed which will help ascertain the applicant's experience, skills, suitability for the role, and values to help BTC make its decision. The successful applicant is then expected to undergo a DBS check prior to onboarding within their team.

In the event that no suitable candidates are found, BTC will review the need for the position and if necessary, will restart the recruitment process.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Self-Employed Approved Practitioners

Details of procurement, recruitment and appointment of BTC approved self-employed practitioners:

Membership is open to mental health practitioners who have an interest in assisting BTC to achieve its aims and are willing to adhere to the rules of BTC.

Brighton Therapy Centre has a fourfold practitioner membership scheme:

1. Trainees who are on a supervised placement with BTC.
2. Graduates who have completed training and are building up their practice hours.
3. Associates who have UKCP registration or BACP accreditation and a Masters level further training in a relevant field.
4. Senior Associates who have more than 8 years of post-qualification experience, PG Cert in clinical supervision or equivalent, training experience and / or experience of consultancy.

Other matters

Appointments are made as follows:

- Applications are invited via advert on the BTC website or personnel recruitment services.
- Applicants are asked to submit a CV and covering letter explaining why they wish to join BTC.
- When a vacancy arises, the submitted CVs are short-listed, and candidates are invited for an interview with BTC management.

Successful candidates are appointed to one of the above schemes, pending satisfactory references and the provision of original copies of their professional liability insurance and professional registration.

All practitioners attend regular meetings in order to contribute to the day-to-day management of the Charity.

Clients: Clients are invited to contribute to service development via feedback questionnaires.

The trustees' report was approved by the Board of Trustees.



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Suzanne Thompson, Chair

Trustee

13/05/2026
Date:

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees, who are also the directors of Brighton Therapy Centre Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

BRIGHTON THERAPY CENTRE LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRIGHTON THERAPY CENTRE LIMITED

I report to the trustees on my examination of the financial statements of Brighton Therapy Centre Limited (the charity) for the year ended 31 December 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the charity's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements 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 financial statements 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 financial statements to be reached.

Michelle Westbury FCCA

Michelle Westbury FCCA

West & Berry Limited

Nile House

Nile Street

Brighton

BN1 1HW

Date: 13/05/2026

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	3	26,029	20,595	46,624	148	65,432	65,580
Charitable activities	4	305,062	13,980	319,042	287,934	-	287,934
Total income		331,091	34,575	365,666	288,082	65,432	353,514
Expenditure on:							
Charitable activities	5	327,267	47,343	374,610	285,725	60,349	346,074
Total expenditure		327,267	47,343	374,610	285,725	60,349	346,074
Net income/(expenditure) and movement in funds		3,824	(12,768)	(8,944)	2,357	5,083	7,440
Reconciliation of funds:							
Fund balances at 1 January 2025		60,944	22,990	83,934	58,587	17,907	76,494
Fund balances at 31 December 2025		64,768	10,222	74,990	60,944	22,990	83,934

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

BRIGHTON THERAPY CENTRE LIMITED

BALANCE SHEET

AS AT 31 DECEMBER 2025

	Notes	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	10		13,858		19,288
Current assets					
Debtors	11	31,714		28,587	
Cash at bank and in hand		40,971		49,426	
		<u>72,685</u>		<u>78,013</u>	
Creditors: amounts falling due within one year	12	<u>(11,553)</u>		<u>(13,367)</u>	
Net current assets			61,132		64,646
Total assets less current liabilities			<u>74,990</u>		<u>83,934</u>
The funds of the charity					
Restricted income funds	14		10,222		22,990
Unrestricted funds	15		64,768		60,944
			<u>74,990</u>		<u>83,934</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

13/05/2026

The financial statements were approved by the trustees on



.....
Suzanne Thompson, Chair
Trustee

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

Charity information

Brighton Therapy Centre Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 23a New Road, Brighton, BN1 1UG.

1.1 Basis of preparation

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

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

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

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

1.4 Income

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

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

Income from grants is recognised when the charity has entitlement to the income, 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.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets costing £300 or more are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

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

Fixtures and fittings	Straight line over five years
IT Hardware & Software	Straight line over five years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

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

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

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

2 Critical accounting estimates and judgements

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

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

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and grants	26,029	20,595	46,624	148	65,432	65,580

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Charitable income						
Room rental and other services including training and therapy	305,062	13,980	319,042	287,934	-	287,934

5 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Staff costs	184,769	163,324
Depreciation and impairment	6,489	6,425
Clinical services	52,903	59,518
Rates	3,231	3,805
Insurance	4,421	2,975
Light and heat	4,032	2,910
Repairs and maintenance	2,527	2,245
Telephone and internet	3,075	3,072
Cleaning	4,259	3,798
IT hardware and software	28,097	27,132
Sundry and advertising	2,659	2,455
Rent and parking	42,157	41,282
Other charitable expenditure	12,395	9,083
	351,014	328,024
Share of support and governance costs (see note 6)		
Support	20,596	14,978
Governance	3,000	3,072
	374,610	346,074
Analysis by fund		
Unrestricted funds	327,267	285,725
Restricted funds	47,343	60,349
	374,610	346,074

Other charitable expenditure includes staff training and supervision of £10,891 (2024: £8,308).

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

6 Support costs allocated to activities

	2025 £	2024 £
Staff costs	16,387	11,790
Postage and stationery	1,723	1,446
Legal and professional	34	34
Bank charges	2,452	1,708
Governance costs	3,000	3,072
	<u>23,596</u>	<u>18,050</u>
	<u><u>23,596</u></u>	<u><u>18,050</u></u>
Analysed between:		
Charitable activities	23,596	18,050
	<u><u>23,596</u></u>	<u><u>18,050</u></u>
	2025	2024
	£	£
Governance costs comprise:		
Accountancy	3,000	3,072
	<u>3,000</u>	<u>3,072</u>
	<u><u>3,000</u></u>	<u><u>3,072</u></u>

Included above are fees paid to the examiner for Independent Examination of £2,500 + VAT (2024: £2,500 + VAT).

7 Trustees

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

8 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Administrators	3	3
Managers	2	2
Clinical staff	1	1
	<u>6</u>	<u>6</u>
Total	<u><u>6</u></u>	<u><u>6</u></u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

8 Employees	(Continued)	
Employment costs	2025 £	2024 £
Wages and salaries	185,153	162,207
Social security costs	11,621	9,748
Other pension costs	4,382	3,159
	201,156	175,114
	201,156	175,114

Holiday is accrued in line with the calendar year and employees cannot carry holiday forward. As such, no holiday pay provision is required.

The remuneration of key management personnel totalled £86,500 (2024: £78,306).

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Tangible fixed assets

	Fixtures and fittings £	IT Hardware & Software £	Total £
Cost			
At 1 January 2025	10,586	42,675	53,261
Additions	-	1,060	1,060
	10,586	43,735	54,321
Depreciation and impairment			
At 1 January 2025	10,327	23,647	33,974
Depreciation charged in the year	86	6,403	6,489
	10,413	30,050	40,463
Carrying amount			
At 31 December 2025	173	13,685	13,858
	173	13,685	13,858
At 31 December 2024	260	19,028	19,288
	260	19,028	19,288

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

11 Debtors	2025	2024
	£	£
Amounts falling due within one year:		
Trade debtors	28,377	23,003
Other debtors	1,980	4,076
Prepayments and accrued income	1,357	1,508
	<u>31,714</u>	<u>28,587</u>
	<u><u>31,714</u></u>	<u><u>28,587</u></u>
12 Creditors: amounts falling due within one year	2025	2024
	£	£
Other taxation and social security	5,936	3,456
Other creditors	500	521
Accruals and deferred income	5,117	9,390
	<u>11,553</u>	<u>13,367</u>
	<u><u>11,553</u></u>	<u><u>13,367</u></u>
13 Retirement benefit schemes	2025	2024
	£	£
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	4,382	3,159
	<u>4,382</u>	<u>3,159</u>
	<u><u>4,382</u></u>	<u><u>3,159</u></u>

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

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2025	Incoming resources	Resources expended	Transfers	At 31 December 2025
	£	£	£	£	£
External General (Brighton)	3,398	4,124	(7,055)	-	467
External Refugees (Brighton)	-	10,370	(6,032)	-	4,338
External General (Hastings)	4,803	5,000	(5,729)	-	4,074
External Refugees (Hastings)	5,972	-	(5,642)	-	330
Ukrainian Refugee Programme	1,060	-	(1,060)	-	-
Ernest Kleinwort Outreach and Monitoring	1,750	-	(1,750)	-	-
National Lottery Fund	6,007	-	(5,870)	-	137
Focus Foundation	-	14,205	(13,980)	-	225
Seaside Homes	-	876	(225)	-	651
	<u>22,990</u>	<u>34,575</u>	<u>(47,343)</u>	<u>-</u>	<u>10,222</u>
Previous year:	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
	-	-	-	-	-
External General (Brighton)	5,095	18,170	(19,867)	-	3,398
External Refugees (Brighton)	(1,367)	4,912	(11,871)	8,326	-
External General (Hastings)	2,714	7,500	(5,411)	-	4,803
External Refugees (Hastings)	5,700	5,750	(5,478)	-	5,972
Hastings Set-Up (Hastings)	571	-	(571)	-	-
Ukrainian Refugee Programme	5,194	6,900	(2,708)	(8,326)	1,060
Ernest Kleinwort Outreach and Monitoring	-	3,000	(1,250)	-	1,750
National Lottery Fund	-	19,200	(13,194)	-	6,007
	<u>17,907</u>	<u>65,432</u>	<u>(60,349)</u>	<u>-</u>	<u>22,990</u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

14 Restricted funds

(Continued)

Purposes of restricted funds

External General (Brighton) - For the provision of general funded therapy to clients in Brighton
 External Refugees (Brighton) - For the provision of funded therapy to refugees in Brighton
 External General (Hastings) - For the provision of general funded therapy to clients in Hastings
 External Refugees (Hastings) - For the provision of funded therapy to refugees in Hastings
 Ukrainian Refugee Project - For the provision of funded therapy to refugees displaced from Ukraine
 Ernest Kleinwort Outreach and Monitoring - funding for salaries for outreach work
 National Lottery Fund - to be used for general therapy funding
 Focus Foundation - For the provision of therapy to clients who are referred by charity partners of the Focus Foundation for the delivery of the Hope & Healing project
 Seaside Homes - For the provision of therapy to clients who are referred by Seaside Homes

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2025	Incoming resources	Resources expended	At 31 December 2025
	£	£	£	£
General funds	60,944	331,091	(327,267)	64,768
	<u>60,944</u>	<u>331,091</u>	<u>(327,267)</u>	<u>64,768</u>
Previous year:	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
General funds	58,587	288,082	(285,725)	60,944
	<u>58,587</u>	<u>288,082</u>	<u>(285,725)</u>	<u>60,944</u>

16 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£
At 31 December 2025:			
Tangible assets	13,858	-	13,858
Current assets/(liabilities)	50,910	10,222	61,132
	<u>64,768</u>	<u>10,222</u>	<u>74,990</u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

16 Analysis of net assets between funds

(Continued)

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Tangible assets	19,288	-	19,288
Current assets/(liabilities)	41,656	22,990	64,646
	<u>60,944</u>	<u>22,990</u>	<u>83,934</u>

17 Operating lease commitments

Lessee

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

	2025 £	2024 £
Within one year	36,000	2,833
Between two and five years	39,000	-
	<u>75,000</u>	<u>2,833</u>

During the year lease payments of £41,933 (2024: £40,517) were recognised as an expense.

18 Related party transactions

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

Tamper Verification

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File 1 of 2: Brighton Therapy Centre 2025 accounts.pdf

Signed By

Signer: Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk)

Identity Check: Email Authentication

Signature Type: Mouse or hand drawn

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: Michelle Westbury (michelle@westandberry.co.uk)

Identity Check: Login with account

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Event Log

May 11, 2026, 3:25:54 PM - Email notification delivered to Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk).

May 11, 2026, 3:25:54 PM - Email notification sent to Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk).

May 13, 2026, 7:50:58 AM - Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk) viewed the document(s), from 2a02.

May 13, 2026, 7:56:05 AM - Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk) electronically signed or completed the document(s), from 2a02.

May 13, 2026, 7:56:38 AM - Email notification delivered to Michelle Westbury (michelle@westandberry.co.uk).

May 13, 2026, 7:56:38 AM - Email notification sent to Michelle Westbury (michelle@westandberry.co.uk).

May 13, 2026, 8:37:52 AM - Michelle Westbury (michelle@westandberry.co.uk) opened the email notification (estimated), from 81.146.52.96.

May 13, 2026, 8:37:52 AM - Michelle Westbury (michelle@westandberry.co.uk) viewed the document(s), from 81.146.52.96.

May 13, 2026, 8:37:52 AM - Michelle Westbury (michelle@westandberry.co.uk) opened the email notification (estimated), from 81.146.52.96.

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END OF LOG

BRIGHTON THERAPY CENTRE LIMITED

England & Wales - Charity number 1150032

Accounts

Charity registration number 1150032 (England and Wales)

Company registration number 07791021

BRIGHTON THERAPY CENTRE LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

BRIGHTON THERAPY CENTRE LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees
Opelola Akinyemi
Richard Burgess-Gamble, Treasurer
Robert Clare
Sandeep Rai
David Scully
Suzanne Thompson, Chair

Charity number (England and Wales) 1150032

Company number 07791021

Registered office
23a New Road
Brighton
BN1 1UG

Independent examiner
Michelle Westbury FCCA
West & Berry Limited
Nile House
Nile Street
Brighton
BN1 1HW

BRIGHTON THERAPY CENTRE LIMITED

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BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their annual report and financial statements for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

The Trustees have paid due regard to guidance issued by the Charity Commission regarding public benefit and in deciding what activities the charity should undertake.

Objectives and activities

About Brighton Therapy Centre

Our Vision: Making quality psychological therapies accessible to all.

Our Public Benefit Statement (Charitable objects): To relieve mental and emotional suffering, and advance wellbeing for people living in England and Wales by the provision of quality, appropriate and effective psychological therapies, for the public benefit.

Our Mission: We are an independent charitable organisation with a mission to provide a wide choice of high-quality psychological therapies to all. Whilst we offer services to all, we are committed to meeting the needs of underrepresented or difficult to reach groups who find it harder to access therapeutic services. We are joined in our mission by people choosing to work or volunteer for BTC, and by our full-fee paying clients who, in using our services, are contributing financially to our charitable work.

Our Values: Integrity, inclusivity, compassion & excellence.

Aims:

- To create centres of clinical excellence that are informed by our commitment to inclusivity, the advancement of best practice and expertise in areas of specialism, including trauma-informed approaches.
- To help individuals in our communities improve their emotional well-being and quality of life by working with them to help them learn strategies to maintain their own mental wellness and to prevent relapse.
- To improve access with our no-cost and low-cost programmes to ensure that people can receive appropriate, effective psychological therapies, regardless of their economic status.
- To reach out to those who because of their religion, race, class, sexual orientation, gender identity, political or economic status, or for other reasons, may find it more difficult to access services.
- To facilitate a practitioner learning community through the provision of clinical supervision, reflective practice and training opportunities.
- To involve service users, staff and other stakeholders in the development and improvement of our services.
- To grow and develop the BTC model to reach other communities in need.

What we do and what makes us special

Established in 2012, Brighton Therapy Centre (BTC) is a social enterprise that is both a registered charity and a limited company. In 2023 we opened a second therapy centre in Hastings, called Hastings Therapy Centre (HTC).

Our model is:

- Independent
- Inclusive
- Sustainable
- Community based
- Clinically safe

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

- Scalable
- Ethically sound

Our **independence** allows us to assess clients on a case-by-case basis and make individual recommendations for therapy accordingly. We often find that the most marginalised and complex individuals require long-term specialist therapy with our more experienced practitioners, rather than the 4-12 sessions of CBT or counselling available through most other services.

To enable **inclusivity** we deliver our no-cost and low-cost therapy via a number of pathways:

- Initial consultations: Clients on a low income are offered a £15 initial consultation. Refugees and others eligible for full funding are offered a free initial consultation.
- Grant-funded bursaries and subsidies: Eligible clients are offered partially or fully funded therapy using funding secured from charitable trusts, statutory grants and BTC's internal charitable fund.
- Sliding scale of fees: All BTC practitioners commit to providing at least 25% of their time to working with clients at a reduced rate. Trainees on placement with BTC offer all of their time at a significantly reduced rate.

Our **sustainable** business model depends on 4 income streams:

- Income from clinical services provided to individuals and organisations by our employed practitioner team.
- Room rental income from our self-employed approved practitioner team.
- Grant funding received from charitable trusts and statutory bodies.
- Donations from the public.

Our social enterprise model works well in a town like Brighton with socioeconomic inequalities; here, a large number of people can and will pay a full fee for high quality therapy. Our standard therapy fees are similar to those of private therapists in the local area, and we reinvest any profit we make into providing no-cost and low-cost therapy to disadvantaged local people who cannot afford the standard fees. This enables our full-fee paying clients to support their **community** at the same time as looking after their own mental health.

The model is **clinically safe**, adhering to BACP and UKCP ethical frameworks. Practitioners receive high levels of supervision and are provided with ongoing CPD opportunities. The management team are supported by an external supervisor and clinical governance group. Information governance meets the highest standards following the development of a bespoke MS Dynamics clinical system.

Robust infrastructure and governance, combined with the commitment of our practitioner team, ensure that our practice is both **scalable** and **ethically sound**.

2024 in Review

In 2024, funding cuts across health and social care had a big impact on not-for-profit organisations with many closing, making redundancies and reducing services. Thanks to its sustainable business model and independence, BTC has not been negatively impacted by these cuts and continues to thrive in a difficult environment.

As we ended 2023 with a deficit due to planned expansion and investment in infrastructure, a priority focus area in 2024 was achieving financial stability. Not only did we make great strides forward in rebuilding our minimum reserve, we also delivered record amounts of low-cost and no-cost therapy, continued to make improvements to our services and further developed our long-term strategy.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

	ACTION	OUTCOME
SERVICES	Improve monitoring and evaluation of services	<ul style="list-style-type: none"> In the second half of 2024 we received a small piece of funding to develop our monitoring and evaluation processes. We dedicated resources to rolling out mandatory ReQoL measures for all low-cost/funded clients from 1 October 2024 and look forward to reporting on these outcomes in future reports. In 2025 we aim to address the low rate of return to questionnaires and evaluation sent out in 2024 through additional resource applied to outreach and engagement, aiming for an 80% response rate.
	Maintain provision of no-cost and low cost services	<ul style="list-style-type: none"> Thanks to generous funding 2024 we provided 3,537 no-cost and low-cost therapy sessions v. 2,848 in 2023. The number of individuals supported also rose to 245 in 2024 from 176 in 2023.
	Improve physical environment	<ul style="list-style-type: none"> We completed the redecoration and refurbishment of various rooms and areas at the Brighton centre at the end of 2024. Many members of the practitioner community volunteered their time to help with this work. We renewed the lease on our Brighton premises, securing the building for a further 5 years.
	IT Development	<ul style="list-style-type: none"> We introduced a new online booking system for initial consultations, providing enhanced user-friendliness and data security. We have not been able to introduce SMS messaging functionality due to budget constraints but are on schedule to complete this work in Q2 2025
PRACTITIONER COMMUNITY	Recruit new therapists	<ul style="list-style-type: none"> Across the Brighton and Hastings sites we have recruited a number of new practitioners at Trainee, Graduate, Associate and Senior Associate levels. They represent a rich diversity of experience and modalities, and include members of the LGBTQ+ and BAMER communities.
	Improve management of clinical risk	<ul style="list-style-type: none"> Delivered training on working with risk, suicide and other client deaths, liaising with GPs and other healthcare professionals and dealing with the Coroner's court. Information sheets on these areas now available on our Practitioner Hub. Crisis Support leaflets available at our Brighton and Hastings sites and on our Practitioner Hub.
	Improve CPD opportunities for practitioners	<ul style="list-style-type: none"> CPD delivered to practitioners on: <ul style="list-style-type: none"> Menopause Working with suicide and risk Gender and sexuality 'Heart Circle' drop-in group piloted to offer a dedicated space to talk about our collective traumas. This includes COVID, current global conflicts and other historical social injustices which continue to impact us and our world. A new reflective practice group was introduced and quickly reached maximum membership.
	Continue to explore ways to promote equality, diversity and inclusion	<ul style="list-style-type: none"> New team members have joined us from BAMER and LGBTQ+ communities Our BLM Discussion Group continues to develop, influencing the organisational culture and governance

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

	ACTION	OUTCOME
BUSINESS DEVELOPMENT	Achieve financial stability	<ul style="list-style-type: none"> Income of £353,514 and expenditure of £346,074 resulted in a net operating surplus which has helped rebuild our reserves. We are on track to recover our targeted minimum reserve position by the end of Q3 2025 Variable direct debits introduced for almost all clients, helping to reduce our debtor risk. Our employed clinical team now cover 95% of the gross payroll through income generated from their clinical work
	Develop fundraising strategy	<ul style="list-style-type: none"> We brought a fresh approach to our fundraising efforts this year with the CEO, clinical administrator and one of our self-employed practitioners working together on a number of applications which resulted in fundraising of income £65,580 compared with £27,465 in 2023.
	Develop marketing strategy	<ul style="list-style-type: none"> Execution of our strategy to develop a presence through social media and the publishing of a community newsletter is well under way. Engagement is growing with each issue of the newsletter, with an average engagement rate of 51% in Q4. Our social media following is active and growing, currently at 212 followers on BTC's account, up 15% in Q4.
	Improve sustainability	<ul style="list-style-type: none"> Our strategic direction continues to focus on bringing services to where the people who need them live, thereby supporting environmental sustainability.

Charitable Works Summary

How much has BTC contributed to ongoing therapy in 2024?

BTC makes a significant contribution to the no-cost and low-cost services it provides through covering the cost of all associated overheads, including the governance, management, administration, infrastructure and premises that are necessary to provide these services. The employed clinical team also provide a large number of low-cost and no-cost sessions directly.

In addition, the charity maintains a small fund to provide continuity funding for clients who have received external grant funding but would benefit from additional sessions to complete their treatment. In the future, we hope to increase the size of this fund, enabling us to make more no-cost and low-cost services available without dependence on external grant funding.

Total contribution from BTC funds:

£2,114 (£1,880 in 2023)

Total contribution from external grant funds:

£50,962 (£51,775 in 2023)

Total contribution to ongoing therapy in 2024: £53,076 (£53,655 in 2023)

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

Successful grant funding applications 2024:

- National Lottery Community Fund - £19,200 (Brighton & Hastings)
- Focus Foundation - £13,170 (Brighton)
- Ernest Kleinwort Charitable Trust - £5,000 (Brighton & Hastings)
- Mrs. A Lacey Tate Trust - £500 (Brighton & Hastings)
- Sussex Community Foundation - £10,000 (Hastings)
- Heads on Hastings Refugee Pilot - £5,750 (Hastings)
- East Sussex Police Fund (Western Balkans Programme) - £4,912 (Brighton)
- Ukrainian Refugee Programme Partnership - £6,900 (Brighton)
- Public Donations - £148.44 (Unrestricted)

Total grant funding in 2024: £65,580.44 (£27,465 in 2023)

Client Feedback

BTC has an established process for engaging client and practitioner views on its services and care, with comprehensive surveys being undertaken each year. In addition, we are continually soliciting feedback from clients through our end of therapy questionnaires which they are asked to complete when they finish therapy. The results of both processes are given below, along with client case studies. Highlights from the 2024 survey are as follows:

- This year 37 end of year client surveys were completed out of 689 sent (5.37% response rate).
- 48 end of therapy questionnaires were completed out of 247 sent (19.43%)
- We received an overall 4.6/5-star rating, 0.1 higher than 4.5 in 2023.
- People chose to come to BTC/HTC for several reasons, but these were largely because BTC/HTC came up when they searched online or they received word-of-mouth recommendations. Many cited that they couldn't afford private therapy and/or suitable NHS services weren't available. Equally, they were attracted by the charitable ethos and the short waiting time compared to other services.
- Everyone who communicated directly with the office team felt they dealt with their issues sensitively and appropriately.

Of respondents to whom the question applied:

- 94% experienced an improvement in confidence or wellbeing
- 94% experienced a reduction in anxiety or depression
- 88% experienced a reduction in suicidal thoughts
- 83% experienced a reduction in urges to physically self-harm
- 72% experienced an improvement in their physical health
- 86% felt more able to return to or remain at work
- 89% felt less isolated
- 73% felt that using our services reduced their need for other mental health services e.g. counselling or medication through their GP

Comments included:

"My ongoing therapy through BTC has literally been a lifesaver for me. The continuity, consistency and quality of the service and the subsequent trust developed through this therapeutic relationship has and continues to be life changing for me. I am incredibly grateful to have access to the BTC."

"BTC has enabled me to finally feel comfortable with myself and those around me. I have made choices that have positively affected my life and continue to do so thanks to my weekly sessions. It has been life changing."

"If the funding was not given and help subsidise people like me on a very low income. Then I'm not sure where I would be as it is very difficult to find therapy that is affordable. I value my time with my counsellor, she is a great help to me and is allowing me to understand me and the trauma and things we discuss, to make me feel whole again."

"I had a very positive experience of using HTC. My therapist skilfully worked with me to tune in and listen to my needs. Over time, I was able to expand into my life; enjoying it more and feeling more content. Therapy gave me the courage to seek out forms of creative self-expression and the result has been truly life-changing. I would recommend HTC to anyone feeling stuck, lost, low or generally in need of support. It's an excellent service."

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Financial review

Reserves policy

BTC operates in an uncertain environment and must therefore retain funds to ensure its ongoing and future activities are reasonably protected from unexpected variances in income and expenditure. The Trustees review the level of reserves annually. It is the policy of the Charity that unrestricted funds that have not been designated for a specific purpose should be maintained at a level equivalent to 3 months' operational expenditure. The charity aims to maintain minimum reserves of £58,000. Total unrestricted funds at the balance sheet date were £60,944 of which £19,288 were tied up in fixed assets, giving the charity free reserves of £41,656. The trustees regularly review the level of reserves and the charity is on track to meet the target reserves in Q3 2025.

Structure, governance and management

The charity is a company limited by guarantee and a registered charity. It is governed by its Memorandum and Articles of Association dated 30 November 2011 as amended on 23 March 2023, 23 October 2023 and 25 June 2024.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Opelola Akinyemi

Richard Burgess-Gamble, Treasurer

Robert Clare

Sandeep Rai

David Scully

Suzanne Thompson, Chair

Joanna Tomlinson

(Resigned 30 October 2024)

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

Recruitment and appointment of trustees

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £10 in the event of a winding up. The trustees have been recruited by a selection process whereby an individual has expressed an interest in supporting the organisation, and also possesses knowledge and skills pertinent to the good management of the organisation. Appointments are made as follows:

- Application is considered by the Management and Trustees as to suitability.
- Applicant is interviewed by the Chair of the Trustees and the Management.
- If successful, the candidate is appointed, pending any necessary background checks, references and a final agreement from the board of trustees.

The trustees have extensive experience in the following areas: mental health law, children and family mental health, adult mental health, psychotherapy, business management, charity law and procedures and human resources.

The trustees meet quarterly to oversee the running of BTC. The Chair meets with the CEO monthly. The Financial Governance Group is a subgroup of the Board which meets with the CEO every 6 months and reports into the Board. The Clinical Governance Group is a subgroup of the Board which meets with the Clinical Manager and CEO every 1-2 months and reports into the Board.

Staff

CEO - Kerry Evans
Clinical Director - Michael O'Rourke
Operating Officer - Ryan Pratt
Administrators - Sophie Chapman, Kathy Hines-Watkins
Trauma Lead - Maureen McCamley

Details of procurement, recruitment and appointment of BTC Staff:

Upon deciding to recruit for a position within the employed team at BTC, a detailed job specification and person specification are created which highlight the need within the team and the desirable qualities of an applicant which centre around BTC's core values.

After posting these details with a fair timescale, applicants are assessed by the CEO and a decision is made as to who BTC would like to interview. Interview questions are constructed which will help ascertain the applicant's experience, skills, suitability for the role, and values to help BTC make its decision. The successful applicant is then expected to undergo a DBS check prior to onboarding within their team.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

In the event that no suitable candidates are found, BTC will review the need for the position and if necessary, will restart the recruitment process.

Self-Employed Approved Practitioners

Details of procurement, recruitment and appointment of BTC approved self-employed practitioners:

Membership is open to mental health practitioners who have an interest in assisting BTC to achieve its aims and are willing to adhere to the rules of BTC.

Brighton Therapy Centre has a fourfold practitioner membership scheme:

1. Trainees who are on a supervised placement with BTC.
2. Graduates who have completed training and are building up their practice hours.
3. Associates who have UKCP registration or BACP accreditation and a Masters level further training in a relevant field.
4. Senior Associates who have more than 8 years of post-qualification experience, PG Cert in clinical supervision or equivalent, training experience and / or experience of consultancy.

Appointments are made as follows:

- Applications are invited via advert on the BTC website or personnel recruitment services.
- Applicants are asked to submit a CV and covering letter explaining why they wish to join BTC.
- When a vacancy arises, the submitted CVs are short-listed and candidates are invited for an interview with BTC management.

Successful candidates are appointed to one of the above schemes, pending satisfactory references and the provision of original copies of their professional liability insurance and professional registration.

All practitioners attend regular meetings in order to contribute to the day-to-day management of the Charity.

Clients: Clients are invited to contribute to service development via feedback questionnaires.

The trustees' report was approved by the Board of Trustees.



.....
Suzanne Thompson, Chair

Trustee

26/05/2025
Date:

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees, who are also the directors of Brighton Therapy Centre Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

BRIGHTON THERAPY CENTRE LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRIGHTON THERAPY CENTRE LIMITED

I report to the trustees on my examination of the financial statements of Brighton Therapy Centre Limited (the charity) for the year ended 31 December 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the charity's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements 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 financial statements 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 financial statements to be reached.

Michelle Westbury FCCA

Michelle Westbury FCCA

West & Berry Limited

Nile House

Nile Street

Brighton

BN1 1HW

Date: 26/05/2025

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	148	65,432	65,580	565	26,900	27,465
Charitable activities	4	287,934	-	287,934	279,919	-	279,919
Total income		288,082	65,432	353,514	280,484	26,900	307,384
Expenditure on:							
Charitable activities	5	285,725	60,349	346,074	289,543	77,870	367,413
Total expenditure		285,725	60,349	346,074	289,543	77,870	367,413
Net income/(expenditure) and movement in funds		2,357	5,083	7,440	(9,059)	(50,970)	(60,029)
Reconciliation of funds:							
Fund balances at 1 January 2024		58,587	17,907	76,494	67,646	68,877	136,523
Fund balances at 31 December 2024		60,944	22,990	83,934	58,587	17,907	76,494

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

BRIGHTON THERAPY CENTRE LIMITED

BALANCE SHEET

AS AT 31 DECEMBER 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	10		19,288		25,713
Current assets					
Debtors	11	28,587		28,848	
Cash at bank and in hand		49,426		29,555	
		78,013		58,403	
Creditors: amounts falling due within one year	12	(13,367)		(7,622)	
Net current assets			64,646		50,781
Total assets less current liabilities			83,934		76,494
The funds of the charity					
Restricted income funds	14	22,990		17,907	
Unrestricted funds	15	60,944		58,587	
		83,934		76,494	

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 26/05/2025



Suzanne Thompson, Chair
Trustee

Company registration number 07791021 (England and Wales)

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

Charity information

Brighton Therapy Centre Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 23a New Road, Brighton, BN1 1UG.

1.1 Accounting convention

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

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

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

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

1.4 Income

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

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

Income from grants is recognised when the charity has entitlement to the income, 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.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets costing £300 or more are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

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

Fixtures and fittings	Straight line over five years
IT Hardware & Software	Straight line over five years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

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

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

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

2 Critical accounting estimates and judgements

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

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

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and grants	148	65,432	65,580	565	26,900	27,465

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Charitable income		
Room rental and other services including training and therapy	287,934	279,919

5 Expenditure on charitable activities

	Charitable activities 2024 £	Charitable activities 2023 £
Direct costs		
Staff costs	163,324	181,319
Depreciation and impairment	6,425	6,414
Clinical services	59,518	52,560
Rates	3,805	3,098
Insurance	2,975	3,293
Light and heat	2,910	4,610
Repairs and maintenance	2,245	8,899
Telephone and internet	3,072	3,391
Cleaning	3,798	3,456
IT hardware and software	27,132	28,378
Sundry and advertising	2,455	2,726
Rent and parking	41,282	40,380
Other charitable expenditure	9,083	13,399
	<u>328,024</u>	<u>351,923</u>
Share of support and governance costs (see note 6)		
Support	14,978	12,772
Governance	3,072	2,718
	<u>346,074</u>	<u>367,413</u>
Analysis by fund		
Unrestricted funds	285,725	289,543
Restricted funds	60,349	77,870
	<u>346,074</u>	<u>367,413</u>

Other charitable expenditure includes staff training and supervision of £8,308 (2023: 10,674).

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

6 Support costs allocated to activities

	2024	2023
	£	£
Staff costs	11,790	10,103
Postage and stationery	1,446	1,602
Legal and professional	34	196
Bank charges	1,708	871
Governance costs	3,072	2,718
	<u>18,050</u>	<u>15,490</u>
	<u><u>18,050</u></u>	<u><u>15,490</u></u>
Analysed between:		
Charitable activities	18,050	15,490
	<u><u>18,050</u></u>	<u><u>15,490</u></u>
	2024	2023
	£	£
Governance costs comprise:		
Accountancy	3,072	2,718
	<u>3,072</u>	<u>2,718</u>
	<u><u>3,072</u></u>	<u><u>2,718</u></u>

Included above are fees paid to the examiner for Independent Examination of £2,500 + VAT (2023: £2,718).

7 Trustees

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

8 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
Administrators	3	2
Managers	2	2
Clinical staff	1	2
	<u>6</u>	<u>6</u>
Total	<u><u>6</u></u>	<u><u>6</u></u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

8 Employees (Continued)

Employment costs	2024 £	2023 £
Wages and salaries	162,207	177,372
Social security costs	9,748	10,691
Other pension costs	3,159	3,359
	<u>175,114</u>	<u>191,422</u>

Holiday is accrued in line with the calendar year and employees cannot carry holiday forward. As such, no holiday pay provision is required.

The remuneration of key management personnel totalled £78,306 (2023: £47,467).

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Tangible fixed assets

	Fixtures and fittings £	IT Hardware & Software £	Total £
Cost			
At 1 January 2024	10,586	42,675	53,261
At 31 December 2024	<u>10,586</u>	<u>42,675</u>	<u>53,261</u>
Depreciation and impairment			
At 1 January 2024	10,240	17,308	27,548
Depreciation charged in the year	86	6,339	6,425
At 31 December 2024	<u>10,326</u>	<u>23,647</u>	<u>33,973</u>
Carrying amount			
At 31 December 2024	<u>260</u>	<u>19,028</u>	<u>19,288</u>
At 31 December 2023	<u>346</u>	<u>25,367</u>	<u>25,713</u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

11 Debtors	2024	2023
	£	£
Amounts falling due within one year:		
Trade debtors	23,003	25,326
Other debtors	4,076	1,980
Prepayments and accrued income	1,508	1,542
	<u>28,587</u>	<u>28,848</u>
	<u><u>28,587</u></u>	<u><u>28,848</u></u>
12 Creditors: amounts falling due within one year	2024	2023
	£	£
Other taxation and social security	3,456	3,751
Other creditors	521	510
Accruals and deferred income	9,390	3,361
	<u>13,367</u>	<u>7,622</u>
	<u><u>13,367</u></u>	<u><u>7,622</u></u>
13 Retirement benefit schemes	2024	2023
	£	£
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	3,159	3,359
	<u>3,159</u>	<u>3,359</u>
	<u><u>3,159</u></u>	<u><u>3,359</u></u>

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

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
	-	-	-	-	-
External General (Brighton)	5,095	18,170	(19,867)	-	3,398
External Refugees (Brighton)	(1,367)	4,912	(11,871)	8,326	-
External General (Hastings)	2,714	7,500	(5,411)	-	4,803
External Refugees (Hastings)	5,700	5,750	(5,478)	-	5,972
Hastings Set-Up (Hastings)	571	-	(571)	-	-
Ukrainian Refugee Programme	5,194	6,900	(2,708)	(8,326)	1,060
Ernest Kleinwort Outreach and Monitoring	-	3,000	(1,250)	-	1,750
National Lottery Fund	-	19,200	(13,194)	-	6,007
	<u>17,907</u>	<u>65,432</u>	<u>(60,349)</u>	<u>-</u>	<u>22,990</u>
Previous year:	At 1 January 2023	Incoming resources	Resources expended	Transfers	At 31 December 2023
	£	£	£	£	£
	-	-	-	-	-
External General (Brighton)	8,351	12,500	(15,756)	-	5,095
External Refugees (Brighton)	38,721	-	(40,087)	-	(1,367)
External General (Hastings)	9,600	-	(6,886)	-	2,714
External Refugees (Hastings)	-	5,750	(50)	-	5,700
Hastings Set-Up (Hastings)	10,000	1,750	(11,179)	-	571
The Key Fund (Brighton)	1,995	-	(1,995)	-	-
External DBT (Brighton)	212	-	(212)	-	-
Ukrainian Refugee Programme	-	6,900	(1,706)	-	5,194
	<u>68,877</u>	<u>26,900</u>	<u>(77,870)</u>	<u>-</u>	<u>17,907</u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

14 Restricted funds

(Continued)

Purposes of restricted funds

External General (Brighton) - For the provision of general funded therapy to clients in Brighton
 External Refugees (Brighton) - For the provision of funded therapy to refugees in Brighton
 External General (Hastings) - For the provision of general funded therapy to clients in Hastings
 External Refugees (Hastings) - For the provision of funded therapy to refugees in Hastings
 Hastings Set-Up (Hastings) - For the set-up costs associated with the opening of Hastings Therapy Centre (Furniture, building work etc).
 Ukrainian Refugee Project - For the provision of funded therapy to refugees displaced from Ukraine
 Ernest Kleinwort Outreach and Monitoring - funding for salaries for outreach work
 National Lottery Fund - to be used for general therapy funding

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
General funds	58,587	288,082	(285,725)	60,944
	<u>58,587</u>	<u>288,082</u>	<u>(285,725)</u>	<u>60,944</u>
Previous year:	At 1 January 2023	Incoming resources	Resources expended	At 31 December 2023
	£	£	£	£
General funds	67,646	280,484	(289,543)	58,587
	<u>67,646</u>	<u>280,484</u>	<u>(289,543)</u>	<u>58,587</u>

16 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Tangible assets	19,288	-	19,288
Current assets/(liabilities)	41,656	22,990	64,646
	<u>60,944</u>	<u>22,990</u>	<u>83,934</u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

16 Analysis of net assets between funds

(Continued)

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 December 2023:			
Tangible assets	25,713	-	25,713
Current assets/(liabilities)	32,874	17,907	50,781
	<u>58,587</u>	<u>17,907</u>	<u>76,494</u>

17 Operating lease commitments

Lessee

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

	2024 £	2023 £
Within one year	2,833	34,650
Between two and five years	-	2,750
	<u>2,833</u>	<u>37,400</u>

During the year lease payments of £40,517 (2023: £35,783) were recognised as an expense.

18 Related party transactions

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

Tamper Verification

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File 1 of 2: bri107 Brighton Therapy Centre accounts 2024.pdf

Signed By

Signer: Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk)

Identity Check: Email Authentication

Signature Type: Mouse or hand drawn

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Signer: Michelle Westbury (documents@westandberry.co.uk)

Identity Check: Login with account

Signature Type: Typed

Time Zone: UTC+01:00, Europe/London (British Summer Time)

Event Log

May 23, 2025, 12:04:27 PM - Email notification sent to Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk).

May 23, 2025, 12:04:27 PM - Email notification delivered to Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk).

May 26, 2025, 12:06:05 PM - Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk) viewed the document(s), from 82.12.7.123.

May 26, 2025, 12:18:12 PM - Suzanne Thompson (SuzanneThompson@brightontherapycentre.org.uk) electronically signed or completed the document(s), from 82.12.7.123.

May 26, 2025, 12:20:55 PM - Michelle Westbury (documents@westandberry.co.uk) viewed the document(s), from 86.137.110.245.

May 26, 2025, 12:21:28 PM - Michelle Westbury (documents@westandberry.co.uk) electronically signed or completed the document(s), from 86.137.110.245.

END OF LOG

BRIGHTON THERAPY CENTRE LIMITED

England & Wales - Charity number 1150032

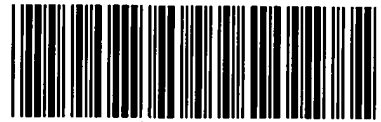
Accounts

Charity registration number 1150032

Company registration number 07791021 (England and Wales)

BRIGHTON THERAPY CENTRE LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

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COMPANIES HOUSE

BRIGHTON THERAPY CENTRE LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	O Akisanya R Burgess-Gamble R Clare S Rai D Scully S Thompson J Tomlinson	(Appointed 27 April 2023) (Appointed 26 October 2023)
Charity number	1150032	
Company number	07791021	
Principal address	23A New Road Brighton East Sussex BN1 1UG	
Registered office	23A New Road Brighton East Sussex BN1 1UG	
Independent examiner	William Roberts FCA Friend-James Limited 4th Floor Park Gate 161-163 Preston Road Brighton East Sussex BN1 6AF	

BRIGHTON THERAPY CENTRE LIMITED

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BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees present their report and accounts for the year ended 31 December 2023.

The financial statements have been prepared in accordance with the accounting policies set out in the note to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

The Trustees have paid due regard to guidance issued by the Charity Commission regarding public benefit and in deciding what activities the charity should undertake.

About Brighton Therapy Centre

Our Vision: Making quality psychological therapies accessible to all.

Our Public Benefit Statement: To relieve mental and emotional suffering, and advance wellbeing for people living in England and Wales by the provision of quality, appropriate and effective psychological therapies, for the public benefit.

Our Mission: We are an independent charitable organisation with a mission to provide a wide choice of high-quality psychological therapies to all. Whilst we offer services to all, we are committed to meeting the needs of underrepresented or difficult to reach groups who find it harder to access therapeutic services. We are joined in our mission by people choosing to work or volunteer for BTC, and by our full-fee paying clients who, in using our services, are contributing financially to our charitable work.

Values: Integrity, inclusivity, compassion & excellence.

Our Aims:

- To create centres of clinical excellence that are informed by our commitment to inclusivity, the advancement of best practice and expertise in areas of specialism, including trauma-informed approaches.
- To help individuals in our communities improve their emotional well-being and quality of life by working with them to help them learn strategies to maintain their own mental wellness and to prevent relapse.
- To improve access with our no-cost and low-cost programmes to ensure that people can receive appropriate, effective psychological therapies, regardless of their economic status.
- To reach out to those who because of their religion, race, class, sexual orientation, gender identity, political or economic status, or for other reasons, may find it more difficult to access services.
- To facilitate a practitioner learning community through the provision of clinical supervision, reflective practice and training opportunities.
- To involve service users, staff and other stakeholders in the development and improvement of our services.
- To grow and develop the BTC model to reach other communities in need.

What we do and what makes us special

Established in 2012, Brighton Therapy Centre (BTC) is a social enterprise that is both a registered charity and a limited company. Our model is:

- Independent
- Inclusive
- Sustainable
- Community based
- Clinically safe
- Scalable
- Ethically sound

Our **independence** allows us to assess clients on a case-by-case basis and make individual recommendations for therapy accordingly. We often find that the most marginalised and complex individuals require long-term specialist therapy with more experienced practitioners, rather than the 4-12 sessions of CBT or counselling available through the NHS.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

To enable **inclusivity** we deliver our no-cost and low-cost therapy via a number of pathways:

- Initial consultations: Clients on a low income are offered a £15 initial consultation. Refugees and others eligible for full funding are offered a free initial consultation.
- Grant-funded bursaries and subsidies: Eligible clients are offered partially or fully funded therapy using funding secured from charitable trusts, statutory grants and BTC's internal charitable fund.
- Sliding scale of fees: All practitioners commit to providing at least 25% of their time to working with clients at a reduced rate. Trainees on placement with BTC offer all of their time on a voluntary basis or at a significantly reduced rate.

Our **sustainable** business model depends on 4 income streams:

- Income from clinical services provided to individuals and organisations by our employed practitioner team.
- Room rental income from the self-employed approved practitioners.
- Grant funding received from charitable trusts and statutory bodies.
- Donations from the public.

Our social enterprise model works particularly well in towns like Brighton and Hastings with socioeconomic inequalities; here, a large number of people can and will pay a full fee for high quality therapy. Our standard therapy fees are similar to those of private therapists in the local area, and we reinvest any profit we make from this income, as well as our room rental income, into providing no-cost and low-cost therapy to disadvantaged local people who cannot afford the standard fees. This enables our full-fee paying clients to support their **community** at the same time as looking after their own mental health.

The model is **clinically safe**, adhering to BACP and UKCP ethical frameworks. Practitioners receive high levels of supervision and are provided with ongoing CPD opportunities. The management team are supported by an external supervisor and clinical governance group. Information governance meets the highest standards following the development of a bespoke MS Dynamics clinical system.

Robust infrastructure and governance, combined with the commitment of our practitioner team, ensure that our practice is both **scalable** and **ethically sound**.

Our response to the climate crisis

We have minimised our carbon footprint by recycling and focussing our services on clients in the local area to reduce travel to and from our centres. We also support green commuting by providing a nearby designated bike shed for practitioners who cycle to work and desire a sheltered space for secure bicycle storage. Online therapies have helped to reduce travel by clients and practitioners still further which have continued to offer after COVID restrictions were lifted in the UK to keep our carbon footprint as low as possible.

Our response to the cost of living crisis

We have consistently monitored the cost of therapy by means of scoping exercises of other mental health services available as well as reviewing client feedback and assessing the demand and need for low-cost therapy. We recruited several new trainees in 2023 across both of our sites to ensure that we could continue to offer low-cost services to the communities we support. Further to this, we continue to make targeted fundraising applications to support our low-cost work.

Developing a diverse team to reflect our local community

BTC provides access to a number of practitioners who are experienced in working with LGBTQ+ clients and all our practitioners are LGBTQ+ affirming. We provide access to practitioners who are fluent in Spanish, French, Italian, Polish, Tigrinya and Arabic. We also work with 13 black and minority ethnic practitioners and continue to reach out to prospective black and minority ethnic practitioners considering making an application to work at BTC.

Working for our local community

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

BTC continues to offer clinical supervision and consultation to a number of local organisations. We have contracts with local employers to offer therapy to their staff. The surplus generated by these activities help to fund our charitable works. We have also opened a new site, Hastings Therapy Centre, so we can expand the reach of the people we can support.

Providing a wide range of therapies

We work with 55 practitioners (an increase of 10 since 2022), providing the following therapies:

- Child psychotherapy
- Cognitive Analytic Therapy (CAT)
- Cognitive Behavioural Therapy (CBT)
- Creative Arts Therapy
- Dynamic Interpersonal Therapy (DIT)
- Existential psychotherapy
- Eye Movement Desensitization and Reprocessing therapy (EMDR)
- Gestalt therapy
- Group analytic psychotherapy
- Humanistic therapy
- Integrative therapy
- Psychoanalytic psychotherapy
- Psychodynamic therapy
- Somatic therapy
- Systemic family work
- Transactional Analysis

Financial management

BTC has a growing income from room rental and clinical services. The charity aims to maintain a minimum reserve equivalent to 3 months of expenditure, and any surplus is invested in the funding of low-cost therapy and service developments.

Risk management

The trustees continually assess the major and emerging risks to which the charity is exposed and are satisfied that systems are in place to mitigate them.

Structure, governance and management

The charity is a company limited by guarantee. Its governing document is its Memorandum and Articles of Association.

2023 in Review

BTC has undergone significant changes in the last few years and has developed its model in various ways. Having previously depended almost entirely on room rental for income, we have now developed 2 further income streams (clinical income from our employed team and charitable grant funding) and we are just starting to develop a new public giving income stream. We have also widened our reach and strengthened our services through working in partnership with other local and regional organisations including not-for-profits such as Refugee Radio and the Children with Cancer Fund, and statutory services such as Social Care and Sussex Police. We have invested in our infrastructure, improved our governance and brought clarity to our organisational values, mission and strategic direction. These changes stood us in good stead for what was a challenging year.

2023 saw a lot of change at BTC with the successful opening of our new therapy centre in the deprived town of Hastings and further key improvements to our infrastructure. However, we also faced significant challenges. There were delays in the opening of the new centre and breaking into a new market proved more complicated than anticipated. Over-stretched statutory services led to a surge in demand from complex, disadvantaged clients, but we struggled to raise the money necessary to meet this need. Against the backdrop of these difficulties a great deal was still achieved, as demonstrated below in this table detailing the outcomes of our 2023 Action Plan:

BRIGHTON THERAPY CENTRE LIMITED


TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

	ACTION	OUTCOME
SERVICES	Improve monitoring and evaluation of services	<ul style="list-style-type: none"> ✓ ReQoL (Recovering Quality of Life) before and after measures introduced for all clients in receipt of no-cost and low-cost services ✓ Demographic reporting introduced and demonstrating diverse client population
	Increase provision of no-cost and low-cost services	<ul style="list-style-type: none"> ✓ In 2023 we provided 2843 no-cost and low-cost therapy sessions v. 2699 in 2022, most of which was funded with grants secured in 2022 ✗ However the number of individuals supported fell from 208 in 2022 to 176 in 2023, reflecting the lower levels of new grant funding in 2023
	Improve physical environment	<ul style="list-style-type: none"> ✓ We completed redecoration of identified rooms and refreshing of kitchen area at the beginning of 2023 ✗ We have not been able to continue with further refurbishments at the end of 2023 due to budget restrictions
	Respond to demand for couples therapy and EMDR	<ul style="list-style-type: none"> ✓ 4 practitioners now trained in and offering couples therapy ✓ EMDR can be used as an intense protocol (6-12 sessions) for traumas or symptom reduction, or it can be incorporated into longer-term work. EMDR is recommended by NICE to treat PTSD, and while it is available on the NHS, waiting lists are long and eligibility criteria are tough. We are in a strong position with 5 qualified practitioners, and a further 2, including our Clinical Manger, training in 2024 ✓ BTC now a leader in trauma work in E. Sussex, as evidenced by referrals for trauma work from other local organisations, and contracts secured with statutory service
PRACTITIONER COMMUNITY	Revise practitioner guidelines to promote best practice	<ul style="list-style-type: none"> ✓ New guidelines introduced regarding contracting to promote transparency and empower clients ✓ Review of procedures to improve client data integrity, especially in relation to GP and contact details ✓ Discharge summary reporting stopped in the interests of information management best practice. We continue to monitor outcomes with end of therapy questionnaires.
	Improve CPD opportunities for practitioners	<ul style="list-style-type: none"> ✓ New CPD sessions rolled out to practitioners, topics inc.: <ul style="list-style-type: none"> - Diversity and inclusion, race, cultural differences, and the refugee community - Adapting therapy models to the individual needs of the client - Boundaries and taboos: money, holidays and sex - Building a thriving private practice - An Introduction to Cognitive Analytic Therapy (CAT) ✓ Introduction of a new mandatory online Information Handling training
	Trainee placement	<ul style="list-style-type: none"> ✓ 5 new trainees on placement, with a range of modalities and fee scales that are an important aspect of our services ✓ A number of trainees have come to the end of their placements and secured places on our qualified practitioner team, others have completed further qualifications and accreditations, enabling them to advance through our practitioner levels (Graduate, Associate, Senior Associate). This demonstrates the quality of practitioner that we continue to attract, and how the supervision and governance that BTC provides is a solid platform from which practitioners can learn, develop and grow with the organisation
	Continue to explore ways to promote equality, diversity and inclusion	<ul style="list-style-type: none"> ✓ New practitioners have joined us from BIPOC and LGBTQ+ communities ✓ Our BLM Discussion Group continues to develop, influencing the organisational culture and governance

BRIGHTON THERAPY CENTRE LIMITED


TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

	ACTION	OUTCOME
BUSINESS DEVELOPMENT	Continue to develop sustainable income streams	<ul style="list-style-type: none"> ✓ Our employed clinical team now cover 75% of the gross payroll through income generated from their clinical work ✓ Pro-bono consultancy from Adil Qureshi, Head of Talking Therapies and co-writer of many successful fundraising bids at the Wimbledon Guild, a community charity in London, helped improve our grant funding strategy ✓ Public fundraising campaign launched, including social media strategy and plans for a community newsletter ✓ Payroll costs were increased in 2022 to dedicate resources to improving our financial security and expand our income streams by employing a Lead Fundraiser position to develop and support a marketing strategy and create fundraising materials. With these in place, the CEO has now resumed responsibility for fundraising, with the support of the employed team
	Open therapy hub in Hastings	<ul style="list-style-type: none"> ✓ New therapy hub opened in April ✓ 8 local therapists recruited, including 2 volunteers ✓ Business slow to start, which caused a slight fall in clinical services income, but gradually growing as more clients are being seen. We expect this service and income to grow further in 2024
	Plan for longer term growth and development	<ul style="list-style-type: none"> ✓ Strategic plan for further growth and development completed ✓ Charitable objectives with the charities commission and our articles of association with Companies House changed to cover England and Wales as our "area of benefit" rather than "Brighton & Hove and the surrounding areas" as it was previously
	Internal talent development	<ul style="list-style-type: none"> ✓ CEO completed executive leadership course with Imperial College/Corndel ✓ Finance & IT Administrator completed a Payroll training which has enabled us to bring this function in house ✓ Finance & IT Administrator promoted to Operating Officer ✓ Member of the clinical team completed a supervision training
	Maintain leadership at Brighton centre	<ul style="list-style-type: none"> ✓ CEO/Clinical Director maintained a regular programme of community meetings, met with most practitioners individually, held consultation meetings about the future of the organisation and delivered additional CPD workshops. However, changes to our clinical practices and standards to bring them in line with our organisational values and mission have resulted in a small number of practitioners leaving which presented an opportunity to rebalance the team as now more experienced junior practitioners have moved into more senior roles and new trainees could be recruited
	Reduce carbon footprint	<ul style="list-style-type: none"> ✓ The majority of initial consultations now take place online ✓ Reduction in printed materials ✓ Improved remote working capabilities for office staff
	Promote social enterprise model	<ul style="list-style-type: none"> ✓ Promotion of our ethical social enterprise model on website and in standard email communications with clients ✓ Strapline on our logo changed to give a clearer message of our ethos



BRIGHTON THERAPY CENTRE
BESPOKE, INCLUSIVE, PROFESSIONAL

to....



BRIGHTON THERAPY CENTRE
WELLBEING FOR YOU & YOUR COMMUNITY

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

Charitable Works Summary

How much has BTC contributed to ongoing therapy in 2023?

The main contribution that BTC makes to the no-cost and low-cost services it provides is through the governance, management, administration, infrastructure and premises that are necessary to provide these services. In addition, the charity maintains a small fund to provide continuity funding for clients who have received external grant funding but would benefit from additional sessions to complete their treatment.

Total contribution from BTC funds: £1,880	Total contribution from external grant funds: £51,775
---	---

Total contribution to ongoing therapy in 2023: £53,655 (£46,309 in 2022)

Successful grant funding applications 2023:

- Magdalen & Lasher - £1,000 (Hastings)
- Ernest Kleinwort Charitable Trust - £7,500 (Brighton & Hastings)
- The Chalk Cliff Trust - £5,000 (Brighton & Hastings)
- Heads on Hastings Refugee Pilot - £5,750 (Hastings)
- Percy Bilton - £750 (Hastings)
- Ukrainian Refugee Programme Partnership - £6,900 (Brighton)
- Public Donations - £539.59 (Unrestricted)
- **Total grant funding in 2023: £27,439 (£98,950 in 2022)**

Included here are funds which were raised for the set up and growth of Hastings Therapy Centre and were designated for covering operating costs and refugee work.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

Client Feedback

BTC has an established process for engaging client and practitioner views on its services and care, with comprehensive surveys being undertaken each year. In addition, we are continually soliciting feedback from clients through our end of therapy questionnaires which they are asked to complete when they finish therapy. Highlights from the 2023 survey are as follows:

- This year 57 client surveys were completed out of 720 sent (7.92% response rate).
- We received an overall 4.5/5-star rating, equal to 4.5 in 2022.
- People chose to come to BTC/HTC for several reasons, but these were largely word-of-mouth recommendations. Many also cited that suitable NHS services weren't available, and they couldn't afford private therapy.
- They generally found that the office team dealt with their issues sensitively and appropriately.

Of respondents to whom the question applied:

83% experienced an improvement in confidence or wellbeing

81% experienced a reduction in anxiety or depression

70% experienced a reduction in suicidal thoughts

76% experienced a reduction in urges to physically self-harm

61% experienced an improvement in their physical health

71% felt more able to return to or remain at work

69% felt less isolated

36% reduced their use of other services, such as GP, Mental Health Services and A&E, after coming to BTC

Comments included:

"The service completely changed my life around for the better. The therapist encouraged me to think of strategies and gave me confidence to carry these out."

"I can't fault my experience. I consider myself very lucky in the therapist I was allotted. I was instantly put at ease and able to talk in depth about the difficult experience I was living through. She was so good."

"I was especially raw and emotional with grief at the beginning and whilst I am still in loads of emotional pain I am now in a much calmer and more peaceful space which I can fully attribute to the EMDR. The process has appeared to 'still the waters' and has 'steadied the ship' somewhat which has helped my emotional state so that I am in a position to go forward with the next chapter to seek employment."

"My therapist gave me the perfect combination of empathy, space to release and process trauma, and practical tools to use in everyday life. I feel transformed by the process, in ways that I never expected."

"It has completely changed my MH. I was super anxious to get on buses and do general life things but this completely changed. I was experiencing medium to severe anxiety every day. Now my anxiety is medium to mild only a few days a month."

"Thank you to everyone at BTC who made accessing therapy so supportive, warm and inclusive from the first contact".

"BTC helped with my confidence, the way I communicate, the way I value myself, and how I deal with traumatic events."

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

Roles & Stakeholders

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

- David Scully (appointed in October 2023)
- Jo Tomlinson
- Julie Watson (stepped down in October 2023)
- Lola Akinyemi (appointed in April 2023)
- Richard Burgess-Gamble, Treasurer
- Robert Clare
- Sandeep Rai
- Suzanne Thompson, Chair

None of the trustees has any beneficial interest in the company. All of the trustees are directors of the company and guarantee to contribute £10 in the event of a winding up. The trustees have been recruited by a selection process whereby an individual has expressed an interest in supporting the organisation, and also possesses knowledge and skills pertinent to the good management of the organisation. Appointments are made as follows:

- Application is considered by the Management and Trustees as to suitability.
- Applicant is interviewed by the Chair of the Trustees and the Management.
- If successful, the candidate is appointed, pending any necessary background checks, references and a final agreement from the board of trustees.

The trustees have extensive experience in the following areas: mental health law, children and family mental health, adult mental health, psychotherapy, business management, charity law and procedures and human resources.

The trustees meet quarterly to oversee the running of BTC. The Chair meets with the CEO monthly.

The Financial Governance Group is a subgroup of the Board which meets with the CEO every 6 months and reports into the Board.

The Clinical Governance Group is a subgroup of the Board which meets with the Clinical Manager and CEO every 1-2 months and reports into the Board.

Staff

CEO - Kerry Evans

Clinical Director - Michael O'Rourke

Operating Officer - Ryan Pratt

Administrators - Sophie Chapman (appointed 11 December 2023), Kathy Hines-Watkins

Trauma Lead - Maureen McCamley

Details of procurement, recruitment and appointment of BTC Staff:

Upon deciding to recruit for a position within the employed team at BTC, a detailed job specification and person specification are created which highlight the need within the team and the desirable qualities of an applicant which centre around BTC's core values.

After posting these details with a fair timescale, applicants are assessed by the CEO and a decision is made as to who BTC would like to interview. Interview questions are constructed which will help ascertain the applicant's experience, skills, suitability for the role, and values to help BTC make its decision. The successful applicant is then expected to undergo a DBS check prior to onboarding within their team.

In the event that no suitable candidates are found, BTC will review the need for the position and if necessary, will restart the recruitment process.

Self-Employed Approved Practitioners

Details of procurement, recruitment and appointment of BTC approved self-employed practitioners:

Membership is open to mental health practitioners who have an interest in assisting BTC to achieve its aims and are willing to adhere to the rules of BTC.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

Brighton Therapy Centre has a fourfold practitioner membership scheme:

1. Trainees who are on a supervised placement with BTC.
2. Graduates who have completed training and are building up their practice hours.
3. Associates who have UKCP registration or BACP accreditation and a Masters level further training in a relevant field.
4. Senior Associates who have more than 8 years of post-qualification experience, PG Cert in clinical supervision or equivalent, training experience and / or experience of consultancy.

Appointments are made as follows:

- Applications are invited via advert on the BTC website or personnel recruitment services.
- Applicants are asked to submit a CV and covering letter explaining why they wish to join BTC.
- When a vacancy arises, the submitted CVs are short-listed and candidates are invited for an interview with BTC management.

Successful candidates are appointed to one of the above schemes, pending satisfactory references and the provision of original copies of their professional liability insurance and professional registration.

All practitioners attend regular meetings in order to contribute to the day-to-day management of the Charity.

Clients: Clients are invited to contribute to service development via feedback questionnaires.

This report is prepared in accordance with the small company regime (Section 419(2) of the Companies Act 2006.

On behalf of the board of trustees

X 

Suzanne Thompson
Chair of the Board of Trustees

11 September 2024

BRIGHTON THERAPY CENTRE LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRIGHTON THERAPY CENTRE LIMITED

I report to the trustees on my examination of the financial statements of Brighton Therapy Centre Limited (the charity) for the year ended 31 December 2023.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

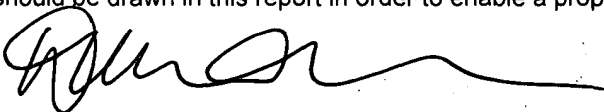
Independent examiner's statement

Since the charity'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 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.



William Roberts FCA

Chartered Accountants

Friend-James Limited
4th Floor Park Gate
161-163 Preston Road
Brighton
BN1 6AF

Dated: 20 SEPTEMBER 2024

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and grants	3	565	26,900	27,465	36	98,950	98,986
Incoming resources from charitable activities	4	279,919	-	279,919	276,613	-	276,613
Total income		<u>280,484</u>	<u>26,900</u>	<u>307,384</u>	<u>276,649</u>	<u>98,950</u>	<u>375,599</u>
Expenditure on:							
Charitable activities	5	289,543	77,870	367,413	275,521	64,347	339,868
Net (expenditure)/income for the year/ Net movement in funds		(9,059)	(50,970)	(60,029)	1,128	34,603	35,731
Fund balances at 1 January 2023		<u>67,646</u>	<u>68,877</u>	<u>136,523</u>	<u>66,518</u>	<u>34,274</u>	<u>100,792</u>
Fund balances at 31 December 2023		<u><u>58,587</u></u>	<u><u>17,907</u></u>	<u><u>76,494</u></u>	<u><u>67,646</u></u>	<u><u>68,877</u></u>	<u><u>136,523</u></u>

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

All income and expenditure derive from continuing activities.

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

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	9		25,713		31,776
Current assets					
Debtors	10	28,848		27,036	
Cash at bank and in hand		29,555		86,588	
		<u>58,403</u>		<u>113,624</u>	
Creditors: amounts falling due within one year	11	<u>(7,622)</u>		<u>(8,877)</u>	
Net current assets			50,781		104,747
Total assets less current liabilities			<u>76,494</u>		<u>136,523</u>
Income funds					
Restricted funds			17,907		68,877
Unrestricted funds			58,587		67,646
			<u>76,494</u>		<u>136,523</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on ^x 11th Sept 2024

X 
S Thompson
Trustee

Company registration number 07791021

BRIGHTON THERAPY CENTRE LIMITED

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

1 Accounting policies

Charity information

Brighton Therapy Centre Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 23A New Road, Brighton, East Sussex, BN1 1UG.

1.1 Accounting convention

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

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

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

1.4 Incoming resources

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

1.5 Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis inclusive of any VAT which cannot be reclaimed. All support costs are allocated to the sole charitable activity.

Governance costs include expenditure not directly related to the charitable activity and includes accountancy costs.

1.6 Tangible fixed assets

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

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

Fixtures, fittings and equipment	Straight line over five years
IT hardware and software	Straight line over five years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Assets with a value of £300 or more when purchased are categorised as fixed assets and depreciated accordingly.

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks.

1.9 Financial instruments

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

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received, if material.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies (Continued)

1.11 Retirement benefits

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

2 Critical accounting estimates and judgements

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

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

3 Donations and grants

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and grants	565	26,900	27,465	36	98,950	98,986

4 Incoming resources from charitable activities

	2023	2022
	£	£
Room rental and other services including training and therapy	279,919	276,613

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

5 Charitable activities

	2023	2022
	£	£
Staff costs	191,422	167,818
Depreciation and impairment	6,414	8,679
Clinical services	52,562	74,681
Rates	3,098	2,256
Insurance	3,293	2,359
Light and heat	4,610	3,384
Repairs and maintenance	8,899	4,564
Postage and stationery	1,602	2,006
Telephone and internet	3,391	1,818
Cleaning	3,456	3,140
IT hardware and software	28,378	22,500
Sundry and advertising	2,724	2,509
Legal and professional	196	573
Rent and parking	40,380	33,000
Bank charges and other interest	871	496
Other charitable expenditure	13,399	6,845
	<u>364,695</u>	<u>336,628</u>
Share of governance costs (see note 6)	2,718	3,240
	<u>367,413</u>	<u>339,868</u>
Analysis by fund		
Unrestricted funds	289,543	275,521
Restricted funds	77,870	64,347
	<u>367,413</u>	<u>339,868</u>

Other charitable expenditure includes staff training and supervision of £10,674 (2022: £6,507).

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

6 Support costs	Support costs	Governance costs	2023 Support costs		Governance costs	2022
	£	£	£	£	£	£
Accountancy, tax advice and independent examination fees		2,718	2,718		3,240	3,240
	-	-	-	-	-	-
Analysed between Charitable activities	-	2,718	2,718	-	3,240	3,240

7 Trustees

None of the trustees (or any persons connected with them) received any reimbursed expenses, remuneration or benefits from the charity during the year.

The liability of the trustees is limited to a sum not exceeding £10, being the amount that each trustee undertakes to contribute to the assets of the charity in the event of it being wound up.

8 Employees

The average monthly number of employees during the year was:

	2023 FTE	2022 FTE
Administrators	2.04	2
Managers	1.6	1.6
Clinical staff	1.5	1.5
Total	5.14	5.1

Employment costs

	2023 £	2022 £
Wages and salaries	177,372	155,572
Social security costs	10,691	9,717
Other pension costs	3,359	2,529
Total	191,422	167,818

Holiday is accrued in line with the calendar year and employees cannot carry holiday forward. As such, no holiday pay provision is required.

There were no employees whose annual remuneration was more than £60,000.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

9 Tangible fixed assets

	Fixtures, fittings and equipment £	IT hardware and software £	Total £
Cost			
At 1 January 2023	10,586	42,325	52,911
Additions	-	350	350
At 31 December 2023	<u>10,586</u>	<u>42,675</u>	<u>53,261</u>
Depreciation and impairment			
At 1 January 2023	10,154	10,981	21,135
Depreciation charged in the year	86	6,327	6,413
At 31 December 2023	<u>10,240</u>	<u>17,308</u>	<u>27,548</u>
Carrying amount			
At 31 December 2023	<u>346</u>	<u>25,367</u>	<u>25,713</u>
At 31 December 2022	<u>432</u>	<u>31,344</u>	<u>31,776</u>

10 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	25,326	26,029
Other debtors	1,980	-
Prepayments and accrued income	1,542	1,007
	<u>28,848</u>	<u>27,036</u>

11 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	3,751	3,299
Trade creditors	-	2,400
Other creditors	510	540
Accruals and deferred income	3,361	2,638
	<u>7,622</u>	<u>8,877</u>

12 Grants

The company is using the accrual model to account for grants. Grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022
	£	£	£	£	£
Fund balances at 31 December 2023 are represented by:					
Tangible assets	25,713	-	25,713	31,776	31,776
Current assets/(liabilities)	32,874	17,907	50,781	35,870	104,747
	<u>58,587</u>	<u>17,907</u>	<u>76,494</u>	<u>67,646</u>	<u>136,523</u>

14 Operating lease commitments

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

	2023	2022
	£	£
Within one year	34,650	33,000
Between two and five years	2,750	35,750
	<u>37,400</u>	<u>68,750</u>

15 Remuneration of key management personnel

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023	2022
	£	£
Aggregate compensation	<u>47,467</u>	<u>47,333</u>

BRIGHTON THERAPY CENTRE LIMITED

England & Wales - Charity number 1150032

Accounts

Charity registration number 1150032

Company registration number 07791021 (England and Wales)

BRIGHTON THERAPY CENTRE LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022



BRIGHTON THERAPY CENTRE LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	R Burgess-Gamble R Clare K Flynn (resigned October 2022) S Rai S Thompson J Tomlinson J Watson
Charity number	1150032
Company number	07791021
Principal address	23A New Road Brighton BN1 1UG
Registered office	4th Floor, Park Gate 161-163 Preston Road Brighton BN1 6AF
Independent examiner	William Roberts FCA Friend-James Limited 4th Floor Park Gate 161-163 Preston Road Brighton BN1 6AF

BRIGHTON THERAPY CENTRE LIMITED

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BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their report and accounts for the year ended 31 December 2022.

The financial statements have been prepared in accordance with the accounting policies set out in the note to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019).

The Trustees have paid due regard to guidance issued by the Charity Commission regarding public benefit and in deciding what activities the charity should undertake.

About Brighton Therapy Centre

Our Vision: Making quality psychological therapies accessible to all.

Our Mission: We are an independent charitable organisation with a mission to provide a wide choice of high-quality psychological therapies to all. Whilst we offer services to all, we are committed to meeting the needs of underrepresented or difficult to reach groups who find it harder to access therapeutic services. We are joined in our mission by people choosing to work or volunteer for BTC, and by our full-fee paying clients who, in using our services, are contributing financially to our charitable work.

Our Values: Integrity, inclusivity, compassion & excellence.

Our Aims:

- To create centres of clinical excellence that are informed by our commitment to inclusivity, the advancement of best practice and expertise in areas of specialism, including trauma-informed approaches.
- To help individuals in our communities improve their emotional well-being and quality of life by working with them to help them learn strategies to maintain their own mental wellness and to prevent relapse.
- To improve access with our no-cost and low-cost programs to ensure that people can receive appropriate, effective psychological therapies, regardless of their economic status.
- To reach out to those who because of their religion, race, class, sexual orientation, gender identity, political or economic status, or for other reasons, may find it more difficult to access services.
- To facilitate a practitioner learning community through the provision of clinical supervision, reflective practice and training opportunities.
- To involve service users, staff and other stakeholders in the development and improvement of our services.
- To grow and develop the BTC model to reach other communities in need.

What we do and what makes us special

Established in 2012, Brighton Therapy Centre (BTC) is a social enterprise that is both a registered charity and a limited company. Our model is:

- Independent
- Inclusive
- Sustainable
- Community based
- Clinically safe
- Scalable
- Ethically sound

Our **independence** allows us to assess clients on a case-by-case basis and make individual recommendations for therapy accordingly. We often find that the most marginalised and complex individuals require long-term specialist therapy with our more experienced practitioners, rather than the 4-12 sessions of CBT or counselling available through the NHS/IAPT.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

To enable **inclusivity** we deliver our no-cost and low-cost therapy via a number of pathways: Initial consultations:

- Clients on a low income are offered a £15 initial consultation, which is subsidised by BTC's internal charitable fund. Refugees and others eligible for full funding are offered a free initial consultation.
- Grant-funded bursaries and subsidies: Eligible clients are offered partially or fully funded therapy using funding secured from charitable trusts, statutory grants and BTC's internal charitable fund.
- Sliding scale of fees: All BTC practitioners commit to providing at least 25% of their time to working with clients at a reduced rate. Trainees on placement with BTC offer all of their time at a significantly reduced rate.

Our **sustainable** business model depends on 3 income streams:

- Profitable clinical services provided to individuals and organisations by our employed practitioner team.
- Room rental income from our self-employed approved practitioner team.
- Grant funding received from charitable trusts and statutory bodies.

All of our income streams fall within our charitable objectives – even where we are not providing subsidies – and contribute towards the public benefit.

Our social enterprise model works particularly well in a town like Brighton with socioeconomic inequalities; here, a large number of people can and will pay a full fee for high quality therapy. Our standard therapy fees are similar to those of private therapists in the local area, and we reinvest any profit we make into providing no-cost and low-cost therapy to disadvantaged local people who cannot afford the standard fees. This enables our full-fee paying clients to support their **community** at the same time as looking after their own mental health.

The model is **clinically safe**, adhering to BACP and UKCP ethical frameworks. Practitioners receive high levels of supervision and are provided with ongoing CPD opportunities. The management team are supported by an external supervisor and clinical governance group. Information Governance meets the highest standards following the development of a bespoke MS Dynamics clinical system. Robust infrastructure and governance ensure that our practice is both **scalable** and **ethically sound**.

Our response to the climate crisis

We have minimised our carbon footprint by recycling and focusing our services on clients in the local area to reduce travel to and from our centre. We also support green commuting by providing a nearby designated bike shed for practitioners who cycle to work and desire a sheltered space for secure bicycle storage. Online therapies have helped to reduce travel by clients and practitioners still further. We have continued some online services after restrictions were lifted to keep our carbon footprint as low as possible.

Developing a diverse team to reflect our local community

BTC has a number of practitioners who are experienced in working with LGBTQ+ clients. We have practitioners who are fluent in Spanish, French, Italian and Arabic. We have 10 minority ethnic practitioners and continue to reach out to prospective minority ethnic practitioners considering making an application to join BTC.

Working for our local community

BTC continues to offer clinical supervision and consultation to a number of local organisations. We have contracts with local employers to offer therapy to their staff. These activities are within our charitable objectives and any surpluses generated support other areas of activity that are more difficult to fund.

Providing a wide range of therapies

We have 45 practitioners (an increase of 2 since 2021), providing the following therapies:

- Child psychotherapy
- Cognitive Analytic Therapy (CAT)
- Cognitive Behavioural Therapy (CBT)
- Creative Arts Therapy

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

- Dynamic Interpersonal Therapy (DIT)
- Existential psychotherapy
- Eye Movement Desensitization and Reprocessing therapy (EMDR)
- Gestalt therapy
- Group analytic psychotherapy
- Humanistic therapy
- Integrative therapy
- Psychoanalytic psychotherapy
- Psychodynamic therapy
- Systemic family work

Expanding our reach

We obtained sufficient funding in 2022 to start our expansion project into Hastings. Steps are underway to prepare therapy rooms, recruit practitioners, and begin seeing clients.

Financial management

BTC has a growing income from room rental and clinical services. The charity maintains a minimum reserve equivalent to 3 months of expenditure, and any surplus is invested in the funding of low-cost therapy and service developments.

Risk management

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate them.

Structure, governance and management

The charity is a company limited by guarantee. Its governing document is its Memorandum and Articles of Association.

2022 in Review

Though the Covid-19 pandemic continued to impact both the demand for mental health services and the ability of our practitioners to provide therapy in 2022, we both maintained current safety-enhancing practices and resumed past practices that offered many a sense of having returned to normality.

In our 2022 Action Plan we set out a strategic plan for the year involving a number of significant changes to the way we run the organisation and deliver services. These actions and their outcomes resulted in tremendous progress that is detailed below.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

	ACTION	OUTCOME
SERVICES	Improve delivery of assessments and turnaround of referrals	✓ Changes to our procedures and approach resulted in a 102% improvement in time taken to make an offer of therapy to clients after their initial consultation, compared to 2021
	Increase cost of initial consultations/assessments	✓ Full fee for initial consultations now generating income. Reduced fee of £15 maintained for those on low-incomes
	Improve monitoring and evaluation of services	<ul style="list-style-type: none"> ✓ End of therapy questionnaire digitalised ✓ Increased return rates ✓ Quarterly reporting ✓ Licensed to use ReQoL, including using our own digital version. To be introduced for all funded clients from January 2023.
	Maintain online therapy offer	<ul style="list-style-type: none"> ✓ The majority of initial consultations are taking place online to improve efficiency and to more safely assess risk ✓ Online therapy continues to be an option to improve accessibility and provide flexibility, as needed
	Review DBT service	✓ DBT service reviewed and the decision made to stop the service on the grounds of clinical safety and financial viability
	Increase work with refugees	<ul style="list-style-type: none"> ✓ Significant growth in funded refugee work ✓ Appointment of Refugee Lead and development of team of practitioners specialising in this area
PRACTITIONER COMMUNITY	Improve physical environment	✓ Various redecoration works and refreshing of soft furnishings throughout the building
	Increase practitioner fees	✓ New fee-scales introduced across the board
	Revise guidelines for practitioners' charitable contribution	✓ All practitioners now committed to providing 25% of their work at the charitable rates
	Improve CPD opportunities for practitioners	<ul style="list-style-type: none"> ✓ New CPD sessions rolled out to practitioners inc. the following topics: <ul style="list-style-type: none"> - Self-care - Working with addiction - Working with the body - Suicide intervention - Polyvagal theory - Assessing for group therapy
	Improve trainee placement model	✓ The trial to provide a voluntary trainee placement has been successful and can be offered to trainees in the future, making placements more accessible to a wider range of trainees from a wider range of training organisations
BUSINESS DEVELOPMENT	Continue to explore ways to promote equality, diversity and inclusion	<ul style="list-style-type: none"> ✓ Now renting counselling space at Community Base where the room is accessible by lift for clients not able to access our Centre due to the stairs ✓ Improved diversity of our practitioner and trustee team through active recruitment ✓ Continued momentum of the BLM Discussion Group
	Improve ability to report on charitable work	✓ Significantly improved quarterly reporting of charitable works through development of MS Dynamics clinical system
	Keep room rent under review	✓ Notice given to practitioners of small increase to room rent from 1 March 2023

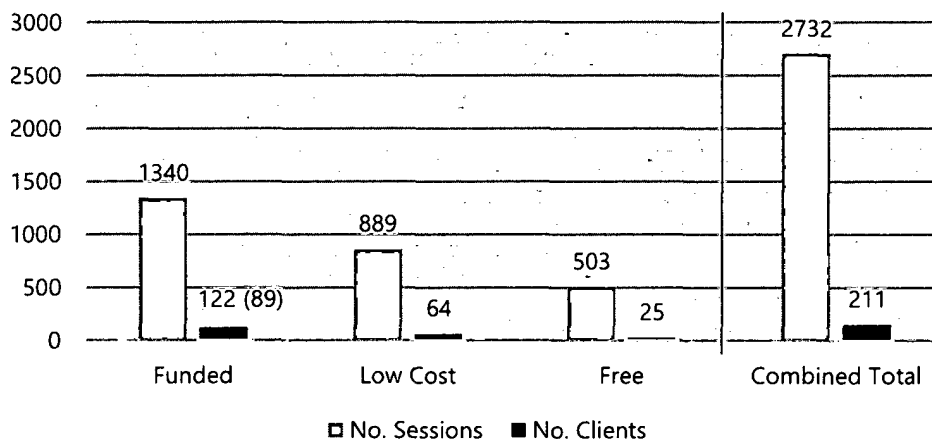
BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

BUSINESS DEVELOPMENT	Develop sustainable income streams	<ul style="list-style-type: none"> ✓ Recruitment of 1 full-time and 1 part-time therapist to clinical team. Both internal candidates who started in post on 1 April ✓ £98k raised to provide no-cost and low-cost therapy for disadvantaged local people × We decided not to action the plan to launch a public fundraising campaign, due to the economic downturn and the need to prioritise other areas
	Continue improvements to governance	<ul style="list-style-type: none"> ✓ Comprehensive suite of policies and procedures introduced including guides covering: <ul style="list-style-type: none"> ○ Clinical ○ Finance ○ Health & Safety ○ Human Resources ○ Information Governance ○ Risk ✓ Successful change of bank enabling digital dual-authorisation for all expenditure ✓ Internal accounting procedures and reporting improved
	Continue IT infrastructure development	<ul style="list-style-type: none"> ✓ Booking system integration resulting in improved efficiency, professionalism and data security
	Plan for longer term growth and development	<ul style="list-style-type: none"> ✓ Summer trustee strategy meeting resulted in a plan to expand the charity with a new site in Hastings ✓ CEO is undertaking a fully-funded Executive Development Programme with Imperial College/Corndel to help lead the organisation through change

Charitable Works Summary

Low Cost Therapy Accessed in 2022



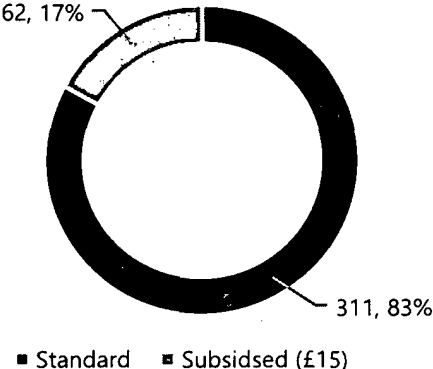
Numbers in brackets are representative of 2021 values and serve to provide comparison.

	Sessions		Clients	
	Employed	BTC Practitioners	Employed	BTC Practitioners
Funded	164	1176	11	111
Low Cost	65	824	7	57
Free	248	255	9	16

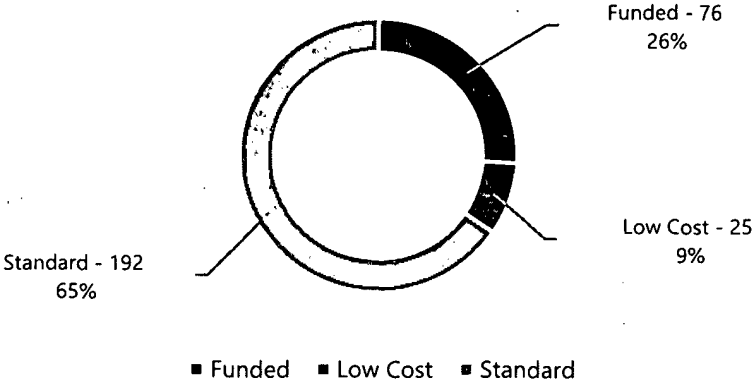
BRIGHTON THERAPY CENTRE LIMITED

**TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31 DECEMBER 2022**

Initial Consultations Accessed in 2022



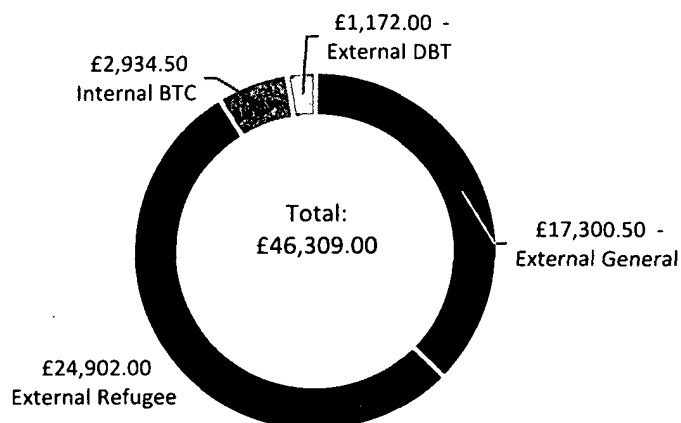
Type of Ongoing Therapy Received by Clients who Attended Assessments in 2022



BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

Charitable Contributions Made in 2022



Successful grant funding applications 2022:

- East Sussex Health Care Trust - £43,700
- Social Enterprise Support Fund - £19,750 (100% towards employed team payroll)
- Focus Foundation - £5,000
- Sussex Community Foundation - £5,000
- Pixel Fund - £1,900 (for work with young people)
- Albert Hunt - £4,000
- Sussex Community Foundation Winter Support Fund - £9,600 (Hastings)
- Edward Gostling - £10,000 (Hastings)

Total grant funding in 2022: £98,950 (£35,050 in 2021)

Included here are funds which have been raised for the prospective Hastings project and are restricted for operating costs and refugee work in 2022, with a further £11,500 to be received in early 2023 to support this venture. Other restricted funding received in Q4 is carried forward for use in 2023.

Client Feedback

BTC has an established process for engaging client and practitioner views on its services and care, with comprehensive surveys being undertaken each year. In addition, we are continually soliciting feedback from clients through our end of therapy questionnaires which they are asked to complete when they finish therapy. Highlights from the 2022 survey are as follows:

- This year 144 client surveys were completed out of 816 sent (17% response rate).
- We received an overall 4.5/5 star rating compared with 4.34 in 2021.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

- People chose to come to BTC for a number of reasons but these were largely because suitable services were not available in the NHS or elsewhere, because of affordability, or because of reputation, including that they understood BTC to be LGBTQ+ inclusive.
- They generally found their contact with our admin and management team supportive and responsive.
- However, some of our clients were unhappy with:
 - The time it took us to make them an offer of therapy.
 - The therapeutic approach or therapist offered, in particular when they did not feel the therapist was understanding of or adapting to their needs.
 - The limited number of sessions when they were receiving a subsidy.
- Respondents reported the following outcomes. (Please note that the percentages correspond to the number of respondents to whom the question applied.)
 - 91% experienced an improvement in confidence or wellbeing
 - 87% experienced a reduction in anxiety or depression
 - 87% experienced a reduction in suicidal thoughts
 - 85% experienced a reduction in urges to physically self-harm
 - 63% experienced an improvement in their physical health
 - 88% felt more able to return to or remain at work
 - 56% felt the services helped them to participate in new social networks/make new friends
 - 54% felt less isolated
 - 53% reduced their use of other services, such as GP, Mental Health Services and A&E, after coming to BTC

Comments included:

"BTC offers a service that you just can't get on nhs. I'd spent years looking for support through nhs and receiving inadequate services. BTC is the first thing that has improved mental health and my quality of life."

"Very relieved and grateful for the service I am receiving. I was recommended to you after I spoke with MIND. As I had limited personal income I was offered an affordable rate. Without that I would not have been able to continue. My therapist has been incredibly skilled at helping me understand my difficult feelings and manage them in a better way. It has been life changing."

"My therapist hears what i have to say & listens. I was having suicidal thoughts more than once a day. My head is clearing slowly with the help of my therapist & i can work again. :)"

"BTC listened and offered help when really i just have been passed from service to service. this is an essential for people like me who dont have the funds for private therapy and are in desperate need of it."

"Very professional, understanding and flexible enough. I felt that BTC really cares for people and that is what makes the difference."

"The work [...]has made it possible for me to take on a Masters and I hope to be able to work full time again at the end of it - which was not possible before. I no longer need medication and do not need to seek additional support from my GP/ primary services for my mental health needs. I feel very lucky and privileged to have received the support I have."

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

Roles & Stakeholders

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

- Richard Burgess-Gamble, Treasurer
- Robert Clare
- Kiran Briana Flynn (resigned in October 2022)
- Sandeep Rai
- Suzanne Thompson, Chair
- Jo Tomlinson
- Julie Watson

None of the trustees has any beneficial interest in the company. All of the trustees are directors of the company and guarantee to contribute £10 in the event of a winding up. The trustees have been recruited by a selection process whereby an individual has expressed an interest in supporting the organisation, and also possesses knowledge and skills pertinent to the good management of the organisation. Appointments are made as follows:

- Application is considered by the Management and Trustees as to suitability.
- Applicant is interviewed by the Chair of the Trustees and the Management.
- If successful, the candidate is appointed, pending any necessary background checks, references and a final agreement from the board of trustees.

The trustees have extensive experience in the following areas: mental health law, children and family mental health, adult mental health, psychotherapy, business management, charity law and procedures, human resources and senior business management.

The trustees meet quarterly to oversee the running of BTC. The Chair meets with the CEO monthly. The Financial Governance Group is a subgroup of the Board which meets with the CEO every 2-3 months and reports into the Board.

The Clinical Governance Group is a subgroup of the Board which meets with the Clinical Manager and CEO every 1-2 months and reports into the Board.

Staff:

CEO - Kerry Evans

Clinical Manager - Michael O'Rourke

Finance and Technology Administrator - Ryan Pratt (appointed 1 July 2022)

Administrators - Megan Sparks, Kathy Hines-Watkins (appointed 1 July 2022)

Refugee Lead - Maureen McCamley (appointed 1 April 2022)

Fundraising Lead - Lynn Ramsson (appointed 1 April 2022)

Approved Practitioners:

Details of method of recruitment and appointment of BTC approved self-employed practitioners:

Membership is open to mental health practitioners who have an interest in assisting BTC to achieve its aims and are willing to adhere to the rules of BTC.

Brighton Therapy Centre has a fourfold practitioner membership scheme:

1. Trainees who are on a supervised placement with BTC.
2. Graduates who have completed training and are building up their practice hours.
3. Associates who have UKCP registration or BACP accreditation and a Masters level further training in a relevant field.
4. Senior Associates who have more than 10 years of post-qualification experience, PG Cert in clinical supervision or equivalent, training experience and / or experience of consultancy.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

Appointments are made as follows:

- Applications are invited via advert on the BTC website or personnel recruitment services.
- Applicants are asked to submit a CV and covering letter explaining why they wish to join BTC.
- When a vacancy arises, the submitted CVs are short-listed and candidates are invited for an interview with BTC management.

Successful candidates are appointed to one of the above schemes, pending satisfactory references and the provision of original copies of their professional liability insurance and professional registration.


All practitioners attend regular meetings in order to contribute to the day-to-day management of the Charity.

Clients: Clients are invited to contribute to service development via feedback questionnaires.

This report is prepared in accordance with the small company regime (Section 419(2)) of the Companies Act 2006.

On behalf of the board of trustees

Suzanne Thompson
Chair of the Board of Trustees

X 
Date:
04.07.23.

BRIGHTON THERAPY CENTRE LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRIGHTON THERAPY CENTRE LIMITED

I report to the trustees on my examination of the financial statements of Brighton Therapy Centre Limited (the charity) for the year ended 31 December 2022.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity'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 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.



William Roberts FCA

Chartered Accountants

Friend-James Limited
4th Floor Park Gate
161-163 Preston Road
Brighton
BN1 6AF

Dated: 31 July 2023

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total Unrestricted 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income from:							
Donations and grants	3	36	98,950	98,986	(3,854)	39,749	35,895
Incoming resources from charitable activities	4	276,613	-	276,613	209,854	-	209,854
Total income		<u>276,649</u>	<u>98,950</u>	<u>375,599</u>	<u>206,000</u>	<u>39,749</u>	<u>245,749</u>
Expenditure on:							
Charitable activities	5	275,521	64,347	339,868	207,409	18,523	225,932
Net income for the year/ Net movement in funds		1,128	34,603	35,731	(1,409)	21,226	19,817
Fund balances at 1 January 2022		66,518	34,274	100,792	67,927	13,048	80,975
Fund balances at 31 December 2022		<u><u>67,646</u></u>	<u><u>68,877</u></u>	<u><u>136,523</u></u>	<u><u>66,518</u></u>	<u><u>34,274</u></u>	<u><u>100,792</u></u>

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

All income and expenditure derive from continuing activities.

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

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	9		31,776		23,121
Current assets					
Debtors	10	27,036		20,298	
Cash at bank and in hand		86,588		62,539	
		113,624		82,837	
Creditors: amounts falling due within one year	11	(8,877)		(5,166)	
Net current assets			104,747		77,671
Total assets less current liabilities			136,523		100,792
Income funds					
Restricted funds			68,877		34,274
Unrestricted funds			67,646		66,518
			136,523		100,792

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 4 July 2023

x 

S Thompson
Trustee

Company registration number 07791021

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

Brighton Therapy Centre Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 4th Floor, Park Gate, 161-163 Preston Road, Brighton, BN1 6AF.

1.1 Accounting convention

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

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

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

1.4 Incoming resources

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

1.5 Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis inclusive of any VAT which cannot be reclaimed. All support costs are allocated to the sole charitable activity.

Governance costs include expenditure not directly related to the charitable activity and includes accountancy costs.

1.6 Tangible fixed assets

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

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

Fixtures, fittings and equipment	Straight line over five years
Computers	Straight line over five years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Assets with a value of £300 or more when purchased are categorised as fixed assets and depreciated accordingly.

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks.

1.9 Financial instruments

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

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received, if material.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

1.11 Retirement benefits

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

2 Critical accounting estimates and judgements

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

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

3 Donations and grants

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022 £	2022 £	2022 £	2021 £	2021 £	2021 £
Donations and grants	36	98,950	98,986	(3,854)	39,749	35,895

4 Incoming resources from charitable activities

	2022 £	2021 £
Room rental and other services including training and therapy	276,613	209,854

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

5 Charitable activities

	2022 £	2021 £
Staff costs	167,818	109,604
Depreciation and impairment	8,679	1,664
Clinical services	74,681	53,683
Rates	2,256	2,145
Insurance	2,359	2,449
Light and heat	3,384	1,434
Repairs and maintenance	4,564	3,460
Postage and stationery	2,006	1,242
Telephone and internet	1,818	944
Cleaning	3,140	3,188
Computer	22,500	11,549
Sundry and advertising	2,509	1,164
Legal and professional	573	1,081
Rent and parking	33,000	25,713
Bank charges and other interest	496	441
Other charitable expenditure	6,845	3,951
	<u>336,628</u>	<u>223,712</u>
Share of governance costs (see note 6)	3,240	2,220
	<u>339,868</u>	<u>225,932</u>
Analysis by fund		
Unrestricted funds	275,521	207,409
Restricted funds	64,347	18,523
	<u>339,868</u>	<u>225,932</u>

Other charitable expenditure includes staff training and supervision of £6,507 (2021: £3,951).

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

6 Support costs

	Support costs £	Governance costs £	2022 Support costs £	Governance costs £	2021 £
Accountancy, tax advice and independent examination fees		3,240	3,240	2,220	2,220
	-	-	-	-	-
Analysed between Charitable activities	-	3,240	3,240	2,220	2,220

7 Trustees

None of the trustees (or any persons connected with them) received any reimbursed expenses, remuneration or benefits from the charity during the year.

The liability of the trustees is limited to a sum not exceeding £10, being the amount that each trustee undertakes to contribute to the assets of the charity in the event of it being wound up.

8 Employees

The average monthly number of employees during the year was:

	2022 FTE	2021 Number
Administrators	2	2
Managers	1.6	2
Clinical staff	1.5	-
Total	5.1	4

Employment costs

	2022 £	2021 £
Wages and salaries	155,572	102,633
Social security costs	9,717	5,120
Other pension costs	2,529	1,851
	167,818	109,604

Holiday is accrued in line with the calendar year and employees cannot carry holiday forward. As such, no holiday pay provision is required.

There were no employees whose annual remuneration was more than £60,000.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

9	Tangible fixed assets	Fixtures, fittings and equipment	Computers	Total
		£	£	£
	Cost			
	At 1 January 2022	10,586	24,991	35,577
	Additions	-	17,334	17,334
	At 31 December 2022	<u>10,586</u>	<u>42,325</u>	<u>52,911</u>
	Depreciation and impairment			
	At 1 January 2022	7,844	4,612	12,456
	Depreciation charged in the year	2,310	6,369	8,679
	At 31 December 2022	<u>10,154</u>	<u>10,981</u>	<u>21,135</u>
	Carrying amount			
	At 31 December 2022	<u>432</u>	<u>31,344</u>	<u>31,776</u>
	At 31 December 2021	<u>2,742</u>	<u>20,379</u>	<u>23,121</u>
10	Debtors		2022	2021
	Amounts falling due within one year:		£	£
	Trade debtors		26,029	19,302
	Prepayments and accrued income		1,007	996
			<u>27,036</u>	<u>20,298</u>
11	Creditors: amounts falling due within one year		2022	2021
			£	£
	Other taxation and social security		3,299	2,303
	Trade creditors		2,400	509
	Other creditors		540	500
	Accruals and deferred income		2,638	1,854
			<u>8,877</u>	<u>5,166</u>
12	Grants			

The company is using the accrual model to account for grants. Grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

13 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 December 2022 are represented by:						
Tangible assets	31,776	-	31,776	23,121	-	23,121
Current assets/(liabilities)	35,870	68,877	104,747	43,397	34,274	77,671
	<u>67,646</u>	<u>68,877</u>	<u>136,523</u>	<u>66,518</u>	<u>34,274</u>	<u>100,792</u>

14 Operating lease commitments

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

	2022 £	2021 £
Within one year	33,000	33,000
Between two and five years	35,750	68,750
	<u>68,750</u>	<u>101,750</u>

15 Remuneration of key management personnel

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2022 £	2021 £
Aggregate compensation	<u>47,333</u>	<u>36,700</u>

BRIGHTON THERAPY CENTRE LIMITED

England & Wales - Charity number 1150032

Accounts

Charity Registration No. 1150032

Company Registration No. 07791021 (England and Wales)

BRIGHTON THERAPY CENTRE LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

BRIGHTON THERAPY CENTRE LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	S Thompson J Watson S Rai R Clare R Burgess-Gamble K Flynn J Tomlinson
Charity number	1150032
Company number	07791021
Principal address	23A New Road Brighton BN1 1UG
Registered office	4th Floor, Park Gate 161-163 Preston Road Brighton BN1 6AF
Independent examiner	William Roberts FCA Friend-James Limited 4th Floor Park Gate 161-163 Preston Road Brighton BN1 6AF

BRIGHTON THERAPY CENTRE LIMITED

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BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees present their report and accounts for the year ended 31 December 2021.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

Objectives and activities

Our mission is to provide a wide choice of high-quality psychological therapies to people experiencing emotional, psychological, or interpersonal difficulties. We are committed to meeting the needs of underrepresented groups, who because of their religion, race, class, sexual orientation, gender identity, or political or economic status find it harder to access therapeutic services.

- We aim to create centres of clinical excellence that are informed by our commitment to inclusivity, the advancement of best practice and expertise in areas of specialism, including trauma-informed approaches.
- We aim to help individuals in our community improve their emotional well-being and quality of life by working with them to help them learn strategies to maintain their own mental wellness and to prevent relapse.
- We aim to improve access with our no-cost and low-cost programs to ensure that people can receive appropriate, effective psychological therapies, regardless of their economic status.
- We aim to facilitate a practitioner learning community through high-quality clinical supervision, reflective practice, and training opportunities.
- We aim to involve service users, staff and other stakeholders in the development and improvement of our services.
- We aim to grow and develop the BTC model to reach other communities in need.

The policies and procedures adopted in furtherance of these objectives include:

- Clinical (including Protection of Vulnerable Adults, Protection of Children, Complaints)
- Information Governance (including GDPR, Confidentiality)
- Finance
- Risk
- Health & Safety (including Fire Safety)
- Human Resources

The Trustees have paid due regard to guidance issued by the Charity Commission regarding public benefit and in deciding what activities the charity should undertake.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

Summary

In much of the UK, the Covid-19 pandemic continued to cause significant disruption to the delivery of mental health services whilst also serving as a catalyst for many individuals to seek out support for their mental wellbeing. BTC was able to continue to respond quickly and sensitively to these national and local challenges in the following ways:

- Continuing to provide online therapy services and maintaining our service while taking into consideration the needs of both practitioners and clients who desired to return to in-person meetings.
- Creating a safe approach to in-person meetings that included clearly posted reminders to wear masks in the building, equipping each therapy room with sanitising materials, and providing on-site hand sanitiser.
- Encouraging practitioners and clients alike to factor in their own personal circumstances when making the decision to work online or to work in person.

We continued to operate with the aims of:

- Managing clinical risk effectively in response to an increase in enquiries from patients with higher levels of risk and complexity.
- Establishing a safe care pathway for our most highly complex, high risk clients.
- Further improving our in-house CPD and support to practitioners, to ameliorate the stress of remote working and/or the effect of combined remote and in-person working.

As well, we have implemented some changes that are now part of the groundwork for growth in 2022 and beyond. These leadership, systems, and governance changes include the following:

- Successfully transitioning our management system from 2 x Co-Directors to a CEO and Clinical Manager.
- Recruiting a new external Clinical Supervisor to provide fortnightly supervision to the Clinical Management Team.
- Recruiting 7 new trainees and 3 new graduates.
- Launching a new website.
- Developing and launching our new MS Dynamics clinical system.
- Developing and distributing a survey for all clients in addition to our low cost clients to better understand our performance.
- Developing and distributing a practitioner survey to better understand our workplace dynamics.
- Securing charitable funding amounting to £35,050 (compared to £29,950 in 2020).
- Achieving Gift Aid status and registering with JustGiving to prepare for a new public fundraising stream.

These actions continue to secure BTC's delivery of high-quality, safe, best-fit therapy as well as ensuring our financial viability.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

Facilities

During the winter months, we continued our redecoration efforts, inviting the community of BTC practitioners to offer their thoughts and feedback. Individual therapy rooms on the ground floor as well as the ground floor communal areas were refurbished.

Staff

CEO: Kerry Evans

Clinical Manager: Michael O'Rourke (appointed September 2021)

Office and Facilities Administrator: David Scully

Administrator: Megan Sparks (appointed June 2021)

Services

We have 43 practitioners, an increase of 1 since 2020.

The services that we offer are as follows: Psychoanalytic psychotherapy, psychodynamic counselling/therapy, cognitive behavioural therapy (CBT), cognitive analytic therapy (CAT), dialectical behaviour therapy (DBT), group analytic psychotherapy, humanistic therapy, integrative therapy, Gestalt therapy, art therapy, creative arts therapy, eye movement desensitization and reprocessing therapy (EMDR), couples therapy, systemic family work, and child psychotherapy.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

Achievements and Performance

Summary of Charitable Achievements

We completed specialist initial assessments at a notional charge for 457 potential clients (compared to 436 in 2020).

95 clients received funding for their ongoing therapy (compared to 89 in 2020) and 17 clients received low cost DBT (compared to 16 in 2020).

Our practitioners made a charitable contribution of at least £38,738 by offering sessions at a lower rate than their normal fee to make them accessible to those on lower incomes.

We also provided 21 placements to trainees and newly qualified graduates (compared with 18 in 2020).

In addition to the voluntary and anonymous surveys we sent out to clients who had benefited from a low cost place (either through a bursary, a reduced rate provided by the practitioner or a combination of these), we also distributed a survey to all clients who had an initial consultation or ongoing therapy with BTC in the last year. A total of 103 clients responded of the 559 who received the survey. Please note that the percentages given below correspond to the number of respondents to whom the question applied.

- 94% of respondents reported an improvement to confidence or wellbeing
- 80% reported a reduction in anxiety or depression
- 89% reported a reduction in suicidal thoughts
- 85% reported a reduction in the urge to physically self-harm
- 70% reported an improvement in physical health
- 86% reported our services contributed towards them being able to return to work or remain at work
- 42% reported our services resulted in them participating in new social networks and/or making new friends
- 84% reported that using our services resulted in them feeling less isolated
- 52% reported that using our services resulted in them reducing or completely eliminating their dependence on NHS mental health services

Comments included:

"BTC has truly been a life saver and changer in what was the most challenging year of my life."

"First time client. Very happy. Polite, efficient, caring and knowledgeable at an affordable price."

"Tailored to my needs."

"What BTC do is way beyond all expectations that I had. To feel understood is huge."

"BTC are an amazing, comforting, private and essential service for Brighton residents and I can't thank them enough xxx."

"I have had a transformation experience in psychodynamic therapy provided via BTC. Not only have the crises that brought me into therapy become manageable, I'm also discovering the potential in my difficult experiences for growth and individuation. I feel like I'm discovering who I am and how I might flourish in the world."

"I would have never thought that group therapy would be a good choice for me but it proved to be incredibly helpful. I also found the therapists themselves very kind and calm."

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

Summary of Performance

Our low cost strategy

Our low cost therapy services are delivered via a number of pathways:

- 1. Initial consultations:** Clients seeking therapy are offered a very low cost initial assessment with an experienced practitioner.
- 2. Sliding Scale of fees:** Fees depend on the qualifications and experience of our practitioners who offer a fee range in order to accommodate clients who cannot afford their full fee.
- 3. Grant funded bursaries:** In 2021, we received grants from The Edward Gosling Foundation, The Albert Hunt Trust, The Sussex Community Foundation, The Henry Smith Charity, and Sussex Health and Care Partnership in partnership with Refugee Radio.
- 4. Bursaries funded by the charity:** From our funds, BTC apportioned £7,462 to ongoing therapy and £890 to subsidise the cost of initial consultations.
- 5. Subsidized rooms provided by the charity:** BTC provided room rental credits to practitioners totalling £3,950 as a contribution towards 395 initial consultation sessions.
- 6. Low cost group therapies:** We continued to offer group psychotherapy, where appropriate, as an effective and affordable therapy for clients who were unable to afford individual therapy.

Specialist services

In addition to the usual range of treatments for those with mild and moderate problems, we also provide the following:

- 1. A full DBT programme:** For people with borderline issues, we offer a 10 week skills group and 20 individual sessions. The group sessions cover emotional regulation, mindfulness, distress tolerance and interpersonal effectiveness.
- 2. Group therapies:** Groups offer low cost therapy with an experienced practitioner. We now provide a young persons' group for individuals aged 16 to 23 years old in addition to the DBT group and the analytic psychotherapy groups. All of our qualified group psychotherapists offer at least one very low cost place in each of their groups, further increasing access for complex clients who need long term therapy.
- 3. Training future therapists:** We have grown our trainee program from 6 to 10 trainees. They are working at BTC on placement offering psychoanalytic psychotherapy, psychodynamic counselling and psychotherapy, art psychotherapy, group psychotherapy, and humanistic and integrative counselling and psychotherapy. They all receive regular supervision with a qualified BTC supervisor.
- 4. Developing our practitioners:** We have 11 graduate practitioners at BTC. These are practitioners who have completed their training courses and are building up their client hours in order to gain accreditation. We offer individual or group supervision and CPD for those seeking accreditation.
- 5. In house supervision:** We have 6 in-house supervisors offering 9 supervision groups which meet weekly. We run 2 monthly peer groups offering supervision of supervision.

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

Developing a diverse team to reflect our local community

BTC has a number of practitioners who are experienced in working with LGBTQ+ clients and all our practitioners are LGBTQ+ friendly. We have practitioners who are fluent in Spanish, French, Italian and Arabic. We have 10 minority ethnic practitioners and continue to reach out to prospective minority ethnic practitioners considering making an application to join BTC.

According to our client survey findings, many people chose to come to BTC because of our reputation and their awareness that we are LGBTQ+ inclusive.

According to our practitioner survey findings, meeting the needs of Brighton's diverse community is a priority, as per these comments:

"I would like to ensure that the minority populations in Brighton and Hove are aware of BTC's mission."

"I am proud to work at Brighton Therapy Centre and be part of what feels like a vibrant and diverse team."

Working for our local community

In addition to the above, BTC continued to offer clinical supervision and consultation to a number of local organisations. We have contracts with local employers to offer therapies to their staff. The profits generated by these activities help to fund our charitable works.

Financial review

BTC has a growing income from room rental and clinical services. The charity maintains a minimum reserve equivalent to 3 months of expenditure, and any surplus is invested in the funding of low cost therapy and service developments.

Risk management

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate them.

Structure, governance and management

The charity is a company limited by guarantee. Its governing document is its Memorandum and Articles of Association.

Our response to the climate crisis

We have minimised our carbon footprint by recycling and focussing our services on clients in the local area to reduce travel to and from our centre. We also support green commuting by providing a nearby designated bike shed for practitioners who cycle to work and desire a sheltered space for secure bicycle storage.

Online therapies have helped to reduce travel by clients and practitioners still further. We have continued some online services after restrictions were lifted to keep our carbon footprint as low as possible.

Structure, governance and management

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

L Gledhill	(Resigned 26 January 2022)
P Evans	(Resigned 4 November 2021)
S Thompson	
J Watson	
S Rai	
L Corbishley	(Resigned 26 January 2022)
R Clare	
R Burgess-Gamble	
K Flynn	

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2021

J Tomlinson

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £10 in the event of a winding up. The trustees have been recruited by a selection process whereby an individual has expressed an interest in supporting the organisation, and also possesses knowledge and skills pertinent to the good management of the organisation.

Appointments are made as follows:

- Application is considered by the Management and Trustees as to suitability.
- Applicant is interviewed by the Chair of the Trustees and the Management.
- If successful, the candidate is appointed, pending any necessary background checks, references and a final agreement from the board of trustees.

The trustees have extensive experience in the following areas: mental health law, children and family mental health, adult mental health, psychotherapy, business management, charity law and procedures, human resources and senior business management.

Roles & Stakeholders

Trustees: Richard Burgess-Gamble (Treasurer), Robert Clare, Liv Corbishley, Kiran Briana Flynn, Louise Gledhill, Sandeep Rai, Suzanne Thompson (Chair) Jo Tomlinson, Julie Watson

CEO: Kerry Evans

Clinical Manager: Michael O'Rourke (appointed September 2021)

Office and Facilities Administrator: David Scully

Office Administrator: Megan Sparks (appointed June 2021)

Practitioners: All practitioners attend regular meetings in order to contribute to the day to day management of the Charity.

Clients: Clients are invited to contribute to service development via feedback questionnaires.

This report is prepared in accordance with the small company regime (Section 419(2) of the Companies Act 2006).

On behalf of the board of trustees.

x S Thompson

S Thompson

Trustee

Dated: x 5/9/22

BRIGHTON THERAPY CENTRE LIMITED

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees, who are also the directors of Brighton Therapy Centre Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

BRIGHTON THERAPY CENTRE LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRIGHTON THERAPY CENTRE LIMITED

I report to the trustees on my examination of the financial statements of Brighton Therapy Centre Limited (the charity) for the year ended 31 December 2021.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.



William Roberts FCA

Chartered Accountants
Friend-James Limited
4th Floor Park Gate
161-163 Preston Road
Brighton
BN1 6AF

Dated: 7 SEPTEMBER 2022

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income from:							
Donations and legacies	3	(3,854)	39,749	35,895	15,228	19,950	35,178
Incoming resources from charitable activities	4	209,854	-	209,854	163,399	-	163,399
Investments	6	-	-	-	17	-	17
Total income		<u>206,000</u>	<u>39,749</u>	<u>245,749</u>	<u>178,644</u>	<u>19,950</u>	<u>198,594</u>
Expenditure on:							
Charitable activities	5	207,409	18,523	225,932	165,279	11,455	176,734
Net (expenditure)/income for the year/ Net movement in funds		(1,409)	21,226	19,817	13,365	8,495	21,860
Fund balances at 1 January 2021		<u>67,927</u>	<u>13,048</u>	<u>80,975</u>	<u>54,562</u>	<u>4,553</u>	<u>59,115</u>
Fund balances at 31 December 2021		<u><u>66,518</u></u>	<u><u>34,274</u></u>	<u><u>100,792</u></u>	<u><u>67,927</u></u>	<u><u>13,048</u></u>	<u><u>80,975</u></u>

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

All income and expenditure derive from continuing activities.

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

BRIGHTON THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	10		23,121		3,804
Current assets					
Debtors	11	20,298		14,488	
Cash at bank and in hand		62,539		71,314	
		<u>82,837</u>		<u>85,802</u>	
Creditors: amounts falling due within one year	12	<u>(5,166)</u>		<u>(8,631)</u>	
Net current assets			<u>77,671</u>		<u>77,171</u>
Total assets less current liabilities			<u>100,792</u>		<u>80,975</u>
Income funds					
Restricted funds			34,274		13,048
Unrestricted funds			<u>66,518</u>		<u>67,927</u>
			<u>100,792</u>		<u>80,975</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 17 August 2022



S Thompson
Trustee

Company Registration No. 07791021

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

Charity information

Brighton Therapy Centre Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 4th Floor, Park Gate, 161-163 Preston Road, Brighton, BN1 6AF.

1.1 Accounting convention

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

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

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

1.4 Incoming resources

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

1.5 Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis inclusive of any VAT which cannot be reclaimed. All support costs are allocated to the sole charitable activity. Governance costs include expenditure not directly related to the charitable activity and includes accountancy costs.

1.6 Tangible fixed assets

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

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

Fixtures, fittings and equipment	20% reducing balance
Computers	Straight line over three years and ten years

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

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

(Continued)

Capital items with a cost price of less than £500 are not capitalised.

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks.

1.9 Financial instruments

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

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received, if material.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies (Continued)

1.11 Retirement benefits

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

2 Critical accounting estimates and judgements

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

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

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Donations and gifts	(3,854)	39,749	35,895	7,540	19,950	27,490
Government grants	-	-	-	7,688	-	7,688
	<u>(3,854)</u>	<u>39,749</u>	<u>35,895</u>	<u>15,228</u>	<u>19,950</u>	<u>35,178</u>

During the year under review, an adjustment was made to unrestricted donations and legacies to reflect that, in the previous period, a grant from the Brighton and Hove Discretionary Fund of £5,000 was incorrectly released in full to unrestricted funds. This adjustment has resulted in a negative balance being reported.

This income is now recognised within restricted funds, which better reflects the basis on which the grant was awarded.

The adjustment has had no effect on the reported profits for the comparative year and has not given rise to any effect upon equity.

4 Incoming resources from charitable activities

	2021	2020
	£	£
Room rental and other services including training and therapy	<u>209,854</u>	<u>163,399</u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

5 Charitable activities

	2021 £	2020 £
Staff costs	109,604	83,113
Depreciation and impairment	1,664	1,046
Mindfulness and practitioners	53,683	41,751
Rates	2,145	2,273
Insurance	2,449	3,236
Light and heat	1,434	327
Repairs and maintenance	3,460	1,060
Postage and stationery	1,242	1,811
Telephone and internet	944	1,139
Cleaning	3,188	3,256
Computer	11,549	1,519
Sundry and advertising	1,164	7,613
Legal and professional	1,081	2,669
Rent and parking	25,713	21,615
Bank charges and other interest	441	234
Other charitable expenditure	3,951	3,040
	<u>223,712</u>	<u>175,702</u>
Share of governance costs (see note 7)	2,220	1,032
	<u>225,932</u>	<u>176,734</u>
Analysis by fund		
Unrestricted funds	207,409	165,279
Restricted funds	18,523	11,455
	<u>225,932</u>	<u>176,734</u>

Other charitable expenditure represents staff training and supervision of £3,951 (2020: £3,040).

6 Investments

	2021 £	2020 £
Interest receivable	-	17
	<u>-</u>	<u>17</u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

7 Support costs

	Support costs £	Governance costs £	2021 Support costs £	Governance costs £	2020 £
Accountancy and independent examination fees		2,220	2,220	1,032	1,032
	-	-	-	-	-
Analysed between Charitable activities	-	2,220	2,220	1,032	1,032

8 Trustees

None of the trustees (or any persons connected with them) received any reimbursed expenses, remuneration or benefits from the charity during the year.

The charity paid rent of £25,667 (2020: £21,516) to Ritelands Property Company Limited a company controlled by former trustee, Mr J C Coleman.

The liability of the trustees is limited to a sum not exceeding £10, being the amount that each trustee undertakes to contribute to the assets of the charity in the event of it being wound up.

9 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Administrator	2	3
Managers	2	1
Total	4	4
Employment costs	2021 £	2020 £
Wages and salaries	102,633	78,727
Social security costs	5,120	2,699
Other pension costs	1,851	1,687
	109,604	83,113

Holiday is to calendar year and employees cannot carry holiday forward. As such, no holiday pay provision is required.

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

9 Employees

(Continued)

There were no employees whose annual remuneration was £60,000 or more.

10 Tangible fixed assets

	Fixtures, fittings and equipment £	Computers £	Total £
Cost			
At 1 January 2021	10,586	4,010	14,596
Additions	-	20,981	20,981
	<hr/>	<hr/>	<hr/>
At 31 December 2021	10,586	24,991	35,577
	<hr/>	<hr/>	<hr/>
Depreciation and impairment			
At 1 January 2021	7,159	3,633	10,792
Depreciation charged in the year	685	979	1,664
	<hr/>	<hr/>	<hr/>
At 31 December 2021	7,844	4,612	12,456
	<hr/>	<hr/>	<hr/>
Carrying amount			
At 31 December 2021	2,742	20,379	23,121
	<hr/>	<hr/>	<hr/>
At 31 December 2020	3,427	377	3,804
	<hr/>	<hr/>	<hr/>

The increase in the charity's tangible fixed assets in 2021 reflects an investment made in a software product that has been highly customised to the charity's needs and that will enable the charity to improve the efficiency of its operations and its capacity for growth.

11 Debtors

	2021 £	2020 £
Amounts falling due within one year:		
Trade debtors	19,302	11,301
Prepayments and accrued income	996	3,187
	<hr/>	<hr/>
	20,298	14,488
	<hr/>	<hr/>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

12 Creditors: amounts falling due within one year

	2021 £	2020 £
Other taxation and social security	2,303	2,084
Trade creditors	509	4,982
Other creditors	500	450
Accruals and deferred income	1,854	1,115
	<u>5,166</u>	<u>8,631</u>

13 Government grants

The company is using the accrual model to account for government grants. Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

14 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 31 December 2021 are represented by:						
Tangible assets	23,121	-	23,121	3,804	-	3,804
Current assets/(liabilities)	43,397	34,274	77,671	64,123	13,048	77,171
	<u>66,518</u>	<u>34,274</u>	<u>100,792</u>	<u>67,927</u>	<u>13,048</u>	<u>80,975</u>

15 Operating lease commitments

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

	2021 £	2020 £
Within one year	33,000	28,000
Between two and five years	68,750	86,333
	<u>101,750</u>	<u>114,333</u>

BRIGHTON THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

16 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2021 £	2020 £
Aggregate compensation	36,700	38,000