

**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

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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

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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

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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"> <li>The introduction of mandatory ReQoL evaluations for all funded work has been very successful and we have achieved an 80.83% return rate.</li> <li>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.</li> </ul>
	Increase provision of no-cost and low-cost services by 10%	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>
	Respond to the request for less rigidity around the cadence of therapy	<ul style="list-style-type: none"> <li>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.</li> </ul>
	Introduce SMS messaging for client communications	<ul style="list-style-type: none"> <li>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.</li> </ul>
	Improve physical environment and accessibility	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>
PRACTITIONER COMMUNITY	Make promotion routes for self-employed practitioners more transparent	<ul style="list-style-type: none"> <li>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.</li> </ul>
	Improve CPD opportunities for practitioners	<ul style="list-style-type: none"> <li>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"> <li>Neurodiversity</li> <li>Authoritarianism, misogyny, existential threats</li> <li>Working with cancer</li> <li>Working with OCD</li> <li>Therapy binaries, language and difference</li> </ul> </li> <li>The Hastings Reading Group launched in Q1</li> <li>A 'Working with Cancer' monthly reflective practice group was launched in Q4 to support our Hope &amp; Healing work</li> </ul>
	Continue to explore ways to attract diversity	<ul style="list-style-type: none"> <li>New team members have joined us from BAMER and LGBTQ+ communities</li> <li>Our BLM Discussion Group continues to develop, influencing the organisational culture and governance</li> </ul>

# 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"> <li>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.</li> </ul>
	Recruit new clinical trustee to replace the Chair of our Clinical Governance Group	<ul style="list-style-type: none"> <li>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.</li> </ul>
	Ensure HR and Clinical P&Ps reflect a coherent approach to team member inclusivity, wellbeing and development	<ul style="list-style-type: none"> <li>We have reviewed our HR and Clinical P&amp;Ps and identified areas for further improvements in 2026, in particular in relation to the accessibility of our services.</li> </ul>
	Fully recover our targeted minimum reserve position	<ul style="list-style-type: none"> <li>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.</li> </ul>
	Introduce increase to room rental and therapy fees	<ul style="list-style-type: none"> <li>We introduced small fee increases in line with cost-of-living changes.</li> </ul>
	Develop grant fundraising strategy	<ul style="list-style-type: none"> <li>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.</li> </ul>
	Improve marketing of Hastings services	<ul style="list-style-type: none"> <li>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.</li> </ul>
	Increase social media follower count	<ul style="list-style-type: none"> <li>Instagram following grew by just over 50% in 2025 and content views and engagement doubled.</li> </ul>
	Increase reach of newsletter	<ul style="list-style-type: none"> <li>Our Newsletter subscriber rates increased by 55% in 2025.</li> </ul>
	Explore use of SMS messaging for practitioner communications	<ul style="list-style-type: none"> <li>SMS messaging now used to inform practitioners of room booking, training certification and other expiration dates.</li> </ul>
	Improve the way we track funding	<ul style="list-style-type: none"> <li>Completed IT development to enable real time tracking of funding.</li> </ul>
	Explore options for securely storing therapy notes for clinical employees and volunteers	<ul style="list-style-type: none"> <li>Protocol established and IT being developed for implementation in Q1</li> </ul>
	Explore potential for using Dynamics as a fundraising database	<ul style="list-style-type: none"> <li>An initial scoping exercise to use Dynamics as a fundraising database has been completed.</li> </ul>
	Review service provided by our accountants and conduct procurement exercise	<ul style="list-style-type: none"> <li>Review completed and new accountants appointed.</li> </ul>
	Review our insurance to ensure that Trustees and Cybersecurity are adequately covered	<ul style="list-style-type: none"> <li>Trustee and Cybersecurity insurance policies now in place.</li> </ul>
	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"> <li>The appointment of 3 Therapy Centre Managers constitutes a step forward in our long-term expansion plan.</li> </ul>

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**  
***FOR THE YEAR ENDED 31 DECEMBER 2025***

### How much has BTC contributed to ongoing therapy in 2025?

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:
<b>£1,064 (£2,114 in 2024)</b>	<b>£45,989 (£50,962 in 2024)</b>	<b>£3,170</b>

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

- 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)**

## Client Feedback

- 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

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- 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

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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**

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### 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.



.....  
Suzanne Thompson, Chair

**Trustee**

Date: 13/05/2026  
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# **BRIGHTON THERAPY CENTRE LIMITED**

## **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

***FOR THE YEAR ENDED 31 DECEMBER 2025***

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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

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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**

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
<b>Income from:</b>							
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
<b>Total income</b>		331,091	34,575	365,666	288,082	65,432	353,514
<b>Expenditure on:</b>							
Charitable activities	5	327,267	47,343	374,610	285,725	60,349	346,074
<b>Total expenditure</b>		327,267	47,343	374,610	285,725	60,349	346,074
<b>Net income/(expenditure) and movement in funds</b>		3,824	(12,768)	(8,944)	2,357	5,083	7,440
<b>Reconciliation of funds:</b>							
Fund balances at 1 January 2025		60,944	22,990	83,934	58,587	17,907	76,494
<b>Fund balances at 31 December 2025</b>		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 £	£
<b>Fixed assets</b>					
Tangible assets	10		13,858		19,288
<b>Current assets</b>					
Debtors	11	31,714		28,587	
Cash at bank and in hand		40,971		49,426	
		72,685		78,013	
<b>Creditors: amounts falling due within one year</b>	12	(11,553)		(13,367)	
<b>Net current assets</b>			61,132		64,646
<b>Total assets less current liabilities</b>			74,990		83,934
<b>The funds of the charity</b>					
Restricted income funds	14	10,222		22,990	
Unrestricted funds	15	64,768		60,944	
		74,990		83,934	

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**

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### **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

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### 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 £
<b>Charitable income</b>						
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 £
<b>Direct costs</b>		
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
<b>Share of support and governance costs (see note 6)</b>		
Support	20,596	14,978
Governance	3,000	3,072
	374,610	346,074
<b>Analysis by fund</b>		
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>
<b>Analysed between:</b>		
Charitable activities	<u>23,596</u>	<u>18,050</u>
<b>Governance costs comprise:</b>	2025 £	2024 £
Accountancy	3,000	3,072
	<u>3,000</u>	<u>3,072</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>6</u>	<u>6</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
	<u>201,156</u>	<u>175,114</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 £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 £
<b>Cost</b>			
At 1 January 2025	10,586	42,675	53,261
Additions	-	1,060	1,060
At 31 December 2025	<u>10,586</u>	<u>43,735</u>	<u>54,321</u>
<b>Depreciation and impairment</b>			
At 1 January 2025	10,327	23,647	33,974
Depreciation charged in the year	86	6,403	6,489
At 31 December 2025	<u>10,413</u>	<u>30,050</u>	<u>40,463</u>
<b>Carrying amount</b>			
At 31 December 2025	<u>173</u>	<u>13,685</u>	<u>13,858</u>
At 31 December 2024	<u>260</u>	<u>19,028</u>	<u>19,288</u>

# BRIGHTON THERAPY CENTRE LIMITED

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

### 11 Debtors

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

### 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>

### 13 Retirement benefit schemes

	2025 £	2024 £
<b>Defined contribution schemes</b>		
Charge to profit or loss in respect of defined contribution schemes	<u>4,382</u>	<u>3,159</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
<b>Previous year:</b>	<b>At 1 January 2024</b>	<b>Incoming resources</b>	<b>Resources expended</b>	<b>At 31 December 2024</b>
	£	£	£	£
General funds	58,587	288,082	(285,725)	60,944

#### 16 Analysis of net assets between funds

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



# 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 £
<b>At 31 December 2024:</b>			
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.

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