

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE

England & Wales · Charity number 290118

Details

Other names	THE BRANDON CENTRE
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Status	Registered
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Legal form	Charitable company
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Company number	01830241
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Registered	1984-10-08
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Register	View on the Charity Commission register
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Contact

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Website	www.brandon-centre.org.uk
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Activities

Objects: (1) THE ADVANCEMENT OF EDUCATION, THE FURTHERANCE OF HEALTH AND THE RELIEF OF POVERTY, DISTRESS AND SICKNESS OF YOUNG PERSONS (BEING PERSONS UNDER THE AGE OF 25) IN THE UNITED KINGDOM. (2) THE RELIEF AND PREVENTION OF SUFFERING CAUSED BY MENTAL OR PHYSICAL ILL-HEALTH OF BY SOCIAL AND ECONOMIC CIRCUMSTANCES AMONG YOUNG PEOPLE BY ESTABLISHING, MAINTAINING AND DEVELOPING A COUNSELLING, AND PRACTICAL ADVICE. (3) THE PREVENTION AND MITIGATION OF THE SUFFERING CAUSED BY UNWANTED PREGNANCY BY EDUCATING YOUNG PERSONS IN MATTERS OF SEX AND CONTRACEPTION AND DEVELOPING AMONG THEM A RESPONSIBILITY IN REGARD TO SEXUAL BEHAVIOUR.

Activities: Counselling and psychotherapy for 12 to 21 year olds. Contraception and sexual health for 12 to 21 year olds. Parenting groups for parents of teenagers (12 to 16) with challenging behaviour. Multisystemic therapy for families of persistent young offenders and young people with problem sexual behaviour (13 to 16). Information service on mental health and sexual health.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- **Area of benefit:** NATIONAL
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,136,505	£1,994,727	£956,710	54
2024-03-31	£1,877,834	£1,855,765	£814,932	55
2023-03-31	£1,978,294	£1,851,992	£792,863	53
2022-03-31	£1,860,908	£1,797,020	£666,561	47
2021-03-31	£1,704,675	£1,779,576	£602,673	43

Trustees

Name	Role	Appointed
Adam Duncan		2025-01-06
Alexander Jasiulek		2023-10-02
Caroline Lucy Amanda Gardner		2024-02-05
Catherine France Florin		2024-02-05
Dr Lucy Ann Moore		2021-03-18
Joanna Alison Stronach		2021-03-18
Jonathan William Tait		2020-04-01
Lipi Begum		2023-10-02
Mark Bland		2019-09-19
Michael Alexander Cope Davis		2019-09-19
Shruthi Belavadi		2024-11-06

Accounts

**BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR
YOUNG PEOPLE**

(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2025**

Trustees	Mark Bland, Chair Lipi Begum Shruthi Belavadi (appointed 6 November 2024) Michael Davis Adam Duncan (appointed 6 January 2025) Catherine Florin Caroline Gardner Alexander Jasiulek Dr Lucy Moore Nicola Moore (resigned 13 May 2024) Joanna Stronach Jonathan Tait
Company registered number	01830241
Charity registered number	290118
Registered office	26 Prince of Wales Road Kentish Town NW5 3LG
Company secretary	Julia Brown
Chief executive officer	Julia Brown
Independent auditors	Goodman Jones LLP Chartered Accountants 1st Floor Arthur Stanley House 40-50 Tottenham Street London W1T 4RN
Bankers	Barclays Bank Plc Leicester LE87 2BB CCLA Senator House 85 Queen Victoria Street London EC4V 4ET

Brandon Centre for Counselling and Psychotherapy for Young People

Trustees' Report for the year ended 31 March 2025

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Introduction

The Council of Management, who are the directors for Companies Act purposes and Trustees for Charities Act purposes, have the pleasure in submitting the Trustees’ Report for 2024/25. This is a Directors’ Report required by s417 of the Companies Act 2006. The financial statements comply with current statutory requirements and the requirements of the Memorandum and Articles of Association.

Achievements and Performance

Brandon Centre has supported young people in London for over 56 years with their mental health and wellbeing. We also provide support to parents and families and to professionals who work with young people. Our services are designed with the guidance of young people, and we provide a different and flexible experience to statutory services. Our goal is to offer a warm, personal, and confidential face-to-face experience that centres on building relationships as well as addressing immediate needs.

We are proud to report that this year we have succeeded in achieving these goals. Our largest service, Counselling and Psychotherapy, has seen an increasing number of referrals and assessments in 24/25. We have received **659 referrals**, offered **446 assessment appointments**, and **3952 therapy appointments**. Our outcome measures for this service, explained in more detail below, demonstrate that young people made significant improvements across all domains: emotional wellbeing; problems/symptoms; daily functioning; clinical risk; and global distress.

Our Strategy

In 2024/25 we further refined our Strategy – **‘Nurturing Growth’ 2023 – 2026**. Over 2024/25 it has been helpful to review at Board, Young Ambassadors Board and Staff Away Days what we have achieved and to re-evaluate our strategic plans going forward. We want to ensure that our efforts not only make the most of our strengths but also reflect the current needs and priorities of the young people and families we support, whilst adapting to the challenges of the prevailing economic climate and post pandemic. We have further developed our engagement and partnerships with young people, families and local organisations across our local boroughs.

In recent years, we have seen a steady rise in demand for mental health and wellbeing services. In 2024/25 we have continued to see an ever-increasing number of referrals into our counselling services. Over the last year we have seen a doubling in referrals, with additional pressures on funding, leading to longer waiting lists. We have been working with commissioners and funders to ensure we reduce waiting list times and see Young People and Families in a timely way. The impact of the pandemic and cost of living crisis on young people’s mental health has been significant with public and third sector services finding it increasingly difficult to meet the demand.

Our aim continues to be the voluntary sector partner of choice for:
Creating and delivering accessible, leading-edge, and collaborative mental health and wellbeing services to young people under 25 and families so they can overcome difficulties, mobilise their resources, and shape the future they want.

Our VISION is to be Here for Young People

We believe that all young people should be able to access the highest quality mental health and wellbeing support in a safe and welcoming environment.

Our MISSION is to maintain and develop our accessible, flexible and specialist services

We aim to respond to the psychological and social needs and challenges of young people under 25 years old.

Our VALUES:

Compassion

We provide a welcoming and non-judgemental environment where our team can enjoy their work and where young people and families can access support that helps them live healthy and fulfilled lives.

Respect

We respect our diverse community and Brandon Centre team and work with a willingness to collaborate, adapt, and recognise the importance of difference and choice.

Inclusion

We strive to remove barriers to access for young people and staff and to use our expertise to provide services that young people and families can trust to be safe and to meet their individual needs.

Environmental, Social and Governance (ESG)

This year, we secured over £60,000 from the VCSE Energy Efficiency Scheme to replace our building's single-glazed windows. This has significantly improved comfort for staff and service users and is already helping to reduce energy usage. With project underspend, we also worked with local tradespeople to repaint and repair external masonry, further improving the building's condition into the future.

Our partnership with Kitty and Benny from Hawksbee Gardening has brought a renewed ecological focus to our outdoor space. Their ongoing care, using propagated plants and plans for increased biodiversity, has enhanced the garden as a valuable wellbeing space for both breaks and therapeutic use.

A member of our senior management team completed the Imperial College and Corndel Executive Development Programme (Level 7 Apprenticeship) with funding from Camden Borough's Apprenticeship Levy. This has kickstarted a positive relationship with Camden Borough, whereby other senior leaders and members of our organisation have begun their apprenticeship journeys with both Imperial College and TPC Health training providers in Senior Leadership and Coaching.

Open House 2024

We were delighted to have taken part in the Open House 2024, London Festival again on 14th September '24. Open House London is *"a celebration of London's buildings, architecture and neighbourhoods and the curiosity for what happens inside the buildings we walk past every day."* We had over 55 people visiting, and we were supported by some of our staff, trustees and local volunteers who worked as stewards for the day.

Hands On London kindly attended Open House 24 discussing with visitors around the development of our wonderful mindful garden organising corporate

volunteer teams to help us with the improvements, such as creating a new garden path which leads from our kitchen and accessible side gate to our summerhouse.

Our community-based services make an important contribution to the mental health and wellbeing support available for young people in Camden, Islington and neighbouring boroughs. It is important that we are able to invite our local communities into Brandon Centre to learn more about our services and to see our wonderful non-institutionalised centre and mindful garden.

Our Core Services

Mental Health and Wellbeing Services for Young People

- Counselling and Psychotherapy Service which also includes:
 - Care leavers' psychotherapy
 - Young People's Brief Counselling Service (YPBCS) – Camden (John Lyons)
 - Young People's Brief Counselling Service (YPBCS) – Islington (at Collective Theatre)
 - Psychotherapy for Young People in Crisis
 - Psychotherapy for LGBTQ+ Young People
 - Hostels Psychotherapy Service
 - Refugee Psychotherapy Service
- Mental Health Outreach: Brandon Connect & Arsenal in the Community
- Social Prescribing
- Therapeutic Yoga

Mental Health and Wellbeing Services for Families

- Systemic Integrative Treatment (BC-SIT)
- Love and Limits
- ADHD Parent Programme
- CAMHS Waiting List Parent Support Group
- Families, Food and Feelings

Consultancy and Training for Professionals

- Enhanced Healthy Living Service
- GroundUp and School Staff Support
- Cornerstone Croydon Project (started 23/24)

Community Outreach Programmes

- She Is Supported (SIS)
- Arsenal Youth Sports & Wellbeing
- Lift Youth Hub
- Minding the Gap and the Hive Youth Support
- Condoms - C-Card Collection, Advice and Information
- Volunteering Opportunities

"Working with my therapist was so life changing, I couldn't appreciate them or Brandon Centre's services more."

Mental Health & Wellbeing Services for Young People

Mental Health and Wellbeing Services at Brandon Centre offer direct support to young people and families in a variety of different types of support. At the heart of our centre is our Counselling and Psychotherapy Service, which has been operating since 1969 when Brandon Centre was founded by Dr Faith Spicer. Our innovative Brandon Centre Systemic Integrative Treatment (BC-SIT) Service supports families and carers of young people with severe conduct difficulties at risk of going into an out-of-home placement (e.g. custody or foster care). The Brandon Connect project, delivered in partnership with Arsenal in the Community, supports young men aged 16-25 in Islington who are not in education employment or training (NEET) because of their mental health difficulties. We also have a range of other exciting partnerships and projects, which deliver innovative projects, such as our psychotherapy service for care leavers.

Counselling and Psychotherapy Service

Our Counselling and Psychotherapy Service operates across the London Boroughs of Camden and Islington for young people under the age of 25, with the majority of our young people in the 16-25 age range. We offer mainly Exploratory Psychotherapy for Young People, which is a holistic, goal-based, psychoanalytically informed approach, which also integrates coping skills as needed. As part of our holistic approach, we identify the young people's needs beyond psychotherapy, and frequently signpost and refer to other service for other types of help and support (e.g. employment, sexual health, drug and alcohol, domestic violence, or housing services).

The team is clinically led and managed by a Consultant Clinical Psychologist, two Senior Clinical Psychologist, and a Senior Psychoanalytic Psychotherapist. The staff team includes Clinical Psychologists, Psychodynamic Psychotherapists, Integrative Psychotherapists, and Counsellors. The service operated a hybrid delivery model in 2024-2025, offering a mixture of remote (telephone or video call) appointments, and face-to-face appointments at Brandon Centre and in Youth Hubs in Islington. Most appointments took place in person.

We received a total of **659 referrals** across both Camden and Islington during the 2024-2025 year, a 4% increase from 2023-2024. 83% of these referrals were accepted. 368 referrals were from Camden and 291 referrals were from Islington. Across the service as whole, 30% of referrals were either self-referrals or referrals from parents/carers.

In Camden, we offered **254 assessment appointments** and **1840 therapy appointments**. Camden young people attended 87% of assessment appointments and 80% of treatment appointments offered. In Islington, **192 assessment appointments** and **2112 therapy appointments were offered**. Young people in Islington attended 80% of assessment appointments and 78% of treatment appointments offered. Across all appointments offered, **our attendance rate averaged 80%**, which is a high rate for engaging adolescents and young adults in a psychotherapy service.

Due an increased number of referrals in recent years, waiting times have continued to increase across the year. In Camden, waiting times from referral to start of treatment increased from 40 weeks in Q1 to 63 weeks in Q4. In Islington, waiting times increased from 28 weeks in Q1 to 41 weeks in Q4.

Complexity:

Problem descriptors were recorded at the point of assessment to record the range of difficulties that a young person was facing including items such as 'self-harm', 'drug and alcohol difficulties', 'problems in attachment to carer', 'self-care issues', 'home problems', 'community problems', and several other items relating to mental health, family relationships, school-related, and social difficulties. The average number of problem descriptors for each young person was 9, with 75.4% of young people experiencing between 4 to 13 problem descriptors. ***This suggests that the young people seen at Brandon Centre present with a high level of complexity due to experiencing multiple psychosocial difficulties.***

Specifically, over 75% of young people presented with low mood and 70% presented with generalised anxiety. 71% of young people reported family relationship difficulties, 76% reported general home problems, and 48% reported peer relationship difficulties.

Demographics:

Across Camden and Islington, 73% of young people seen were female, 24% were male, and 1% identified with another term for their gender.

45% of young people who stated their ethnicity identified as being from Black, Asian, Minority Ethnic, and Mixed backgrounds, while 40% identified as White (British, Irish, or Other). When compared to the wider borough population of Camden, in particular, our data reflects the ethnically diverse population which in 2021 reported that 40.5% of Camden residents were from Black, Asian or other minority ethnic groups.

61% of young people identified as Heterosexual or Straight, 7% as Gay or Lesbian, 14% as Bisexual, and 3% as another sexual orientation. This translates to approximately 1 in 4 young people identifying as LGBTQ+ at Brandon Centre.

Outcomes:

Young people completed the **CORE-OM** – a psychometric outcome measure that measures psychological distress - at the start (Time 1) and end (Time 2) of their treatment. The CORE-OM measures the following dimensions: emotional wellbeing, mental health problems/symptoms, daily functioning difficulties, and clinical risk (e.g. suicidality). The total score is called global distress. The scores are divided into the severe, moderately severe, moderate, mild, low, and healthy range. In 2024-2025, 86 young people completed CORE-OM at both Time 1 and Time 2, allowing for a direct comparison of scores. This was a 33% increase from last year. ***On average, young people scored in the moderately severe range at the start of treatment. This reduced to the mild range at the end of treatment, suggesting that their mental health significantly improved in response to therapy.***

Young people also completed the **Goal Based Outcome (GBO)** measure at the beginning and end of their treatment. The GBO is an idiographic measure – meaning that it is specific to the young person. Young people develop their own treatment goals, which we then rate on a scale of 0-10 (10 being goal achieved). 144 young people had re-rated at least one goal across two time points in their treatment. Of the young people who re-rated their goals, ***we found that young people made a clinically significant improvement (change of more than 2.45 on their goals) on all three of their treatment goals.***

Feedback:

At the end of treatment, the service routinely collects feedback using the Experience of Service Questionnaire (ESQ) - which consists of a mix of multiple choice and open-ended questions - to provide young people with the opportunity to share anonymously their experience at the Brandon Centre. This is incredibly valuable as it helps us identify areas of strength and improvement needed at Brandon Centre.

98% of young people answered “certainly true” or “partly true” to the statements:
“I was treated well by the people who saw me.”

99% of young people who responded to the CHI-ESQ answered “certainly true” or “partly true” to the statements:
“I feel that the people who saw me listened to me.”

97% of young people who responded to the CHI-ESQ answered “certainly true” or “partly true” to the statement:
“My views and worries were taken seriously.”

91% of young people who responded to the CHI-ESQ answered “certainly true” or “partly true” to the statements:
“If a friend needed this sort of help, I would suggest to them to come here.”

93% of young people answered “certainly true” or “partly true” to the statements:
“I feel the people here know how to help me.”

92% of young people who responded to the CHI-ESQ answered “certainly true” or “partly true” to the statement:
“It was easy to talk to the people who saw me.”

96% of young people who responded to the CHI-ESQ answered “certainly true” or “partly true” to the statement:
“Overall, the help I have received here is good.”

The sample feedback below was gathered from open-ended questions answered by young people who used the service in 2024-2025:

“For the first time I was actually able to talk to someone about many things that I haven’t been able to and have been keeping in for years. She listened to me always and was very kind and caring despite the fact that my situation was difficult with missing sessions and changing them to calls instead due to where I was living. I felt very supported and able to explore some things which I needed to in order to be able to move forward.”

“I felt truly heard, seen and respected - like my issues were taken seriously. I was given tools and explanations to be able to reframe experiences and learn how to keep myself safe. I never thought I would be at this point, thank you so much.”

“I felt like I was given a safe and comfortable place to express myself.”

Psychotherapy for Care Leavers

We have a small specialist psychotherapy provision (0.6 FTE psychotherapy) for care leavers - young people who were formally looked after children - at our centre. Care leavers can either be those who were formally looked after children from the United Kingdom or those who were formally unaccompanied asylum-seeking children (UASC) from abroad. The native UK and formerly UASC care leavers have somewhat different needs and difficulties. For example, those who are formerly UASC may have ongoing immigration issues, may not speak English fluently, and have a complex trauma history including the original reason why they fled their country, as well as the secondary trauma of travelling without legal documentation to the UK, which can often take months or even years. Native UK care leavers often have a history of complex psychological trauma, including experiences of abuse and neglect, requiring a high level of emotional and practical support as young adults. Our psychotherapy service for care leavers is delivered by an experienced integrative psychotherapist, in partnership with the Camden and Islington Leaving Care Services.

In 2024-2025, we had **32 referrals** to the service. The majority of these referrals (81%) were from professionals such as GPs, Social Services and Primary Care Mental Health Teams (i.e. Core Teams). **28 assessment appointments and 484 psychotherapy appointments** were offered. 75% of assessment appointments and 60% of treatment appointments were attended. Attendance rates were lower for this population than for our main psychotherapy service. Therefore, more effort is required to engage these young people in treatment. Across both boroughs, 69% of young people accessing the service were female and the mean age of those referred was 20 years old. The majority (75%) were from Black, Asian or Minority Ethnic backgrounds.

Outcomes:

Young people completed the **CORE-OM** – a psychometric outcome measure that measures psychological distress - at the start (Time 1) and end (Time 2) of their treatment. The CORE-OM measures the following dimensions: emotional wellbeing, mental health problems/symptoms, daily functioning difficulties, and clinical risk (e.g. suicidality). The total score is called global distress. The scores are divided into the severe, moderately severe, moderate, mild, low, and healthy range. **On average, care leavers scored in the moderately severe range at**

the start of treatment. This reduced to the moderate range at the end of treatment, suggesting that their mental health significantly improved in response to therapy. Specifically, young people made significant improvements several domains, including emotional wellbeing, problems/symptoms, daily functioning, and global distress. Some young people were also asked to complete the **CORE-10**, a shortened version of the CORE-OM, in sessions as a way for the therapist to measure changes throughout the course of therapy. ***Average CORE-10 scores decreased from moderate to severe psychological distress at the start of treatment to moderate range at the end of treatment. This represents a clinically significant change in symptoms.***

Young people also completed the **Goal Based Outcome (GBO)** measure at the beginning and end of their treatment. The GBO is an idiographic measure – meaning that it is specific to the young person. Young people develop their own treatment goals, which we then rate on a scale of 0-10 (10 being goal achieved). ***On average, young people recorded a +3.9 change in goal scores, indicating a clinically significant and reliable change.***

Feedback:

100% of the young people who accessed the service and provided feedback answered "Certainly True" to the statement:

- If a friend needed this sort of help, I would suggest to them to come here.
- Overall, the help I have received here is good.

Young people said in their own words:

"[Therapist] was understanding when I wasn't able to come in and offered phone calls instead...this service has helped compared to when I first started."

"It was my first time doing therapy as an adult and I went into it thinking it wouldn't benefit me, but [Therapist] helped me in a lot of ways. She helped me to understand things I couldn't of without her explanation and if I didn't understand what she meant she was really good at saying it in a different way that I always got the second time which didn't make me feel embarrassed that I didn't get it."

Young People's Brief Counselling Service (YPBCS) – Camden (John Lyons)

This service is delivered by a dedicated Psychodynamic Counsellor (0.5 FTE; 17.5 hours pw) and provides rapid-access, brief counselling (up to 6 sessions), to young people aged 12-25 who present to health services for a medical reason but could benefit from a space to talk about their difficulties. The service takes referrals from non-traditional referral pathways in order to provide mental health access to young people who may require mental health support but are not actively help-seeking. Referral partners currently include the New Horizon's Youth Centre, which supports homeless young people, local primary care services, and the UCLH OnWard Adolescent Health Clinic. The young people are mainly from Camden, but we also see a small number from other London Boroughs that form part of our funder's beneficial area (i.e. Barnet, Brent, Ealing, Hammersmith & Fulham, Harrow, Kensington & Chelsea and the Cities of London and Westminster).

Across the 2024-2025 year, a total of 4 referrals were received for this service. Referrals decreased from Q1 2024-2025 in anticipation of the service ending in November 2025

This work is supported by a generous grant from **John Lyon's Charity**.

Young People's Brief Counselling Service (YPBCS) – Islington (at Collective Theatre)

The service originally began in July 2022 as a part-time post (0.7FTE) funded through the London borough of Islington, with the aim of delivering brief counselling to young people attending the Platform Youth Hub. With a generous **Islington Giving** grant (0.3FTE), awarded in February 2023, the post was expanded to full-time. After successful recruitment, the full-time Young People's Counsellor joined the Brandon Centre in July 2023. Although Platform Youth Hub closed in December 2023, sessions continue to be held in the same building, now run by **Collective Acting Studio**. After the original counsellor left the post in June 2024, there was a brief summer break until the new counsellor began in September 2024. A total of 47 young people were seen between the two counsellors in the 2024-2025 year.

Psychotherapy for Young People in Crisis

We have a specialist psychotherapy provision of 0.8 FTE (28 hours pw) for young people aged 18-25 who are referred to us by the Camden or Islington Mental Health Trust Crisis Teams or who self-refer to us while experiencing a mental health crisis (e.g. currently suicidal or following a recent suicide attempt). These young people are prioritised for assessment and treatment at the Brandon Centre to prevent another mental health crisis from occurring whenever possible. This service provides therapy to up to 50 young people per year and is supported by a generous grant from the **Henry Smith Charity**.

Psychotherapy for LGBTQ+ Young People

Research suggests that young people who identify as LGBTQ+ experience higher rates of mental health difficulties than their heterosexual peers, due to a range of life experiences including experiencing discrimination. Approximately 1 In 4 (23%) of the young people we supported in 2024-2025 identified as LGBTQ+. We have therefore developed a specialist psychotherapy provision (0.8 FTE; 28 hours pw) available for young people aged 16-25 in Camden and Islington who identify as LGBTQ+. This service provides therapy to up to 50 young people per year and is supported by a generous grant from the **City Bridge Foundation**.

Hostels Psychotherapy Service

A new service providing psychotherapy to homeless young people aged 16-25 using either the Depaul or YMCA (LandAid House) hostels in Islington. The service is led by a Psychoanalytic Psychotherapist (0.4 FTE). From January to December 2024, a total of **41 young people** have been referred to the service. The project was previously funded by Islington Giving. Due to the success of the service, the project was generously refunded by **Comic Relief** and has been increased to 1.0FTE.

Through our new partnership with Comic Relief, we were given the opportunity to consult and support Eastenders scriptwriters around their mental health story line with Phil Mitchell, to ensure it was portrayed accurately and authentically. In addition, in March 2025, we were part of the Comic Relief and Eastenders 5-minute episode that aired during Comic Relief: Funny for Money. The special episode powerfully captured the mental health struggles and situations that many of the young people we support face. The character Andy speaks about accessing therapy after becoming homeless in a hostel, a direct reference to the outreach therapy work we provide in the two local Islington homeless hostels. Even more special, our amazing therapist Aaron, who delivers this service, was interviewed by Davina McCall, highlighting not only the challenges young people experience but also the incredible impact of the work being done at Brandon Centre. This was an amazing achievement for Brandon Centre to gain national press and recognition and being able to bring important conversation into the spotlight.

Refugee Psychotherapy Service

A new service providing psychotherapy to Islington young people aged 5-25 on the Afghan Resettlement Scheme or Homes for Ukraine Scheme. The service is led by a Psychoanalytic Psychotherapist (0.4 FTE). From January to December 2024, a total of 18 young people have been referred to the service. The project was generously funded by **Islington Council** and concluded in December 2024.

Mental Health Outreach: Brandon Connect & Arsenal in the Community

Brandon Connect is an innovative service that offers long-term psychotherapy for 16-to-25-year-old, young men who are not in education employment or training (NEET) or who are struggling to remain in education, employment, or training. A one-to-one psychotherapy service for 16 to 25-year-olds attending an Arsenal in the Community programme is delivered on Thursdays at the Arsenal Hub. Both services are provided by a Highly Specialist Psychotherapist (0.6 FTE; 21 hours pw) who applies a model of therapeutic change that is informed by The Transtheoretical Model (Stages of Change). The objectives of Brandon Connect are to engage young people in a therapeutic process that is collaborative, thoughtful and active so that they attend at least 10 sessions; to improve mental health problems that are a barrier to their participation in education, employment, or training; to connect them back into education, employment, or training if they are NEET. The total number of young people seen in 2024/25 was **37** (33 male; 1 female; 3 transgender). There was a high rate of attendance: **449** (78%) of 579 appointments offered were taken up. There were reliable improvements in anxiety and mood although, understandably, at a point of transition into adulthood young people continued to experience episodes of anxiety. Areas of the young people's life that are targets for therapeutic intervention, for example social interaction, personal well-being, self-esteem and self-confidence, reliably improved for 70%. Over half of the goals for treatment set by young people reliably improved. Psychotherapy helped 71% who were NEET into education, employment or training. Six young men benefited from Brandon Connect's partnership with SPEAR, a local employability programme for young people facing barriers into work and Arsenal in the Community's employability programme. Brandon Connect and the partnership with Arsenal in

the Community are generously supported by Cripplegate Foundation, Islington in the Community and The Arsenal Foundation.

Social Prescribing

Brandon Centre's Social Prescribing was launched in July 2022, in partnership with The Hive and Fitzrovia Youth in Action. The service has run its third year, supporting young people aged 16-24 in Camden to access activities. Brandon Centre's Social Prescriber supports young people to access activities, classes, youth hubs and services of their choice. The aim is to boost mental and / or physical wellbeing.

Referrals received: Over the past year (April 2024 - March 2025), BC's social prescribing service accepted 36 referrals. 21 referrals were received in-house from BC therapists. External referrals came from La Sainte Union School, Parliament Hill GP Surgery, FWD drug and alcohol service, Tavistock, Age UK, Healthy Living Service, CAMHS, CAISS, and Greenwood Centre.

Brandon Centre's Social Prescriber carries out a huge amount of research and signposting to activities and supports each young person to choose options that best suit their needs. The Social Prescriber can book activities and classes for young people, using social prescribing budget if there is a cost; and accompany a young person to a class, activity, or youth hub if they would like that extra support.

Activities accessed by young people this past year, via BC's social prescribing service: Cooking classes, baking classes, relaxation and meditation on the Zen Bus, guitar lessons, 6-week yoga course (x2), football, online pasta-making classes, climbing induction course, visit to City Farm, pottery painting (x2), visit to Bubble Tea shop, day passes at the gym, 4-month gym memberships, piano lessons, event at Camden Roundhouse for young people (including tour of the studios, three creative workshops and free lunch), candle making class, weekly tumbling classes, BSL online training, creative writing classes, relaxation and meditation afternoon at MIND. The Social Prescriber also signposted a young person to a particular college course, which they enrolled on and attended.

Referrals made:

The social Prescriber made written referrals into the following external services: Islington and Camden Young Carers Service, 121 wellbeing support at The Hive (x2), Adult Early Help Pilot Service, SPEAR, Good Work Camden, and Connexions (x3).

The Social Prescriber offers basic emotional support to young people, often via weekly telephone calls, to 'check-in' with how they are getting on. The Social Prescriber signposted 7 young people to mental health support services and referred one young person into BC's therapy team. Young people who presented with a deterioration in their mental health were offered priority therapy appointments.

Young Ambassadors

Three young people who received social prescribing support went on to become BC Young Ambassadors.

Evaluation

From April 2024, we gained quantitative feedback via SWEMWBS and goal-based outcomes, and qualitative feedback via a feedback form.

Some examples of feedback from young people:

I was pretty low when I started the social prescribing and while it hasn't completely stopped these feelings, it's helped keep me busy and give me more things to enjoy and look forward to, putting my time into healthier things and focusing on myself.... It has definitely improved my wellbeing.

I found that the sessions I had were really helpful. At first, I wasn't really into the idea of finding a new hobby but by the end, I discovered how much I love doing my new online cooking classes and how much it has helped me mentally.

The social prescribing support has been extremely helpful.... I believe that it gave me a safe space to be open and talk to someone about my problems. When it came to activities, the efficiency of sorting them out was great. I think that the activities really provided me an escape from all of the things that I have been thinking about.

Therapeutic Yoga

The therapeutic yoga programme, known as 'Mindful Movers' is a project generously funded by London Marathon Foundation's Active Spaces Fund. The programme is a 6-week, group-based therapeutic yoga programme, led by a qualified Yoga Teacher and supervised by a Clinical Psychologist. Its aim is to help young people who are currently underactive improve their physical and mental wellbeing. In 2024-2025, **29 referrals were received** across 3 cohorts of 6-week classes. 28% of referrals came from professionals such as CAMHS, The Hive as well as internal referrals from Brandon Centre therapists. Of the **162 sessions offered** to young people, 91 sessions were attended.

Outcomes:

The Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS) was used to measure improvements in mental wellbeing in the Mindful Movers programme, which were completed at the point of referral (Time 1) and at the end of classes (Time 2). An increase of +3.1 in average scores was observed, indicating a **clinically significant improvement in mental wellbeing** following participation in the Mindful Movers programme.

The General Practice Physical Activity Questionnaire (GPPAQ) was used to measure weekly activity levels. Young people completed this measure at the point of referral (T1) and then again at the end of the programme (T2). 75% of young people who completed the measure at T1 and T2 reported **an increase in weekly activity level following completion of the programme**.

Feedback:

100% of the young people who accessed the service and provided feedback answered "Certainly True" or "Partly True" to the statement:

- If a friend needed this sort of help, I would suggest to them to come here.
- Overall, the service I have received here is good.

In their own words, young people shared:

"This has helped me get out of the house, encouraged me to do physical exercise and I have learnt coping mechanisms for stress."

"I loved how it was a safe space although it's the winter and most of us are feeling vulnerable at the moment. It gave me something to look forward to."

"I enjoyed how people were able to bond as a group."

Mental Health & Wellbeing Services for Families

Systemic Integrative Treatment (SIT) Service

Brandon Centre's Systemic Integrative Treatment (SIT) service works with the families and professional networks of young people displaying a range of problem behaviours and aims to prevent family breakdown and young people entering costly out-of-home care. Our SIT team successfully treats families across several London boroughs and nearby counties. In 2024-2025 we supported families living in Camden, Enfield, Haringey, Barnet and Tower Hamlets. Our service was also commissioned by the Forensic CAMHS Service at the Tavistock and Portman NHS Trust.

Key outcomes across the SIT service:

A total of 46 families were referred to Brandon Centre's Systemic Integrative Treatment service during the 2024-2025 year. 31 of these referrals were accepted into BC SIT.

Of the 31 of BC-SIT young people with accepted referrals in 2024-2025, 15 (48.5%) referrals were from Child and Adolescent Mental Health Service (CAMHS) professionals. 15 (48.5%), were from social care professionals and 1 (3%) referral was privately funded.

18 (58%) of the referred cases were male and 13 (42%) cases were female.

A total of 1,237 session appointments were offered to BC-SIT families across 2024-2025. Of the 1,237 sessions offered, 1,080 (87%) of them were attended, 142 (12%) were cancelled, and 15 (2%) were missed without prior notice (DNA).

Sample stakeholder feedback:

From CAMHS - I want to say a huge thank you to the BC- SIT Team- the progress has been massive for the young person and your team has supported tremendously!! Amazing work!

Sample family feedback:

From Mum- The BC SIT treatment was excellent and I think it moved us on as we were stuck, it was challenging and changed both of our idea's perspectives, stopping the blame. It gave us skills and strategies to manage our daughters' extreme behaviours. We check in more with each other and plan our responses to new situations as they arise.

Stage 1 was so incredibly hard, but we surprised ourselves with the support of the Brandon Centre, we managed and reduced our daughters' violent behaviours in a relatively short space of time.

Stage 2 really helped to maintain our approach. We have come to the end and I thank both our therapists sincerely. Relationships in the family have improved. There are always going to be situations ups and downs, but I think by us working together and being better skilled we can help and support our child more, we are certainly more hopefully than we were a year ago. Thank you, Brandon Centre, and heartfelt thanks to SIT therapists- we have a much better life now x

From Dad – The therapist was empathetic, non-judgemental and a great listener with excellent advice. We would both rate her views, advice and presence extremely highly and provided a way for us as parents to process some of our difficulties in a safe way, that helped improve our family dynamics.

Mum - Unbelievable service! and a real lifeline in our crisis time, extremely grateful that we were able to access this service and meet the SIT therapist. I hope in time we can help support your work.

BC SIT were very nice to me and my daughter. I really did have good support. The service overall was very good!

Love and Limits Parent Programme

The Love and Limits parent programme is for parents/carers of teenagers (aged 12-16) with challenging behaviour. The programme offers parents strategies to improve behaviour coupled with psychoeducational elements and has been updated and adapted to be delivered online. 59 parents attended the programme over the last year. Out of the 59 participants, 35 were from the borough of Camden and 24 were from the Islington Borough.

Feedback from parents

"The facilitator presented in a very professional warm and inclusive manners the core structure of the developing teenager brain highlighting the challenges between the relationship with their parents/carers. She guided us to positively engage in the process of seeing the possibility of building healthy boundaries. She allowed a very insightful platform for deep exchange and reassurance among participants and herself, within the group and individually. She guided us in observing the dysfunctional dynamics with a compassionate and loving heart for the internal experience for both the parent and the teenager. I felt encouraged and inspired in finding new and creative ways of developing and nurturing my relationship with my daughter. I benefited from seeing the relationship with my

daughter as a collaborative one and learnt new ways to navigate with her and structure it. I self-reflected on the importance of my role model for my daughter, on noticing my communications skills and how I can adapt my way of interacting with her. I have been searching for help for 10 years and had never participated to a parenting group programme of this high level and content. Thank you very much from the bottom of my heart.”

“I found it helpful knowing there are other parents facing same difficulties as me and I am not the only one. Helpful in knowing how to address my child without offending or pushing buttons.”

“Great strategies and tools, great meeting the other mums.”

ADHD Parent Programme

The ADHD Parent Programme is for parents of children and young people (aged 5-12) who have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). The programme offers psychoeducation about ADHD and discipline strategies related to the “1-2-3 Magic” model. 56 parents attended this programme over the last year. Out of the 56 participants, 32 were from the borough of Camden and 24 were from the Islington Borough.

Feedback from parents

“This program has been life changing and I cannot express enough gratitude. It has been a few weeks since the end of the course and the information and tips shared have transformed my parenting, his behaviour and our relationship. We hardly argue now and are always laughing. Thank you so very much.”

“Learning about 123 Magic and how to put it into practice really made a huge difference in the way I discipline my child. It has removed conflict and battles, it has removed tantrums (adult and child ones!) and it has given us the opportunity to enjoy more of each other and strengthen our relationship. Attending this group was more effective than just reading the book because it was easier to understand, ask specific questions and share experiences with other parents. I am grateful and feel lucky that I was able to attend. I strongly recommend it to every parent”.

Parent support group for CAMHS waiting list

This project began as a pilot parent programme in 2022 delivered in partnership with Mind in London. The project was initially funded by NHS England and later received bridge-funding each year to continue providing group support to parents. Brandon Centre developed this parent programme to support the parents/carers of young people aged 11-16 who are on long waiting lists for assessment and treatment from statutory CAMHS, VCS and SEMH services. The programme now offers inclusion criteria for ADHD and ASD in addition to low mood, anxiety and depression. Referral numbers have been lower this year; 60 parents registered for the programme, and 29 completed all 8 sessions in the programme. Other parents cited work clashes, health issues and family schedules for not being able to complete the programme. Feedback and

outcomes from this programme have been positive. Many parents and carers attending the programme also reported that their adolescents are presenting with some neurodiversity e.g. ADHD and ASD or both. Some parents also disclosed their own undiagnosed ND. Funding has been secured from the ICB for a further 6 months. Interestingly, 14 out of 29 parents who completed the service evaluation form expressed a desire to be actively involved in shaping future programmes and indicated their willingness to be contacted for further input.

Feedback from Parents

“This group has been wonderful, a great support in a difficult time and I started to actually look forward to it, rather than just thinking of it as somewhere that I might learn something that might help! I do find talking in online groups difficult so encouraging people to use the chat function if they prefer is good. I hope that some of the group may continue to meet informally after the sessions have finished to continue to support one another, as I feel we have a good understanding of what we're all experiencing, and this can be invaluable.”

“Meeting other parents in the same boat. Getting tips on self care. Getting tips on changing my thoughts/perception of the situation. Learning about listening skills. Feeling heard. Feeling understood. Having a weekly space where I knew I could let out my feelings - I would look forward to knowing support would be available which gave me strength to carry on. The format of 4 weeks of learning then 4 weeks of less structured discussion was good. I appreciated the group leaders being firm about keeping the space confidential e.g. cameras on, no one else present.”

“I loved the sharing experience with other parents and both Vlatka and Tanya were absolutely exceptional in guiding the discussion.”

The Families, Food and Feelings programme

The Families, Food and Feelings programme was delivered to **34 parents**.

Feedback from Families

“These sessions have opened my eyes to different ideas I can go forward with.”

“I have improve on how to let them try new foods , on how to turn off tv for them to have time to eat their meals, on how to avoid conflict or arguing, but rather to approach differently”

Return to Learn

Return to Learn is a 2-year project funded by the **Portal Trust** (Sept 2024- Sept 2026) developed in response to rising levels of school absenteeism among young people in Camden. The project draws on the successful systemic approach demonstrated in BC SIT, working in close partnership with schools and families to re-engage young people whose attendance has become persistently low.

The project provides a structured, time-limited programme of support for parents and carers (6-week courses for up to 8 families per group), offering practical strategies and therapeutic input to help families address the barriers preventing school attendance. Alongside this, the project works directly with

schools to improve communication and collaboration with families, ensuring a coordinated approach around the young person.

The programme has been delivered to a total of 25 families since its launch in September 24, with feedback from schools and families being highly positive, and evidence of improved attendance, strengthened family-school relationships, and greater parental confidence in managing difficulties at home. The project has become a key strand of Brandon Centre's work in addressing complex needs that sit at the intersection of mental health, family relationships, and education.

Some feedback from families and staff members:

"She is in now most days, with far less arguing"- Parent

"My contact with the school has improved immensely"- Parent

"I could freely share, which has felt so valuable"- Parent

"R2L takes the lead with coordinating our approach to attendance, it reduces the burden on staff"- Head of School

"Very informative, and found the strategies helpful"- Staff Member

R2L has been a great experience for our parents. They found the sessions really useful and felt empowered to confidently use the strategies' they learned. Having the session at school has really helped to strengthen communication and engagement between school and families. We've seen a positive impact on students' attendance as a result- Home-School Link Worker

Training & Consultancy

Enhanced Healthy Living Service

The Enhanced Healthy Living Service (EHLS) is a targeted service for children and young people who are overweight or obese in Camden and Islington. The service is an evidence-based intervention working with the parents of these children and integrating treatment with other teams/professionals via consultation and Multi-disciplinary Team (MDT) working.

- The Families, Food and Feelings programme was delivered to 34 parents.
- The MDT has supported 104 complex cases,
- A total of 176 professionals attended the quarterly webinars that were run as part of the EHLS training offer.

GroundUp

GroundUp is a staff consultation service led by a Clinical Psychologist at the Brandon Centre, funded by the London Borough of Camden. It supports Camden-based VCSE (voluntary, community and social enterprise) organisations working with children and young people by offering supervision, consultation, training, and reflective practice to their staff members.

The programme aims to:

- Increase mental health awareness and expertise among frontline professionals
- Build staff resilience and wellbeing
- Prevent escalation of mental health difficulties among children, young people and their families through better
- informed practice

GroundUp's services are free to eligible organisations and include:

- One-to-one and group consultations
- Clinical supervision and team-based reflective practice
- Bespoke training sessions relevant to psychology and mental health
- Biannual lunchtime webinar open to all Camden-based professionals supporting children, young people and their families

A total of 79 sessions were delivered, comprising supervision, reflective practice, consultation, training, and webinar delivery. This amounted to 173 equivalent contact hours (cumulative time spent supporting individuals).

Support was provided to eight different organisations operating across a broad spectrum of services (youth work, early years family support, residential care, youth homelessness, volunteer mentoring):

- Camden Kaleidoscope
- Queen's Crescent Community Association (QCCA)
- Fitzrovia Youth in Action (FYA)
- The Kids Network
- Home-Start Camden & Islington
- Likewise
- New Horizon Youth Centre
- The Winch

GroundUp Summary

<i>Activity Type</i>	<i>Sessions</i>	<i>Participants (range/total)</i>
<i>Supervisions (1:1)</i>	<i>60 attended</i>	<i>1 per session</i>
<i>Reflective Practice</i>	<i>13 sessions</i>	<i>2–6 per session</i>
<i>Consultations</i>	<i>2 sessions</i>	<i>2 total</i>
<i>Training</i>	<i>3 sessions</i>	<i>20 total</i>
<i>Webinar (Trauma-Informed Care)</i>	<i>1 session</i>	<i>36 participants</i>

Selected Feedback Quotes

Supervision

"Safe space to talk openly and honestly about how I am feeling about work with no judgement."

"It was really personalised... what was shared will help me professionally organise my workload."

Reflective Practice

"Having a space to talk openly... feeling heard and validated."

"Being able to navigate work for the first time in months."

Training

"I found it helpful to be validated and encouraged in my approach to parents."

"Group discussions and techniques taught... also learning how to deal with young people."

Webinar (Trauma-Informed Care)

"Window of tolerance and strategies to bring someone back into their window."

"Differential diagnosis discussion – trauma vs autism, ADHD."

Cornerstone Croydon Project

Our Cornerstone Croydon Project (CCP) – in collaboration with London Youth – supports Youth Organisations in the London Borough of Croydon by providing their youth staff with clinical supervision, reflective practice, and consultation, with a qualified Clinical Psychologist.

This year we supported staff from the following organisations:

- Palace for Life (part of Crystal Palace FC)
- Gloves not Gunz (now part of Be Inspired)
- Urban Yogis (now part of Be Inspired)
- Good Food Matters
- Reaching Higher
- BME Forum
- Play Place

This project came to an end in December 2024. The CCP has made meaningful progress in supporting the mental health of both youth workers and young people and supporting cross-organisational collaboration and learning. While micro-level changes are evident, broader systemic impact will require sustained effort and investment.

Community Outreach Programmes

She Is Supported (SIS)

She Is Supported (SIS) is a two-year pilot project generously funded with support from **The Mayor of London and Propel partners** – a collaboration made up of funders of different sizes and sectors – both public and corporate as well as independent foundations. SIS is a consortium of 4 youth organisations: Brandon Centre, Prospex, Highbury Roundhouse, and Mary's Youth Club. The project

targets 500 girls aged 10-25 in Islington. The three youth hubs provide girls groups and 1-1 mentoring, while Brandon Centre provides counselling and psychotherapy for any girls identified as needing extra support. Brandon Centre successfully recruited a Child and Adolescent Psychodynamic Psychotherapist (0.8 FTE) in February 2024. Her contract began on 1st April 2024, and she began seeing young people in May 2024. From the start of the project in January 2024 to March 2025, a total of **253 girls have been supported** across the 4 youth organisations. The majority of these girls (58%) were from Black, Asian or Minority Ethnic backgrounds. Recent highlights from the programme include successful wellbeing ambassador training, supergroups between hubs to expand connections, catering for neurodiversities and the annual retreat. Challenges include fluctuating attendance, partnership expansion challenges and engaging parents in services. The most recent annual residential recently took a maximum of 40 girls to Girl's Guide Centre in Chigwell. Activities included silent discos, water sports, night walks and yoga. For many of these girls, this was the first time they had left London, been away from their families and/or been on holiday.

Arsenal Girls Kicks – Wellbeing Support for Girls Community Football

The Arsenal Girls Kicks programme offers community football sessions to girls aged 8-16. It is part of the Premier League Kicks initiative, which aims to inspire young people by engaging them in football. Brandon Centre has been providing emotional wellbeing support to the Arsenal Girls Kicks programme, thanks to generous funding provided to us via Islington Giving. This has been delivered by a Chartered Sport and Exercise Psychologist. Our offer included pitch-side emotional wellbeing conversations on a 1:1 or group basis during football practice. This year we focused on 6 themes that we covered with young people in their football practice sessions – on and off the pitch.

These are:

1. **Deliberate Practice:** Introduced and developed an understanding of deliberate practice and its use in advancing skill and performance.
2. **Effective Communication:** Developed an understanding of how to communicate effectively and why it is important in sports (but also in life).
3. **Emotional Awareness:** Developed an understanding of emotional awareness, emotion regulation, and how emotions impact the way we think feel and behave (relevant inside and outside of football).
4. **Mindfulness:** Introduced and developed an understanding of awareness from a “being present” and mindfulness perspective.
5. **Strengths and Values:** Introduced and developed an understanding and knowledge of why knowing your strengths and values is beneficial.
6. **Growth Mindset:** Introduced growth mindset. Learning how to recover from mistakes/ past “failures”. “Failures” as learning opportunities. Developing resilience.

Arsenal Girls Kicks in Numbers:

- **90 girls attended 10 or more sessions across two consecutive 4-month periods.**
- **117 sessions** were delivered lasting around 1h 15 m each.
- The age range was 8-18, with the majority of the girls aged 11-15
- 54% of the girls came from a Black, Asian and Minority Ethnic background; 38% were White; while 8% did not state their ethnicity.

Minding the Gap and the Hive youth support

Brandon Centre seconded three young people's workers to provide holistic psychosocial support services at The Hive, a therapeutic youth hub in Camden. The Hive is jointly commissioned by the Camden Clinical Commissioning Group (now part of NCL ICB) and Camden Council. The Hive is provided by a consortium of service providers and is led by Catch-22. The consortium is made up of The Tavistock and Portman NHS Foundation Trust, Camden and Islington NHS Foundation Trust, Fitzrovia Youth in Action, The Winch, and the Brandon Centre. The Hive offers a free mental health and wellbeing service that supports young people aged 16 to 24 in Camden. The Hive is a youth hub with a warm and welcoming feel to it. The service allows workers to have a unique approach to each young person. This is achieved through 1-1 work and the social hub involving activity group work. This is a unique approach, holistically viewing mental health and creating a service that is non-clinical, accessible, flexible, and creative. We find this approach helps keep each young person at the centre of their journey. We attend The Hive's Board meetings on a quarterly basis.

Condoms - C-Card collection, advice and information

With funding from the local authority, Brandon Centre has continued to be a provider of the Come Correct (C-Card) scheme which provides condoms for Under 25's across London. Over the course of this year we were able to raise repeat encounters from 29 in the previous year to 54, something that local sexual health services have noted to always struggle with. In this financial year 21 young people were registered by our team and in total 775 condoms were given out. All full time and part time Front Office staff are trained to register Young People for this vital service, ensuring that their needs are still met and the link to our sexual health history is maintained.

Roche

In 2024, Roche nominated Brandon Centre as its Charity of the Year. Roche employees demonstrated creativity and commitment through a wide range of fundraising activities, including raffles, art auctions, cake bake-offs, and crocheting tops for letterboxes. One standout effort was Pete Johnson's remarkable completion of the Ice Ultra Marathon, a 230km trek across the Arctic Circle, exemplifying the dedication and resilience of the Roche team.

Beyond fundraising, Roche also commissioned Brandon Centre to deliver CAMHS parenting workshops to its employees, promoting mental health awareness and was very well received by employee's. Additionally, we collaborated to record a podcast together, providing insights into the vital work of Brandon Centre and highlighting the importance of mental health services for young people.

These collective efforts raised an outstanding £20,000. We are immensely grateful for Roche's support, which has made a real difference in our ability to serve those who need us most

Volunteering

We encourage members of our local communities to support us in volunteering with Brandon Centre. Volunteering over this last year has seen a change in direction with engaging new volunteers who have brought a variety of complementary skills and experience. We have welcomed more volunteers in supporting Brandon Centre with our fundraising such as the London Santa Run, Roche Charity of the Year Events and Brandon Centre Sponsored Walk. We have engaged with 50 volunteers. Over 2024/25 we have provided opportunities for individual and group contributions from corporate and community organisations. Whilst we continue to develop our volunteering and corporate social responsibility offers.

Young Patron

Our Young Patron, Grace Campbell is focused to continue to help raise money and social awareness of our Brandon Centre's work over the coming months

Young Ambassadors

We have involved 112 young ambassadors in our online group and 20 of these young ambassadors have been working on specific projects in person. Young Ambassadors have been involved in the design, development and improvement of our services. Over this last year, we have also involved our young ambassadors in the review of and re-launch of our overall strategy, through discussions at the Young People's Leadership Board and attendance at our Away days.

We also organised two wellness events for our young ambassadors. In the summer we held a wellness event in our garden, with craft activities and the creation of a positivity tree, which is now displayed in our waiting area. In December 2024, we organised a winter-themed wellness evening for our young ambassadors, which was also held in the Brandon Centre. Activities included cookie decorating, painting tealight holders and sharing reflections from the previous year as well as our hopes for the year to come. The wellness evenings were a great space to come together for Young Ambassadors to meet each other and Brandon Centre staff

Book a Room

The first half of the financial year was dedicated to laying the groundwork for the launch of our Book a Room service, aimed at providing a space for private therapeutic work at times when our building is not occupied for Brandon Centre's core services. Following its launch in December 2024, we were pleased to secure 10 bookings by the end of the financial year, with 7 of these being for three months or longer, an encouraging sign of demand and the service's long-term potential.

With our newly upgraded website now live and plans in place for targeted online advertising, we are confident that the year ahead will bring continued growth in bookings. This service presents a valuable opportunity to generate additional income while supporting professionals whose work aligns with our mission.

Organisation and Governance of the Charity

a. Legal Status

Brandon Centre for Counselling and Psychotherapy for Young People is a charitable company limited by guarantee, number 1830241, and therefore has no share capital and is also a registered charity, number 290118.

b. Constitution

The Brandon Centre was formerly The London Youth Advisory Centre, which was founded in 1969. It was registered as a charity and incorporated as a company in 1984. The names of the members of the Council of Management on 31st March 2024/25 are set out on page 1. The objectives and activities of the company are governed by its Memorandum and Articles of Association.

c. Appointment of Council Members

Members of the Council must be Members of the Company and shall be elected either by the Members of the Company in General Meeting or by the Council. At each AGM one-third of the Members of the Council are required to retire from office by rotation however are eligible for re-election. The Council may appoint someone to be a Member of the Council, either to fill a casual vacancy or as an addition to the existing membership, and anyone so appointed holds office only until the next AGM but is eligible for re-election. No Director shall serve for more than nine consecutive years, unless the Directors consider it would be in the best interests of the Charity for a particular Director to continue to serve beyond that period and that Director is reappointed in accordance with the Articles.

We have been supported by 12 Trustees, members of the Council, in 2024/25.

d. Brandon Centre Board

Brandon Centre's Board enjoys the support of a broad range of experienced Trustees. Our Trustees continue to contribute so much to Brandon Centre. The Board has met quarterly, with one Annual General Meeting, a few Board Strategy Away Day's and the Chair attended our Staff Away Day. The Board ensures Brandon Centre's aims are delivered effectively and sustainably. It has quarterly sub-committees for Finance, Audit & Remuneration, Quality, Safety & Risk, People, Business Development & Fundraising, Information Governance and our newly developed Environmental, Social and Governance Committee.

Our Chief Executive, supported by the Senior Leadership Team, remains accountable to the Board for administration and financial management and works together with the Board to develop Brandon Centre's long-term strategy, business development, budget and business plan.

Our governance focus has included ensuring:

- Staggered recruitment of Board members in line with our Memorandum of Association
- Trustee membership is representative of our local community
- Effective recruitment and succession planning for Board members

- Including an ESG topic on the agenda of a Board meeting at least once per year

e. Young People's Leadership Board (YPLB)

The Young People's Leadership Board reports into the main Board, through the People Committee and enables our Young Ambassadors to support the Senior Leadership Team in making the best service developments and recommendations for the young people in our community. They have also been involved in the development of our overall strategy and the review of our People and Engagement Strategies.

Sajida, our Chair for the YPLB, is very much involved and active in her role. As well as Chairing our quarterly YPLB meetings, she attends our People Committee and has also attended our Board Away Day. Sajida has also supported in developing and delivering workshops for Young People supported by funding from **Linklaters**.

This project, funded by Linklaters, aimed to explore the voices of young people from global majority backgrounds to better understand their experiences accessing mental health services and how services like Brandon Centre can better facilitate their needs.

3 focus groups were run between March 2025 and May 2025, with **10 young people** that had previously accessed Brandon Centre services. The young people came from a **diverse range of backgrounds**, including Asian Chinese, Asian Other, Latin American, Mixed White & Asian, Asian Bangladeshi and another ethnicity. This project is ongoing, and more details will follow in our report for 2025/26

f. Policies adopted for the induction and training of Trustees

New trustees have an induction process and are encouraged to meet senior managers and attend meetings. There are regular awaydays to enable the trustees to understand the organisation better and provide the opportunity to meet face-to-face with management. Trustees complete core training as part of Brandon Centre's training programme and there are regular additional training provided within the Board and at awaydays.

g. Pay policy for key management personnel

Staff and management pay is set annually subsequent to a review of the employment market. The Board approve the annual pay rise as part of the budgeting process and the CEO is required to keep the total cost of the organisation within the agreed budget but has the flexibility to transfer funds between expenditure heads. The CEO, Head of Finance and Head of People meet fortnightly to review any changes to staff hours or salaries; such changes must be approved at this meeting before being implemented. Any change to the CEO salary must be approved by the Chair.

h. Parent's Advisory Committee (PAC)

We continue to develop our Parents Advisory Committee, with members including parents, carers and or family members who have accessed our services. We have held on line meetings and received very helpful feedback from the committee on our Parenting programmes and Systemic work. Members of our PAC have also supported Brandon Centre with attendance at the Open House event and a visit to Brandon Centre by one of our local Councillors.

We are committed to ensuring an inclusive environment where people can be their genuine selves in accordance with our values. We are dedicated to taking proactive steps to advance a culture of non-discrimination, inclusion and equity and to support this our Equality, Diversity and Inclusion working Group has been meeting regularly. The group has reviewed our ED&I Strategy and is working towards identifying key priorities and actions for the new Strategy. The group is led by our two ED&I Trustees and has staff representatives, young ambassador representatives and is also supported by a Brandon Centre Ambassador.

i. Objectives and Public Benefit

The objectives of the Brandon Centre are:

- (1) The advancement of education, the furtherance of health and the relief of poverty, distress and sickness of young persons (being persons under the age of 25 in the United Kingdom).
- (2) The relief and prevention of suffering caused by mental or physical ill-health or by social and economic circumstances among young people by establishing, maintaining and developing a counselling service for the giving of individual or group counselling, and practical advice.
- (3) The prevention and mitigation of suffering caused by unwanted pregnancy by educating young persons in matters of sex and contraception and developing among them a sense of responsibility in regard to sexual behaviour.

The Trustees have reviewed these objectives with regard to the Charity Commission's guidance on public benefit and determined they are consistent with it.

Financial review

a. Going concern

After making appropriate enquiries and modelling anticipated income for the foreseeable future the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

As a reserves policy, the Council of Management have agreed there should be 3 months running costs. On 31st March 2025, the Centre had total reserves of £956k (2024: £815k) of which free reserves (excludes restricted funds and funds

invested in the Brandon Centre's building) amounted to £448k (2024: £389k). Unrestricted reserves currently cover 11.7 weeks of operating costs. This is an improvement on the previous year and brings the total very close to the target level. Our goal is to close this gap with the reserve policy during the next couple of years.

c. Finances of the Charity

Brandon Centre's financial position on 31st March 2025 remains sound, with the Centre continuing to run a surplus in 2024/25.

As shown by the Statement of Financial Activities, total incoming resources for the year to 31st March 2025 were £2,137k (£259k (14.0%) higher than in the previous year). This included a grant of £66k for the replacement windows, as well as several other new grants for therapy services.

Expenditure totalled £1,994.7k (£138.9k (7.4%) higher than in previous year). The growth in income was higher than the change in expenditure due to the timing of projects, which resulted in some grants being carried forward in restricted reserves, with the net movement on restricted reserves being a net increase of £82.7k.

The increase in unrestricted reserves for 2024/25 was £59.1k which was £53.2k higher than the previous year. The increase being due to a combination of removing a sum previously provided for wall repairs, not now needed, additional donation income plus various minor underspends across a range of headings. As in previous years, the Centre has benefited from the financial support of Health and Local Authorities, Charitable Trusts and Corporate donors.

d. Risk analysis

Reviews of the major risks the charity is exposed to and the systems in place to mitigate those risks are regularly undertaken across all levels of the organisation; a major risk being where there is a high probability that an event will happen that has a significant impact on the running of the organisation, such as financial loss, damage to property, or disruption of activity. The risk register, where these risks are recorded, is considered quarterly by the Quality, Safety and Risk Committee and subsequently tabled at the Board of Trustees meeting. Risks and opportunities are regularly discussed at Finance Committee meetings, and their impact on the budget – both short and medium term – taken into account when making decisions that affect the charity's financial position. In addition, the major risks are reviewed at strategy development sessions with senior management and trustees, as well as with staff at the annual awayday, where a bottom-up analysis is undertaken.

One of the key risks over the medium term is the uncertainty of future funding streams, due to pressures on funders nationally plus challenges presented by local authority procurement processes. Against this is a backdrop of increasing demand due to changes in social policy and child and adolescent mental health service provision.

These risks are mitigated through dialogue with service commissioners and grant providers, giving the charity the best chances to access new funds, plus proactive cost management, with expenditure routinely mapped against income so that costs can be contained within available funds.

e. Fundraising

Brandon Centre is registered with the Fundraising Regulator and has committed to following the Code of Fundraising Practice and the Fundraising Promise. No complaints were received during the year regarding Brandon Centre's fundraising activity. Expenditure on fundraising in 2024/25 was £20,736 which was 1% of income.

f. Donors

We were fortunate to receive generous support from a number of donors this year, including a couple of large contributions - one of which came from an anonymous donor. We remain deeply grateful to all who have contributed, regardless of the size of their gift. Every donation, large or small, plays a vital role in helping us continue our work, and we are continually heartened by the generosity and commitment of our supporters.

Statement of Trustees' Responsibilities

The Trustees (who are also the directors for the purpose of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees must prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

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

- a) Select suitable accounting policies and then apply them consistently.
- b) Observe the methods and principles in the Charities SORP.
- c) Make judgments and accounting estimates that are reasonable and prudent.
- d) State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- e) Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue to operate.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees confirm that as far as they are aware, there is no relevant audit information (as defined by section 418(3) of the Companies Act 2006) of which the charitable company's auditors are unaware. They have taken all the steps that they ought to have taken as trustees in order to make themselves aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

Small company provisions

This report has been prepared in accordance with the small companies' regime under the Companies Act 2006.

Approved by the Board and signed on its behalf by:

Mark Bland

Mark Bland

Chair and Trustee

Date: 06-11-25

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE

Opinion

We have audited the financial statements of Brandon Centre for Counselling and Psychotherapy for Young People (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the company and industry, we identified that the principal risks of non-compliance with laws and regulations related to industry sector regulations and unethical and prohibited business practices, and we considered the extent to which noncompliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006, Charities Act 2011, Charity Commission and sector regulations, and UK Tax Legislation. We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Appropriate audit procedures in response to these risks were carried out. These procedures included:

- Discussions with management, including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Reading minutes of meetings of those charged with governance;
- Obtaining and reading correspondence from legal and regulatory bodies including HMRC;
- Identifying and testing journal entries;
- Challenging assumptions and judgements made by management in their significant accounting estimates.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members; and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Goodman Jones LLP

Goodman Jones LLP
Chartered Accountants
Statutory Auditors
1st Floor Arthur Stanley House
40-50 Tottenham Street
London
W1T 4RN

Date: 06-11-25

Goodman Jones LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025**

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	4	151,933	423,635	575,568	463,624
Charitable activities	5	1,547,559	-	1,547,559	1,405,442
Other trading activities	6	464	-	464	-
Investments	7	12,914	-	12,914	8,768
Total income		1,712,870	423,635	2,136,505	1,877,834
Expenditure on:					
Raising funds		20,736	-	20,736	21,878
Charitable activities		1,633,018	340,973	1,973,991	1,833,887
Total expenditure		1,653,754	340,973	1,994,727	1,855,765
Net movement in funds		59,116	82,662	141,778	22,069
Reconciliation of funds:					
Total funds brought forward		389,096	425,836	814,932	792,863
Net movement in funds		59,116	82,662	141,778	22,069
Total funds carried forward		448,212	508,498	956,710	814,932

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

The notes on pages 40 to 55 form part of these financial statements.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)
REGISTERED NUMBER: 01830241

BALANCE SHEET
AS AT 31 MARCH 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	12	333,337	274,000
		<u>333,337</u>	<u>274,000</u>
Current assets			
Debtors	13	188,644	143,794
Investments	14	291,000	320,000
Cash at bank and in hand		412,150	426,667
		<u>891,794</u>	<u>890,461</u>
Current liabilities			
Creditors: amounts falling due within one year	15	(268,421)	(349,529)
		<u>623,373</u>	<u>540,932</u>
Net current assets			
		<u>956,710</u>	<u>814,932</u>
Total assets less current liabilities			
		<u>956,710</u>	<u>814,932</u>
Total net assets		<u>956,710</u>	<u>814,932</u>
Charity funds			
Restricted funds	16	508,498	425,836
Unrestricted funds	16	448,212	389,096
		<u>956,710</u>	<u>814,932</u>
Total funds		<u>956,710</u>	<u>814,932</u>

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

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

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

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2025

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Mark Bland
.....
Mark Bland

Chair

Date: 06-11-25

The notes on pages 40 to 55 form part of these financial statements.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2025

	2025 £	2024 £
Cash flows from operating activities		
Net cash used in operating activities	16,470	27,289
Cash flows from investing activities		
Purchase of tangible fixed assets	(72,901)	(20,565)
Investment income	12,914	8,768
Transfers from/(to) treasury deposits	29,000	(320,000)
Net cash used in investing activities	(30,987)	(331,797)
Change in cash and cash equivalents in the year	(14,517)	(304,508)
Cash and cash equivalents at the beginning of the year	426,667	731,175
Cash and cash equivalents at the end of the year	412,150	426,667

The notes on pages 40 to 55 form part of these financial statements

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

1. General information

Brandon Centre for Counselling and Psychotherapy for Young People is a charitable company registered in England and Wales. The registered office address is 26 Prince of Wales Road, Kentish Town NW5 3LG. The objects of the Charity are set out in the Trustees' Report on page 2.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Brandon Centre for Counselling and Psychotherapy for Young People meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

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 £.

2.2 Going concern

Having considered the future plans of the Charity, including expected income and expenditure, for a period of at least twelve months from the date of approval of the financial statements, the Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Accordingly, the financial statements are prepared on a going concern basis.

2.3 Company Status

The Charity is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

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

2. Accounting policies (continued)

2.5 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis and to the extent that any performance conditions attached to the grants have been met. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.6 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 allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

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

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £1000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

At each reporting date the Charity assesses whether there is any indication of impairment. If such indication exists, the recoverable amount of the asset is determined to be the higher of its fair value less costs to sell and its value in use. An impairment loss is recognised where the carrying amount exceeds the recoverable amount.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- Not depreciated per note 10
Fixtures, fittings and equipment	- 3 years straight line

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

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

2. Accounting policies (continued)

2.12 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

2.14 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

3. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The preparation of financial statements requires the use of certain critical accounting estimates. Management must also exercise judgemental in applying the Charity's accounting policies. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

Income recognition:

The Charity receives income from contracts and performance grants. These agreements include various quantitative and qualitative milestones and performance conditions to be met in order for the Charity to have entitlement to the funds. The Charity makes various assumptions in determining the stage of completion of these contracts and performance grants.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

4. Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Donations	45,286	-	45,286	18,293
Grants	106,647	423,635	530,282	445,331
	<u>151,933</u>	<u>423,635</u>	<u>575,568</u>	<u>463,624</u>
<i>Total 2024</i>	<u>39,423</u>	<u>424,201</u>	<u>463,624</u>	

5. Income from charitable activities

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
London Borough of Camden	751,657	751,657	664,370
London Borough of Islington	110,494	110,494	86,318
NHS North Central London ICB	464,624	464,624	385,319
NHS South West London ICB	1,705	1,705	225
Mind in Enfield and Barnet	-	-	34,009
UCL Training	19,067	19,067	69,247
Tavistock and Portman	93,932	93,932	52,000
Catch 22	-	-	84,592
Other charitable activities	106,080	106,080	29,362
	<u>1,547,559</u>	<u>1,547,559</u>	<u>1,405,442</u>

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

6. Income from other trading activities

Income from non charitable trading activities

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Sales of Product income	464	464	-

7. Investment income

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Bank interest receivable	12,914	12,914	8,768

8. Analysis of expenditure by activities

	Direct costs 2025 £	Support costs 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Charitable activities	1,710,648	263,343	1,973,991	1,833,887
<i>Total 2024</i>	<i>1,606,863</i>	<i>227,024</i>	<i>1,833,887</i>	

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Charitable activities 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Staff costs	1,519,711	1,519,711	1,503,925
Depreciation	4,564	4,564	-
Advertising and promotion	-	-	1,000
Books, pamphlets and subscriptions	3,075	3,075	3,827
Computer maintenance	18,907	18,907	19,727
Course and conferences	1,008	1,008	-
Household expenses and sundries	-	-	2,257
IG consulting	9,000	9,000	-
Locums and temporary staff	-	-	6,982
Printing, postage and stationary	144	144	-
Professional fees	11,071	11,071	6,969
Rent, rates and repairs	4,580	4,580	-
Sub-contract service provision	123,428	123,428	44,431
Staff expenses	8,232	8,232	5,507
Telephone and communications	1,217	1,217	7,349
Travel, recruitment and training	5,711	5,711	4,889
	<u>1,710,648</u>	<u>1,710,648</u>	<u>1,606,863</u>

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Charitable activities 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Staff costs	121,549	121,549	76,773
Depreciation	12,587	12,587	11,365
Advertising and promotion	12,640	12,640	15,494
Books, pamphlets and subscriptions	549	549	513
Computer maintenance	27,254	27,254	19,304
Courses and conferences	-	-	(248)
Household expenses and sundries	8,922	8,922	25,155
IG consulting	-	-	10,799
Insurance	22,785	22,785	21,104
Light, heat and power	6,433	6,433	8,554
Medical supplies	20	20	35
Printing, postage and stationary	1,354	1,354	1,911
Professional fees	7,828	7,828	7,475
Rent, rates and repairs	8,934	8,934	7,217
Staff expenses	678	678	-
Telephone and communications	17,418	17,418	8,991
Travel, recruitment and training	2,392	2,392	1,782
Governance costs	12,000	12,000	10,800
	263,343	263,343	227,024

9. Auditors' remuneration

	2025 £	<i>2024 £</i>
Fees payable to the Charity's auditor for the audit of the Charity's annual accounts (including irrecoverable VAT)	12,000	10,800

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

10. Staff costs

	2025 £	2024 £
Wages and salaries	1,464,115	1,411,511
Social security costs	140,176	132,427
Contribution to defined contribution pension schemes	36,969	36,760
	1,641,260	1,580,698

The average number of persons employed by the Charity during the year was as follows:

	2025 No.	2024 No.
Director	1	1
Psychotherapy	25	28
Contraception and sexual health	-	3
Systemic integrative therapy	11	9
Central administration	17	14
	54	55

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025 No.	2024 No.
In the band £60,001 - £70,000	1	1
In the band £70,001 - £80,000	1	1

Total expenditure incurred in respect of key management personnel, including employer's national insurance and employer's pension costs, totalled £110,118 (2024: £106,284).

11. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2024 - £NIL).

During the year ended 31 March 2025, no Trustee expenses have been incurred (2024 - £NIL).

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

12. Tangible fixed assets

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Total £
Cost or valuation				
At 1 April 2024	252,387	69,672	11,652	333,711
Additions	66,186	6,715	-	72,901
At 31 March 2025	318,573	76,387	11,652	406,612
Depreciation				
At 1 April 2024	-	56,643	3,066	59,709
Charge for the year	3,677	8,704	1,185	13,566
At 31 March 2025	3,677	65,347	4,251	73,275
Net book value				
At 31 March 2025	314,896	11,040	7,401	333,337
At 31 March 2024	252,387	13,029	8,586	274,002

The Trustees consider that any depreciation charge on the freehold property would be immaterial on the grounds that the estimated residual value is not materially different from the carrying value (which is the cost of acquisition) and given market value is considered to be significantly higher (based on a professional valuation from February 2022). As a result, no depreciation has been provided.

The freehold property, 26 Prince of Wales Road, London NWS, was acquired in April 1983 at a cost of £35,559. Donations were received for the cost of the premises and a capital reserve fund was established for these funds. An extension to the building was subsequently added and further donations were received and placed to the credit of the capital reserve. In 2009, building works were carried out to convert the top floor flat into offices for the use of the Centre. This was funded from the development fund set up for this purpose. An amount equal to the cost has been transferred from the development fund to the capital reserve fund. The balance on the capital reserve fund equals the cost of the property.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

13. Debtors

	2025 £	2024 £
Due within one year		
Trade debtors	53,072	61,678
Other debtors	80	80
Prepayments and accrued income	135,492	82,036
	<u>188,644</u>	<u>143,794</u>

14. Current asset investments

	2025 £	2024 £
Treasury deposits	<u>291,000</u>	<u>320,000</u>

15. Creditors: Amounts falling due within one year

	2025 £	2024 £
Trade creditors	32,569	30,970
Other taxation and social security	37,315	28,581
Other creditors	10,750	8,110
Accruals and deferred income	187,787	281,868
	<u>268,421</u>	<u>349,529</u>
	2025 £	2024 £
Deferred income at 1 April 2024	244,061	266,612
Resources deferred during the year	123,970	244,061
Amounts released from previous periods	(244,061)	(266,612)
	<u>123,970</u>	<u>244,061</u>

Deferred income represents income being received in advance of entitlement under the grant agreements/contracts.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

16. Statement of funds

Statement of funds - current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
Unrestricted funds				
General Funds - all funds	389,096	1,712,870	(1,653,754)	448,212
Restricted funds				
Arsenal Connect	11,899	-	(8,399)	3,500
Capital reserve	252,387	-	-	252,387
Capital Improvements	-	66,566	(3,677)	62,889
Islington Hostel and Young People therapy Support	27,274	56,835	(44,683)	39,426
Clinical Supervision	-	14,000	(14,000)	-
Therapy Support for Young People with SH problems	18,002	-	(18,002)	-
Systemic Integrative Therapy	-	20,376	(15,982)	4,394
Psychotherapy for Young People from the LGBTQ+ Community	33,828	58,667	(51,507)	40,988
Psychotherapy for Young People with Significant MH problems	65,772	48,903	(34,466)	80,209
Mentoring for Young People	16,674	158,288	(150,257)	24,705
	425,836	423,635	(340,973)	508,498
Total funds	814,932	2,136,505	(1,994,727)	956,710

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

16. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2024 £</i>
Unrestricted funds				
General Funds - all funds	383,208	1,453,833	(1,447,945)	389,096
Restricted funds				
Arsenal Connect	17,171	10,987	(16,259)	11,899
Brandon Connect - Islington	-	38,334	(38,334)	-
Capital reserve	252,387	-	-	252,387
Capital Improvements	-	92,995	(92,995)	-
Islington Hostel and Young People therapy Support	-	45,000	(17,726)	27,274
Healthy Eating	22,495	-	(22,495)	-
Mentoring for Young People	-	63,685	(47,011)	16,674
Psychotherapy for Young People from the LGBTQ+ Community	18,002	31,000	(31,000)	18,002
Clinical supervision	-	14,000	(14,000)	-
Psychotherapy for Young People from the LGBTQ+ Community	33,828	50,000	(50,000)	33,828
Psychotherapy for Young People with significant MH problems	65,772	78,000	(78,000)	65,772
	409,655	424,001	(407,820)	425,836
Total funds	792,863	1,877,834	(1,855,765)	814,932

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

16. Statement of funds (continued)

Restricted funds comprise:

Arsenal Connect - A project supporting girls/young women of Islington in non-stigmatising group settings.

Brandon Connect - Islington - A project supporting young people in Islington to engage in education, employment or training who have been restricted from doing so due to mental health problems.

Capital reserve - As described in note 10 this fund equals the cost of the freehold property.

Capital Improvements - Grant funds were received to improve the premises environmental rating through the installation of double glazed windows.

Clinical Supervision - A project providing young people in Camden with clinical supervision, reflective practice, and consultation, with a qualified Clinical Psychologist.

Counselling and psychotherapy for young Islington residents - A psychotherapy service for 16 to 21 year olds based in Islington.

Counselling for 16 to 24 year olds with mental health problems - A mental health project that offers support to 16 to 24 year olds with mental health problems.

Psychotherapy for Young People from the LGBTQ+ Community - A psychotherapy service for 16 to 21 year olds from the LGBTQ+ community.

Psychotherapy for Young People with Significant MH problems - A psychotherapy service for 16 to 21 year olds experiencing significant mental health difficulties.

Systemic Integrative Therapy - A project working with families of young people displaying a range of problematic behaviours with the aim of preventing these young people entering care.

Therapy Support for Young People with SH Problems – To support young people experienced difficulties with sexual health issues.

Mentoring for Young People - A project in collaboration with 3 youth hubs to provide girls identified as needing extra support with counselling and psychotherapy.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Tangible fixed assets	333,337	-	333,337
Current assets	383,296	508,498	891,794
Creditors due within one year	(268,421)	-	(268,421)
Total	448,212	508,498	956,710

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2024 £</i>	<i>Restricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Tangible fixed assets	274,000	-	274,000
Current assets	464,625	425,836	890,461
Creditors due within one year	(349,529)	-	(349,529)
Total	389,096	425,836	814,932

18. Reconciliation of net movement in funds to net cash flow from operating activities

	2025 £	2024 £
Net income for the year (as per Statement of Financial Activities)	141,778	22,069
Adjustments for:		
Depreciation charges	16,265	11,366
Investment income	(12,914)	(8,768)
Decrease/(increase) in debtors	(44,850)	5,084
Decrease in creditors	(81,110)	(2,462)
Net cash provided by operating activities	19,169	27,289

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

19. Analysis of cash and cash equivalents

	2025 £	2024 £
Cash in hand	412,150	426,667
Total cash and cash equivalents	412,150	426,667

20. Analysis of changes in net debt

	At 1 April 2024 £	Cash flows £	At 31 March 2025 £
Cash at bank and in hand	426,667	(14,517)	412,150
Liquid investments	320,000	(29,000)	291,000
	746,667	(43,517)	703,150

21. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund in the year of £36,969 (2024: £36,760). Contributions totaling £8,107 (2024: £7,260) were payable to the scheme at the end of the period and are included in creditors.

22. Operating lease commitments

At 31 March 2025 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2025 £	2024 £
Not later than 1 year	-	757

23. Related party transactions

Other than disclosed elsewhere in these financial statements, there were no related party transactions requiring disclosure during the current or previous year.

Accounts

**BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR
YOUNG PEOPLE**

(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2024**

Trustees	Mark Bland, Chair Temitope Ademosu (resigned 15 May 2023) Lipi Begum (appointed 2 October 2023) Jennifer Cantor, Treasurer (resigned 10 July 2023) Victoria Corbishley (resigned 5 February 2024) Michael Davis Catherine Florin (appointed 5 February 2024) Caroline Gardner (appointed 5 February 2024) Alexander Jasiulek (appointed 2 October 2023) Dr Lucy Moore Nicola Moore (resigned 13 May 2024) Joanna Stronach Jonathan Tait
Company registered number	01830241
Charity registered number	290118
Registered office	26 Prince of Wales Road Kentish Town NW5 3LG
Company secretary	Julia Brown
Chief executive officer	Julia Brown
Independent auditors	Goodman Jones LLP Chartered Accountants 29/30 Fitzroy Square London W1T 6LQ
Bankers	Barclays Bank Plc Leciester LE87 2BB CCLA Senator House 85 Queen Victoria Street London EC4V 4ET

Brandon Centre for Counselling and Psychotherapy for Young People

Trustees' Report for the year ended 31 March 2024

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Introduction

The Council of Management, who are the directors for Companies Act purposes and Trustees for Charities Act purposes, have the pleasure in submitting the Trustees' Report for 2023/24. This is a Directors' Report required by s417 of the Companies Act 2006. The financial statements comply with current statutory requirements and the requirements of the Memorandum and Articles of Association.

Achievements and Performance

Brandon Centre has supported young people in London for fifty-five years with their mental health and wellbeing. We also provide support to parents and families and to professionals who work with young people. Our services are designed with the guidance of young people, and we are flexible in providing a different experience to statutory services. Our goal is to offer a warm, personal, and confidential face-to-face experience that centres on building relationships as well as addressing immediate needs.

We are proud to report that this year we have succeeded in achieving these goals. Our largest service, Counselling and Psychotherapy, has received **632 referrals**, offered **323 assessment appointments**, and **4,021 therapy appointments**. Our outcome measures for this service, explained in more detail below, demonstrate that young people made significant improvements across all domains: emotional wellbeing; problems/symptoms; daily functioning; clinical risk; and global distress. For Brandon Centre Systemic Integrative Treatment (BC SIT) families that completed BC SIT in 2023- 2024 (and completed the outcome measure questionnaires):

- 87.5% of children were living at home at the end of their treatment.
- 87.5% of young people were in education at the end of their treatment.
- 100 % of cases had no further offences throughout the course of treatment.
- 50% of families had social care reduced at the end of their treatment.

These are a few examples of the achievements Brandon Centre has made and more can be found under each of our service headings below.

Our Strategy and future plans

In 2022/23 we further refined our Strategy – **‘Nurturing Growth’ 2023 – 2026**. Over 2023/24 it has been helpful to review what we’ve achieved and to re-evaluate our strategic plans going forward. We want to ensure that our efforts not only make the most of our strengths but also reflect the current needs and priorities of the young people and families we support, whilst adapting to the challenges of the prevailing economic climate and post pandemic.

In recent years, we’ve seen a steady rise in demand for mental health and wellbeing services. In 2023/24 we have continued to see an ever-increasing number of referrals into our counselling services. Over the last six months of 2023/24 we have seen a doubling in referrals, with additional pressures on funding, leading to longer waiting lists. We have been working with commissioners and funders to ensure we reduce waiting list times and see Young People and Families in a timely way. The impact of the pandemic and cost of living crisis on young people’s mental health has been significant with public and third sector services finding it increasingly difficult to meet the demand.

Our aim continues to be the voluntary sector partner of choice for:
Creating and delivering accessible, leading-edge, and collaborative mental health and wellbeing services to young people under 25 and families so they can overcome difficulties, mobilise their resources, and shape the future they want.

Our VISION is to be Here for Young People

We believe that all young people should be able to access the highest quality mental health and wellbeing support in a safe and welcoming environment.

Our MISSION is to maintain and develop our accessible, flexible and specialist services

We aim to respond to the psychological and social needs and challenges of young people under 25 years old.

Our VALUES:

Compassion

We provide a welcoming and non-judgemental environment where our team can enjoy their work and where young people and families can access support that helps them live healthy and fulfilled lives.

Respect

We always respect and welcome our diverse community. Brandon Centre provides services in a collaborative and adaptive way, recognising the importance of difference and choice.

Inclusion

We strive to remove barriers to access for young people and staff and use our expertise to provide services that young people and families can trust to be safe and to meet their individual needs.

Environmental, Social and Governance (ESG)

At Brandon Centre we take our responsibility to the environment, our staff, our young people and volunteers seriously.

Over the 2023/24 financial year, Brandon Centre was recognised by the Mayor of London for our participation in the Business Climate Challenge. As part of this initiative, we received a building eco-audit to identify potential improvements in our scope 1 emissions. This project has been crucial in establishing our baseline energy usage over the year and has facilitated networking with industry professionals, including international construction specialists ISG Ltd, who conducted an energy performance certificate. We also established a relationship with and now receive support from expert environmental sustainability consultants at Better Futures.

We have upgraded three out of our four energy meters to smart meters to enhance our energy data management. Additionally, we have applied for funding from the VCSE Energy Efficiency Scheme to upgrade the single-glazed windows in our building, which falls within a conservation area. To address our scope 2 and 3 emissions, we conducted face-to-face staff surveys on ESG topics.

Over the next financial year, we plan to leverage this data, along with access to the Better Futures Climate Essentials portal, to develop a carbon reduction plan aligned with our key ESG strategy goals.

Open House 2023

We were delighted to have taken part in the Open House 2023, London Festival again on 9th September '23. Open House London is “a celebration of London’s buildings, architecture and neighbourhoods and the curiosity for what happens inside the buildings we walk past every day.” For Open House 2023 we aligned the day with ‘The River of Hope’ event planned across Camden. This collaboration worked well and encouraged more residents and partners from local community, statutory and corporate organisations to visit Brandon Centre. We had over 50 people visiting, and we were supported by four local volunteers who worked as stewards for the day. One of these volunteers, living locally to Brandon Centre, has recently informed us that they have started to train as a Counsellor in London following her volunteer work with Brandon Centre.

Hands On London kindly attended Open House 23 discussing with visitors around the development of our wonderful mindful garden organising corporate volunteer teams to help us with the improvements and autumn clearing.

Our community-based services make an important contribution to the mental health and wellbeing support available for young people in Camden, Islington and neighbouring boroughs. It is important that we are able to invite our local communities into Brandon Centre to learn more about our services and to see our wonderful non-institutionalised centre and mindful garden.

Our Core Services

Mental Health and Wellbeing Services for Young People

- Counselling and Psychotherapy Service which also includes:
 - Care leavers’ psychotherapy
 - Young People’s Brief Counselling Service (YPBCS) – Camden (John Lyons)
 - Young People’s Brief Counselling Service (YPBCS) – Islington (at Collective Theatre)
 - Psychotherapy for Young People in Crisis
 - Psychotherapy for LGBTQ+ Young People
 - Hostels Psychotherapy Service
 - Refugee Psychotherapy Service
- Mental Health Outreach: Brandon Connect & Arsenal in the Community
- BWell Health and Wellbeing Coaching
- Social Prescribing

Mental Health and Wellbeing Services for Families

- Systemic Integrative Treatment (BC-SIT)
- Love and Limits
- ADHD Parent Programme
- CAMHS Waiting List Parent Support Group
- Families, Food and Feelings

Consultancy and Training for Professionals

- Enhanced Healthy Living Service

- Ground Up and School Staff Support
- Cornerstone Croydon Project (started 23/24)

Community Outreach Programmes

- She Is Supported (SIS)
- Arsenal Youth Sports & Wellbeing
- Platform and Lift Youth Hubs
- Minding the Gap and the Hive Youth Support
- UCLH OnWARD Adolescent Wellbeing Service
- Condoms - C-Card Collection, Advice and Information
- HandsOn London projects
- Volunteering Opportunities

“Working with my therapist was so life changing, I couldn’t appreciate them or Brandon Centre’s services more.”

Mental Health & Wellbeing Services for Young People

Mental Health and Wellbeing Services at Brandon Centre offer direct support to young people and families in a variety of different types of support. At the heart of our centre is our Counselling and Psychotherapy Service, which has been operating since 1969 when Brandon Centre was founded by Dr Faith Spicer. Our innovative Brandon Centre Systemic Integrative Treatment (BC-SIT) Service supports families and carers of young people with severe conduct difficulties at risk of going into an out-of-home placement (e.g. custody or foster care). The Brandon Connect project, delivered in partnership with Arsenal in the Community, supports young men aged 16-25 in Islington who are not in education employment or training (NEET) because of their mental health difficulties. We also have a range of other exciting partnerships and projects, which deliver innovative projects, such as our psychotherapy service for care leavers.

Counselling and Psychotherapy Service

Our Counselling and Psychotherapy Service operates across the London Boroughs of Camden and Islington for young people under the age of 25, with the majority of our young people in the 16-25 age range. We offer mainly Exploratory Psychotherapy for Young People, which is a holistic, goal-based, psychoanalytically informed approach, which also integrates coping skills as needed. As part of our holistic approach, we identify the young people’s needs beyond psychotherapy, and frequently signpost and refer to other service for other types of help and support (e.g. employment, sexual health, drug and alcohol, domestic violence, or housing services).

The team is clinically led and managed by a Consultant Clinical Psychologist, two Senior Clinical Psychologist, and a Senior Psychoanalytic Psychotherapist. The staff team includes Clinical Psychologists, Psychodynamic Psychotherapists, Integrative Psychotherapists, and Counsellors. The service operated a hybrid delivery model in 2023-2024, offering a mixture of remote (telephone or video call) appointments, and face-to-face appointments at Brandon Centre and in Youth Hubs in Islington. Most appointments took place in person.

In **Camden**, we received **356 referrals** for young people. We offered 182 **assessment appointments** and **2,206** therapy appointments during the financial year 2023-2024. In **Islington**, we received **276 referrals**. We offered **141 assessment appointments** and **1,815 therapy appointments**.

In Camden, young people attended 90% of their assessment appointments and 83% of their treatment appointments. In Islington, young people attended 88% of their assessment appointments and 79% of their treatment appointments. Across all appointments offered, our attendance rate averaged 85%, which is a high rate for engaging adolescents and young adults in a psychotherapy service.

Due to the increased number of referrals, waiting times increased across the year. In Camden, waiting times increased from 25 weeks in Q1 to 37 weeks in Q4 from referral to start of treatment. In Islington, waiting times remained relatively consistent at 25 weeks.

Complexity:

Problem descriptors were recorded at the point of assessment to record the range of difficulties that a young person was facing including items such as 'self-harm', 'drug and alcohol difficulties', 'problems in attachment to carer', 'self-care issues', 'home problems', 'community problems', and several other items relating to mental health, family relationships, school-related, and social difficulties. The average number of problem descriptors for each young person was 9, with 81.2% of young people experiencing between 4 to 13 problem descriptors. ***This suggests that the young people seen at Brandon Centre present with a high level of complexity due to experiencing multiple psychosocial difficulties.***

Demographics:

Across Camden and Islington, 70% of young people seen were female, 25% were male, and 3% identified with another term for their gender.

46% of young people who stated their ethnicity identified as being from Black, Asian, Minority Ethnic, and Mixed backgrounds, while 40% identified as White (British, Irish, or Other). When compared to the wider borough population of Camden, in particular, our data reflects the ethnically diverse population which in 2021 reported that 40.5% of Camden residents were from Black, Asian or other minority ethnic groups.

32% of young people identified as Heterosexual or Straight, 5% as Gay or Lesbian, 11% as Bisexual, and 3% as another sexual orientation.

Outcomes:

Young people completed the **CORE-OM** – a psychometric outcome measure that measures psychological distress - at the start (Time 1) and end (Time 2) of their treatment. The CORE-OM measures the following dimensions: emotional wellbeing, mental health problems/symptoms, daily functioning difficulties, and clinical risk (e.g. suicidality). The total score is called global distress. The scores are divided into the severe, moderately severe, moderate, mild, low, and healthy range. ***On average, young people scored in the moderately severe range at the start of treatment. This reduced to the mild range at the end of***

treatment, suggesting that their mental health significantly improved in response to therapy.

Young people also completed the **Goal Based Outcome (GBO)** measure at the beginning and end of their treatment. The GBO is an idiographic measure – meaning that it is specific to the young person. Young people develop their own treatment goals, which we then rate on a scale of 0-10 (10 being goal achieved). 86 young people had re-rated at least one goal across two time points in their treatment. Of the young people who re-rated their goals, **we found that young people made a clinically significant improvement (change of more than 2.45 on their goals) on all three of their treatment goals.**

Feedback:

At the end of treatment, the service routinely collects feedback using the Experience of Service Questionnaire (ESQ) - which consists of a mix of multiple choice and open-ended questions - to provide young people with the opportunity to share anonymously their experience at the Brandon Centre. This is incredibly valuable as it helps us identify areas of strength and improvement needed at Brandon Centre.

97% of young people answered “certainly true” or “partly true” to the statements:

“I was treated well by the people who saw me.”

“Overall, the help I have received here is good.”

96% of young people who responded to the CHI-ESQ answered “certainly true” or “partly true” to the statements:

“I feel that the people who saw me listened to me.”

95% of young people who responded to the CHI-ESQ answered “certainly true” or “partly true” to the statement:

“My views and worries were taken seriously.”

94% of young people who responded to the CHI-ESQ answered “certainly true” or “partly true” to the statements:

“If a friend needed this sort of help, I would suggest to them to come here.”

“I feel the people here know how to help me.”

93% of young people answered “certainly true” or “partly true” to the statements:

“It was easy to talk to the people who saw me.”

The sample feedback below was gathered from open-ended questions answered by young people who used the service in 2023-2024:

“The service I received was the most helpful support I believe I’ve ever had from any mental health service.”

“I’ve had a really wonderful experience here and would recommend both seeing [Therapist] and the centre to a friend who needed it. My therapy here was really truly life changing.”

Psychotherapy for Care Leavers

We have a small specialist psychotherapy provision (0.6 FTE psychotherapy) for care leavers - young people who were formally looked after children - at our centre. Care leavers can either be those who were formally looked after children from the United Kingdom or those who were formally unaccompanied asylum-seeking children (UASC) from abroad. The native UK and formerly UASC care leavers have somewhat different needs and difficulties. For example, those who are formerly UASC may have ongoing immigration issues, may not speak English fluently, and have a complex trauma history including the original reason why they fled their country, as well as the secondary trauma of travelling without legal documentation to the UK, which can often take months or even years. Native UK care leavers often have a history of complex psychological trauma, including experiences of abuse and neglect, requiring a high level of emotional and practical support as young adults. Our psychotherapy service for care leavers is delivered by an experienced integrative psychotherapist, in partnership with the Camden and Islington Leaving Care Services.

In 2023-2024 we had **26 referrals** to the service from GPs, CAMHS, Social Services, and Adult Mental Health Services. **32 assessment appointments** and 344 psychotherapy appointments were offered.

In Camden, 83% of the young people accessing the service were female and the mean age of those referred was 20 years old. The majority (67%) were from Black, Asian, or Minority Ethnic backgrounds.

In Islington 50% of the young people were female. The mean age of those referred was 20 years old. The majority (72%) were from Black, Asian, or Minority Ethnic backgrounds.

Attendance rates were lower for this population than for our main psychotherapy service. In Camden, 75% of assessment appointments and 65% of treatment appointments were attended. In Islington, 65% of assessment appointments and 66% of treatment appointments were attended. Therefore, more effort is required to engage these young people in treatment.

Outcomes:

Young people completed the **CORE-OM** – a psychometric outcome measure that measures psychological distress - at the start (Time 1) and end (Time 2) of their treatment. The CORE-OM measures the following dimensions: emotional wellbeing, mental health problems/symptoms, daily functioning difficulties, and clinical risk (e.g. suicidality). The total score is called global distress. The scores are divided into the severe, moderately severe, moderate, mild, low, and healthy range. ***On average, care leavers scored in the moderate range at the start of treatment. This reduced to the low-level range at the end of treatment, suggesting that their mental health significantly improved in response to***

therapy. Specifically, young people made significant improvements across all domains: emotional wellbeing, problems/symptoms, daily functioning, clinical risk, and global distress. Some young people were also asked to complete the **CORE-10**, a shortened version of the CORE-OM, in sessions as a way for the therapist to measure changes throughout the course of therapy. **Average CORE-10 scores decreased from moderate to severe psychological distress at the start of treatment to non-clinical range at the end of treatment. This represents a clinically significant change in symptoms.**

Young people also completed the **Goal Based Outcome (GBO)** measure at the beginning and end of their treatment. The GBO is an idiographic measure – meaning that it is specific to the young person. Young people develop their own treatment goals, which we then rate on a scale of 0-10 (10 being goal achieved). **On average, young people recorded a +4.0 change in goal scores, indicating a clinically significant and reliable change.**

Feedback:

100% of the young people who accessed the service and provided feedback answered "Certainly True" to the statement:

- If a friend needed this sort of help, I would suggest to them to come here.
- Overall, the help I have received here is good.

Young people said in their own words:

"Caring sweet and attentive staff, a safe place to open up."

"It was really great service, and I would like thank you for helping me to improve my mental health and feel very happy that there are such organisations who would offer such as service!"

Young People's Brief Counselling Service (YPBCS) – Camden (John Lyons)

This service is delivered by a dedicated Psychodynamic Counsellor (0.5 FTE; 17.5 hours pw) and provides rapid-access, brief counselling (up to 6 sessions), to young people aged 12-25 who present to health services for a medical reason but could benefit from a space to talk about their difficulties. The service takes referrals from non-traditional referral pathways in order to provide mental health access to young people who may require mental health support but are not actively help-seeking. Referral partners currently include the New Horizon's Youth Centre, which supports homeless young people, local primary care services, and the UCLH OnWard Adolescent Health Clinic based at the Brandon Centre. The young people are mainly from Camden, but we also see a small number from other London Boroughs that form part of our funder's beneficial area (i.e. Barnet, Brent, Ealing, Hammersmith & Fulham, Harrow, Kensington & Chelsea and the Cities of London and Westminster). In January 2024, our original Young People's Counsellor left Brandon Centre to pursue further therapeutic training. We successfully recruited and hired an Art Psychotherapist to fill this

position – she began seeing young people in February 2024. Across the 2023-2024 year, a total of 29 referrals were received for this service.

This work is supported by a generous grant from **John Lyon's Charity**.

Young People's Brief Counselling Service (YPBCS) – Islington (at Collective Theatre)

The service originally began in July 2022 as a part-time post (0.7FTE) funded through the London Borough of Islington, with the aim of delivering brief counselling to young people attending the Platform Youth Hub. With a generous **Islington Giving** grant (0.3FTE), awarded in February 2023, the post was expanded to full-time. After successful recruitment, the full-time Young People's Counsellor joined Brandon Centre in July 2023. Although Platform Youth Hub closed in December 2023, sessions continue to be held in the same building, now run by **Collective Acting Studio**. The Young People's Counsellor saw a total of 34 young people since beginning the post in July 2023.

Psychotherapy for Young People in Crisis

We have a specialist psychotherapy provision of 0.8 FTE (28 hours pw) for young people aged 18-25 who are referred to us by the Camden or Islington Mental Health Trust Crisis Teams or who self-refer to us while experiencing a mental health crisis (e.g. currently suicidal or following a recent suicide attempt). These young people are prioritised for assessment and treatment at the Brandon Centre to prevent another mental health crisis from occurring whenever possible. This service provides therapy to up to 50 young people per year and is supported by a generous grant from the **Henry Smith Charity**.

Psychotherapy for LGBTQ+ Young People

Research suggests that young people who identify as LGBTQ+ experience higher rates of mental health difficulties than their heterosexual peers, due to a range of life experiences including experiencing discrimination. Over 1 In 4 (33.5%) of the young people we supported in 2023-2024 identified as LGBTQ+. We have therefore developed a specialist psychotherapy provision (0.8 FTE; 28 hours pw) available for young people aged 16-25 in Camden and Islington who identify as LGBTQ+. This service provides therapy to up to 50 young people per year and is supported by a generous grant from the **City Bridge Foundation**.

Hostels Psychotherapy Service

A new service providing psychotherapy to homeless young people aged 16-25 using either the Depaul or YMCA (LandAid House) hostels in Islington. The service is led by a Psychoanalytic Psychotherapist (0.4 FTE). The Psychoanalytic Psychotherapist was hired in December 2023 and began seeing young people in January 2024. A total of 13 young people have been referred to the service. The project is generously funded by **Islington Giving**.

Refugee Psychotherapy Service

A new service providing psychotherapy to Islington young people aged 5-25 on the Afghan Resettlement Scheme or Homes for Ukraine Scheme. The service is

led by a Psychoanalytic Psychotherapist (0.4 FTE). The Psychoanalytic Psychotherapist was hired in December 2023 and began seeing young people in January 2024. A total of 7 young people have been referred to the service. The project is generously funded by **Islington Council**.

Mental Health Outreach: Brandon Connect & Arsenal in the Community

Brandon Connect is an innovative service that offers psychotherapy for young men aged 16-25 who are not in education employment or training (NEET) or who are struggling with to remain in education, employment, or training. A one-to-one counselling and psychotherapy service for 16 to 25-year-olds attending an Arsenal in the Community programme is delivered on Thursdays at the Arsenal Hub. Both services are provided by a Highly Specialist Psychotherapist (0.6 FTE; 21 hours pw). The objectives of treatment are to engage the young person so that they attend at least 10 sessions, to improve mental health problems that are a barrier to participation in education, employment, or training and then to connect young people back into education, employment, or training. The proactive and collaborative approach successfully helps young people to identify and overcome those barriers. The total number of **young people** seen in 2023/24 was **35** (32 male; 3 female). There was a high rate of attendance: 79% of appointments offered were taken up. Symptom outcomes were positive two thirds of follow ups in measures of generalised anxiety disorder and mood disorder reliably improved and areas of life functioning known to improve because of psychotherapy improved in 13 out of 15 young people who completed a follow up of the Outcome Rating Scale. There was also significant progress made by most young people in education, employment, or training because of therapeutic intervention. They also benefited from being introduced to Spear and Arsenal in the Community employability programmes. This work is generously supported through **Islington Giving**.

BWell Health and Wellbeing Coaching Service

Our BWell – Young People's Wellbeing Coaching Service funded by **The National Lottery - Reaching Communities Fund** ended in February 2024. BWell provided an evidence-based health and wellbeing coaching offer to young people aged 12-25 living in Camden or Islington. This included one-one individual coaching, as well as group sessions and workshops. Topics included. exam stress, transitions, emotional wellbeing, resilience, LGBTQ wellbeing, confidence, relationships/friendships and mindfulness. We delivered our offer in the community with key partners including Fitzrovia Youth in Action, The Hive, Lift Youth Hub, Platform Youth Hub, Mary's, DePaul UK Hostels, the YMCA London, the Arts and Media School Islington, SoundSkool, Small Green Shoots, Soap Box and Parliament Hill High School. This outreach approach proved successful in going where young people were at to offer them support on a range of wellbeing issues using a coaching model. The service was evaluated externally through our academic partnership with the Salomons Consultancy, part of the Salomons Institute for Applied Psychology, Canterbury Christ Church University. Since the project finished In February 2024, we have provided coaching to **384 young people**. The young people we supported reported low wellbeing at the start of sessions, with a number of vulnerabilities and complexities. At the end of sessions young people reported improved wellbeing and made improvements in

their goals. We continue to seek funding to continue our BWell service to offer wellbeing coaching support within the community.

Social Prescribing

The Social Prescribing pilot service was launched in July 2022, in partnership with The Hive and Fitzrovia Youth in Action. The service supports young people to engage in activities of their choice, with the aim of boosting mental and physical wellbeing. Brandon Centre's Social Prescriber can book activities and classes for young people, using social prescribing budget if there is a cost. The Social Prescriber can also accompany a young person to a class, activity, or youth hub if they would like that extra support.

Some examples of activities that young people have accessed through Brandon Centre's social prescribing service in the past year include: piano lessons at school, a sewing course, steel pan drumming classes, guitar lessons, gym membership, boxing classes, art therapy, dancing on skates classes, taster driving lessons, horse riding class, weekly ballet classes, female only swimming lessons, archery classes, jewellery making, and pottery painting. The Social Prescriber signposts young people to free activities at The Hive's Social Hub and will accompany any young person who feels anxious attending The Hive on their first visit.

The Social Prescriber offers basic emotional support to young people, often via weekly telephone calls, to 'check-in' with how they are getting on. We also make referrals to external services as appropriate (for example to Spear, Connexions, Camden Young Carers, LIFT Futures, 121 wellbeing support at The Hive etc) and assists young people self-referring for therapy at Brandon Centre.

In the first twelve months of the pilot service, Brandon Centre accepted 32 referrals. Over the past year (April 2023 - March 2024), we have accepted 42 referrals.

Initially, the four main referral pathways created were: Brandon Centre therapy team, Camden School for Girls, Caversham GP Surgery, and Camden Early Help. Over the past year (April 2023 - March 2024), referral sources naturally expanded, and we received referrals from an additional six services: La Sainte Union School, Parliament Hill School, Forward drug and alcohol service, CAMHS, Children's Social Care and BWell. Although the social prescribing service does not accept self-referrals, we received a request from a young person who was already receiving social prescribing support, asking if we could also support her sibling (a young carer, who benefited greatly from the support).

In July 2023, we altered the way we evaluate the impact of the social prescribing service. We moved away from using ONS3 questions, and started using a different set of questions that relate more to goals and achievement of those goals.

We codesigned a flyer with young people, which gives an overview to young people of what to expect from the social prescribing service, and a link to an 'activity menu'. The flyer also gives a link to Brandon Centre's privacy policy and notifies young people that we will share the outcome of their sessions with the

person who referred them. The flyer is sent to all young people referred into the social prescribing service at Brandon Centre.

We are well connected with Camden's community social prescribing teams and services. The Social Prescriber continues to attend a fortnightly Peer Support Group with Social Prescribers who work in Camden GP surgeries. These meetings are usually held at Parliament Hill GP Surgery, Caversham GP Surgery, or Castlehaven Community Centre. The focus is on sharing good practice and resources, and external services are often invited to these meetings to raise awareness of the support they can offer to Camden residents. The Social Prescriber also started receiving weekly supervision from a senior therapist at Brandon Centre.

Feedback on the service includes:

Before receiving the support, I wouldn't do anything and I felt very down all the time, after receiving the support my mood improved a lot as I loved the activity I was doing.

Has done me the world of good. Loved every minute of it. A lot better now!

Mental Health & Wellbeing Services for Families

Systemic Integrative Treatment (SIT) Service

Brandon Centre's Systemic Integrative Treatment (SIT) service works with the families and professional networks of young people displaying a range of problem behaviours and aims to prevent family breakdown and young people entering costly out-of-home care. Our SIT team successfully treats families across several London boroughs and nearby counties. In 2023-2024 we supported families living in Camden, Enfield, Haringey, Kensington and Chelsea and Westminster. Our service was also commissioned by the Forensic CAMHS Service at the Tavistock and Portman NHS Trust.

Key outcomes across the SIT service:

A total of 36 families were referred to Brandon Centre's Systemic Integrative Treatment service during the 2023-2024 year. 28 of these referrals were accepted into BC SIT.

Of the 28 of BC-SIT young people with accepted referrals in 2023-2024, 10 (36%) referrals were from Child and Adolescent Mental Health Service (CAMHS) professionals and 18 (64%) were from social care professionals.

17 (61%) of the referred cases were female and 11 (39%) cases were male.

A total of 1,125 session appointments were offered to BC-SIT families across 2023-2024. Of the 1,125 sessions offered, 952 (85%) of them were attended, 146 (13%) were cancelled, and 27 (2%) were missed without prior notice (DNA).

Sample stakeholder feedback:

From Social Worker - There was a sense of involvement and support that came with the home visits that can't be replicated in an office or over the phone. I am very happy that this service exists. It is valuable and important.

Sample family feedback:

From Mum- I am eternally grateful for this service, it was exactly what we needed. It has transformed my child's life and changed their entire trajectory. It has transformed our whole family.

From Dad - The worker really listens to what I said, and I feel there is no judgement but understanding and advice on how to work around these problems they have just been so kind and helpful I have learnt so much!

Love and Limits Parent Programme

The Love and Limits parent programme is for parents/carers of teenagers (aged 12-16) with challenging behaviour. The programme offers parents strategies to improve behaviour coupled with psychoeducational elements and has been updated and adapted to be delivered online. 75 parents attended the programme over the last year.

Feedback from parents

"Realising all parents are going through similar to me but most importantly, it reminded me how hard it must be for my daughter because it's not easy being a teenager and it's hard growing up"

"I thought the psychologists leading were helpful and gave good insight as well as both of them warm and empathic and held the group well."

ADHD Parent Programme

The ADHD Parent Programme is for parents of children and young people (aged 5-12) who have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). The programme offers psychoeducation about ADHD and discipline strategies related to the "1-2-3 Magic" model. 57 parents attended this programme over the last year.

Feedback from parents

"Different experiences by different parents and different circumstances gave me a clearer picture of how parenting styles affect a child's behaviour. Instructors

were very straight to the point, precise and helpful about delivering their messages.”

Parent support group for CAMHS waiting list

This project began as a pilot parent programme in 2022 delivered in partnership with Mind in London. The project was initially funded by NHS England, and later received bridge-funding to continue providing group support to parents.

Brandon Centre developed this parent programme to support the parents/carers of young people aged 11-16 who are on long waiting lists for assessment and treatment from statutory CAMHS, VCS and SEMH services. Initial difficulties with gaining enough referrals resulted in lower numbers than expected. However, by the last cohort, referral numbers were much higher. Feedback and outcomes from this programme are very positive and further funding has now been obtained from national Mind while further ICB funding is sought. 57 parents have attended the programme over the last year.

Feedback from Parents

“This is my first time attending the parent group and I feel like I should have had this group when I was going through difficulties with my 1st YP. I don't feel alone with this group, I feel I can share and interact with other parents while gaining more knowledge and support. There is definitely a brighter side”

The Families, Food and Feelings programme

The Families, Food and Feelings programme was delivered to 60 parents.

Feedback from Families

“Thank you for all your help. The knowledge given will change our lives for the better.”

“Very good programme. I enjoyed listening to other parents' experiences and knowing I am not alone!”

Training & Consultancy

Enhanced Healthy Living Service

The Enhanced Healthy Living Service (EHLS) is a targeted service for children and young people who are overweight or obese in Camden and Islington. The service is an evidence-based intervention working with the parents of these children and integrating treatment with other teams/professionals via consultation and Multi-disciplinary Team (MDT) working.

- The Families, Food and Feelings programme was delivered to 60 parents.
- The MDT has supported 223 complex cases,
- A total of 168 professionals attended the quarterly webinars that were run as part of the EHLS training offer.

Ground Up and School Staff Support

The Ground Up service aims to increase the mental health capacity and staff resilience in third sector organisations in Camden. Ground Up provides supervision, support and training to youth workers. North Central London (NCL) CCG (Camden) are funding this service.

Additional funding from Christ Church School enabled Ground Up to extend this offer to their school staff by providing one to one coaching, wellbeing consultations or short- term counselling.

- 115 support sessions to youth workers, school staff and volunteers
- 1 group supervision sessions to school staff
- 3 training workshops to professionals
- 12 short term counselling sessions to school staff
- 4 coaching sessions to school staff

This year we supported the following organisations:

- Fitzrovia Youth in Action
- New Horizon Youth Centre
- Home-Start Camden and Islington
- The Kids Network
- The Winch

Feedback from organisations:

“Able to voice the stress I was feeling. Reduced feelings of guilt around a particular case. Reminder to consider self-care in my working week.”

“The support helped me stop and think about how much mental and physical energy has to be poured out into my job. It also allowed me to slow down and process some of my experiences and how to discuss it in supervision.”

Cornerstone Croydon Project

Our Cornerstone Croydon Project – in collaboration with London Youth – supports Youth Organisations in the London Borough of Croydon by providing their youth staff with clinical supervision, reflective practice, and consultation, with a qualified Clinical Psychologist.

This year we supported staff from the following organisations:

- Palace for Life (part of Crystal Palace FC)
- Gloves not Gunz (now part of Be Inspired)
- Urban Yogis (now part of Be Inspired)
- Good Food Matters
- Reaching Higher
- BME Forum
- Play Place

Community Outreach Programmes

She Is Supported (SIS)

She Is Supported (SIS) is a two-year pilot project generously funded with support from **The Mayor of London and Propel partners** – a collaboration made up of funders of different sizes and sectors – both public and corporate as well as independent foundations. SIS is a consortium of 4 youth organisations: Brandon Centre, Prospex, Highbury Roundhouse, and Mary's Youth Club. The project targets 500 girls aged 10-25 in Islington. The three youth hubs provide girls groups and 1-1 mentoring, while Brandon Centre provides counselling and psychotherapy for any girls identified as needing extra support. Brandon Centre successfully recruited a Child and Adolescent Psychodynamic Psychotherapist (0.8 FTE) in February 2024. Her contract began on 1st April 2024, and she began seeing young people in May 2024. As part of this project, we also deliver an annual residential and recently took 40 girls to Hindleap Warren. For many of these girls, this was the first time they had left London, been away from their families and/or been on a holiday.

Arsenal Girls Kicks – Wellbeing Support for Girls Community Football

The Arsenal Girls Kicks programme offers community football sessions to girls aged 8-16. It is part of the Premier League Kicks initiative, which aims to inspire young people by engaging them in football. Brandon Centre has been providing emotional wellbeing support to the Arsenal Girls Kicks programme, thanks to generous funding provided to us via Islington Giving. This has been delivered by a Chartered Sport and Exercise Psychologist. Our offer included pitch-side emotional wellbeing conversations on a 1:1 or group basis during football practice. This year we focused on 6 themes that we covered with young people in their football practice sessions – on and off the pitch. These are:

1. **Deliberate Practice:** Introduced and developed an understanding of deliberate practice and its use in advancing skill and performance.
2. **Effective Communication:** Developed an understanding of how to communicate effectively and why it is important in sports (but also in life).
3. **Emotional Awareness:** Developed an understanding of emotional awareness, emotion regulation, and how emotions impact the way we think feel and behave (relevant inside and outside of football).
4. **Mindfulness:** Introduced and developed an understanding of awareness from a “being present” and mindfulness perspective.
5. **Strengths and Values:** Introduced and developed an understanding and knowledge of why knowing your strengths and values is beneficial.
6. **Growth Mindset:** Introduced growth mindset. Learning how to recover from mistakes/ past “failures”. “Failures” as learning opportunities. Developing resilience.

Arsenal Girls Kicks in Numbers:

- **90 girls attended 10 or more sessions across two consecutive 4-month periods.**
- **117 sessions** were delivered lasting around 1h 15 m each.
- The age range was 8-18, with the majority of the girls aged 11-15
- 54% of the girls came from a Black, Asian and Minority Ethnic background; 38% were White; while 8% did not state their ethnicity.

Minding the Gap and the Hive youth support

Brandon Centre seconded three young people's workers to provide holistic psychosocial support services at The Hive, a therapeutic youth hub in Camden. The Hive is jointly commissioned by the Camden Clinical Commissioning Group (now part of NCL ICB) and Camden Council. The Hive is provided by a consortium of service providers and is led by Catch-22. The consortium is made up of The Tavistock and Portman NHS Foundation Trust, Camden and Islington NHS Foundation Trust, Fitzrovia Youth in Action, The Winch, and the Brandon Centre. The Hive offers a free mental health and wellbeing service that supports young people aged 16 to 24 in Camden. The Hive is a youth hub with a warm and welcoming feel to it. The service allows workers to have a unique approach to each young person. This is achieved through 1-1 work and the social hub involving activity group work. This is a unique approach, holistically viewing mental health and creating a service that is non-clinical, accessible, flexible, and creative. We find this approach helps keep each young person at the centre of their journey.

OnWard: Outreach Service for The Wellbeing of Adolescents

In partnership with University College London Hospitals (UCLH) NHS Foundation Trust and the UCLH Charity, we have hosted and co-delivered an adolescent health hub at the Brandon Centre. The Outreach Service for the Wellbeing of Adolescents (OnWard) provides a multi-professional service for young people (aged 13-18 years old) living or studying in Camden and Islington. They offer holistic reviews of patients' physical health, mental health and wellbeing, within the context of their wider lives and needs. The clinic's multi-clinician approach is beneficial to young people who often have complicated needs and do not fit easily into a service that is delivered by a single specialist. In addition to hosting the clinic, the Brandon Centre seconded a Psychodynamic Counsellor to the service who has been seeing up to 50 young people per year for brief counselling (6 sessions).

Condoms - C-Card collection, advice and information

With funding from the local authority, Brandon Centre has continued to be a provider of the Come Correct (C-Card) scheme which provides condoms for Under 25's across London. With support from one of our Young Ambassadors and volunteers from the Big Alliance CoRe Project, in Summer 2023 we were able to raise numbers of new registrations to 71 and repeat encounters to 29 with a targeted effort to engage and promote the service on social media platforms not previously used by Brandon Centre. All full time and part time Front Office staff are now trained to register Young People for this vital service, ensuring that their needs are still met and the link to our sexual health history is maintained.

HandsOn London

Our charity proudly collaborates with HandsOn London, an organisation that connects enthusiastic volunteers with meaningful community projects. This partnership not only provides invaluable support to our initiatives but also offers volunteers a profound sense of accomplishment and purpose.

In the 2023/2024 period, HandsOn London played a pivotal role in transforming our garden into a serene wellbeing space for our young people and staff. This therapeutic space now serves as a tranquil setting for counselling and psychotherapy sessions, housed in our beautiful Summer House, kindly donated by Crane Garden Buildings. The incredible efforts of volunteers from Ansadara, Immunebio, Lloyds Bank, Savanta, Flock Associates, and Invesco have been instrumental in creating this calming environment, making a lasting impact on our community's mental health and wellbeing.

Volunteering

We encourage members of the community to engage in volunteering with Brandon Centre. Volunteering over this last year has continued to grow and embed in more of our Brandon Centre services and development projects. We have engaged with 62 volunteers, and it has been great to see the number of individual and group volunteers contribute and grow in so many ways. Over 23/24 we have provided opportunities for individual and group contributions from corporate and community organisations. Whilst we continue to develop our volunteering and corporate social responsibility offer, some examples of volunteer work available include gardening, reception, finance and human resources work and college experience, student placements and fundraising (university student challenges and events).

CoRe Project

The CoRe project progressed into 23/24.

The Programme involved 6 corporate volunteers from Macquarie, Expedia and Slaughter and May. They have been incredibly supportive in helping us with two key projects:

- Reviewing, testing and developing our Social Media presence on Instagram and Tik Tok
- Supporting us with our Trustee recruitment (replacement of x3 retiree's (x2 clinical and Honorary Trustee) and 2 new Trustees (EDI)). We haven't been successful in recruiting a fundraising Trustee. This is being reviewed in 24/25.

Young Patron

Our Young Patron, Grace Campbell organised a comedy fundraiser on 9th November 2023. We raised over £9k in aid of Brandon Centre Services with over 350 local people attending. Grace is focused to continue to help raise money and social awareness of our Brandon Centre's work.

Young Ambassadors

We have involved 101 young ambassadors in our online group and 15 of these young ambassadors have been working on specific projects in person. Young Ambassadors have been involved in the design, development and improvement of our services. Over this last year, we have also involved our young ambassadors in the review of and re-launch of our strategy, through discussions at the Young People's Leadership Board and attendance at our Away days.

Our Young Ambassadors have also been involved in some exciting projects at Brandon Centre. An example of this is the De-Mystifying Therapy Project where our Young Ambassadors visited Brandon Centre to produce video clips of interviews with some of our therapists' answering questions about therapy and what young people could expect before, during and after therapy sessions.

The video clips for this wonderful project are now held on our You Tube channel to make sure they are easily available and accessible for young people. The links to these videos are also provided on our website and shared on our social media platforms.

Organisation and Governance of the Charity

a. Legal Status

Brandon Centre for Counselling and Psychotherapy for Young People is a company limited by guarantee, number 1830241, and therefore has no share capital and is also a registered charity, number 290118.

b. Constitution

Brandon Centre for Counselling and Psychotherapy for Young People is registered as a charitable company limited by guarantee, number 1830241, and therefore has no share capital and is also a registered charity, number 290118. The Brandon Centre was formerly The London Youth Advisory Centre, which was founded in 1969. It was registered as a charity and incorporated as a company in 1984. The names of the members of the Council of Management on 31st March 2022 are set out on page 1. The objectives and activities of the company are governed by its Memorandum and Articles of Association.

c. Appointment of Council Members

Members of the Council must be Members of the Company and shall be elected either by the Members of the Company in General Meeting or by the Council. At each AGM one-third of the Members of the Council are required to retire from office by rotation however are eligible for re-election. The Council may appoint someone to be a Member of the Council, either to fill a casual vacancy or as an addition to the existing membership, and anyone so appointed holds office only until the next AGM but is eligible for re-election. No Director shall serve for more than nine consecutive years, unless the Directors consider it would be in the best interests of the Charity for a particular Director to continue to serve beyond that period and that Director is reappointed in accordance with the Articles. Last year the Council met for four Ordinary Meetings, two Strategy Meetings and one AGM.

We have been supported by 11 Trustees, members of the Council, in 2023/24 and as some Trustees have stood down, we have successfully recruited a new Treasurer Trustee, 2 new ED&I Trustees and a general Trustee.

d. Brandon Centre Board

Brandon Centre's Board enjoys the support of a broad range of experienced Trustees. Our Trustees continue to contribute so much to Brandon Centre. The Board has met quarterly, with one Annual General Meeting, a Board Strategy Away Day and a whole Organisational Away Day. The Board ensures Brandon Centre's aims are delivered effectively and sustainably. It has quarterly sub-committees for Finance, Audit & Remuneration, Quality, Safety & Risk, People, Business Development, Information Governance, Fundraising and our newly developed Environmental, Social and Governance Committee.

New trustees have an induction process and are encouraged to meet senior managers and attend meetings. There are regular awaydays to enable the trustees to understand the organisation better and meet face-to-face with management. Trustees complete core trainings as part of Brandon Centre's training programme and there are regular additional trainings within the Board and/or at awaydays.

Our Chief Executive, supported by the Senior Leadership Team, remains accountable to the Board for administration and financial management and works together with the Board to develop Brandon Centre's long-term strategy, business development, budget and business plan.

Our governance focus has included ensuring:

- Board Away Day framework is maintained, including monitoring number of away days, effectiveness of sessions, and inclusion of Young People's voices on our Board
- Including an ESG topic on the agenda of a Board meeting at least once per year
- Staggered recruitment of Board members in line with our Memorandum of Association
- Trustee membership is representative of our local community
- Effective recruitment and succession planning for Board members

e. Young People's Leadership Board (YPLB)

The Young People's Leadership Board reports into the main Board, through the People Committee and enables our Young Ambassadors support the Senior Leadership Team in making the best service developments and recommendations for the young people in our community. They have also been very much involved in the development of our overall strategy.

We have a new Chair for the YPLB, with one of our active Young Ambassadors, Sajida, stepping into the role this year. Sajida has been very active in her support of Brandon Centre, with attendance at the Board Away Day, joining us for the Mayor of Camden's visit to Brandon Centre and also sitting on the interview panels of our Trustee recruitment.

f. Parent's Advisory Committee (PAC)

We were excited this year to launch and begin to grow our Parents Advisory Committee, with members including parents, carers and or family members

who have accessed our services. The parents and carers who attend the committee meetings are very enthusiastic and committed to developing the forum. They are also very keen to contribute to the development of our Parent programmes and to supporting developments at Brandon Centre.

We were also able to hold our first 'in person' Parents Advisory Committee in November, where members visited Brandon Centre to hear an overview of Brandon Centre and our services, plus having a 'tour' of the building. They also met members of staff from each service who spoke about their roles to explain the services Brandon Centre offers and the support available to parents and carers.

We have also received funding from the Charlie Waller Trust to fund two parents from our PAC to undergo Parent Carer Peer Support Worker training. Alongside this we have also secured a grant from the Trust for Brandon Centre to provide supervision for both parents. We hope this will lead to further opportunities and funding to develop Parent Carer Peer Support work in future.

g. Equality, Diversity and Inclusion Working Group

We are committed to ensuring an inclusive environment where people can be their genuine selves in accordance with our values. We are dedicated to taking proactive steps to advance a culture of non-discrimination, inclusion and equity and to support this have established an Equality, Diversity and Inclusion working Group.

Our two new ED&I Trustees lead this group and at our Board Strategy away day led discussions on the group's objectives, priorities and actions. The group has staff representatives, young ambassador representatives and is also supported by a Brandon Centre Ambassador.

h. Objectives and Public Benefit

The objectives of the Brandon Centre are:

1. To maintain and develop an accessible and flexible professional service in response to the psychological, medical, sexual and social problems of young people aged 12- to 25-years old.
2. To relieve distress, mobilise personal resources and facilitate growth in adolescents by working towards responsibility and self-fulfilment.
3. To prevent or alleviate the suffering caused by unwanted pregnancy, ill mental health, psychological disturbance and maladaptation in adult and future family relationships.

The Trustees have reviewed these objectives with regard to the Charity Commission's guidance on public benefit and determined they are consistent with it.

i. Pay policy for key management personnel

Staff and management pay is set annually subsequent to a review of the employment market. The Board approve the annual pay rise as part of the budgeting process and the CEO is required to keep the total cost of the organisation within the agreed budget but has the flexibility to shift funds between cost items. The CEO, Head of Finance and Head of People meet

fortnightly to review any changes to staff hours or salaries. Salary changes must be approved at this meeting before being implemented. Any change to the CEO salary must be approved by the Chair.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

As a reserves policy, the Council of Management have agreed there should be 3 months running costs. On 31st March 2024, the Centre had total reserves of £815k (2022: £793k) of which free reserves (excludes restricted funds and funds invested in the Brandon Centre's building) amounted to £389k (2022: £383k). Unrestricted reserves currently cover 2.5 months of operating costs. This is slightly lower than prior year due to increase in income. The improvement in reserves was lower than we planned because we were not able to deliver as many Systemic Integrative Therapy (SIT) cases as planned due some staff going on maternity leave. Our goal is to close this gap with the reserve policy during the next couple of years.

c. Finances of the Charity

Brandon Centre's financial position on 31st March 2024 remains sound. As explained below, in 2023/24 the Centre continued to run a surplus.

As shown by the Statement of Financial Activities, total incoming resources for the year to 31st March 2024 were £1,878k (£100k (5.1%) lower than in previous year). Excluding income from our sexual health service, which was discontinued during 22/23, income grew 1%. Income growth would have been higher but we were not able to deliver as many Systemic Integrative Therapy (SIT) cases as planned due some staff going on maternity leave.

Expenditure totalled £1,856k (£4k (0.3%) higher than in previous year). The growth in expenditure (0.3% growth) was higher than the change in income (5.1% lower) due to expenditure against restricted reserves and higher payroll costs due to excellent staff retention.

Net incoming resources during the year amounted to £22k (£104k lower than previous year). The increase in unrestricted reserves was £6k which was £(85)k lower than previous year. As explained above, the decrease was due to lower SIT activity resulting from maternity leave and higher payroll costs due to staff retention. As in previous years, the Centre has benefited from the financial support of Health and Local Authorities, Charitable Trusts and Corporate donors.

d. Risk analysis

A review of the major risks to which the charity is exposed and the systems that have been established to mitigate those risks was carried out by the Honorary Treasurer and Director, in consultation with the auditors as required. The review initially considered external factors. Changes in social policy, overall public spending, the standing of Child and Adolescent Mental Health Services and legislation were identified as potential areas of risk. Potential human resources and infrastructure problems at the Centre were also considered. However, the review conducted found that there were already systems in place to mitigate the possible impact of the main risks identified. Based on the report's recommendations, areas of potential vulnerability identified were rectified. Formal risk analysis is being conducted on a continuing basis and any new areas of risk will be addressed.

e. Fundraising

Brandon Centre is registered with the Fundraising Regulator and has committed to following the Code of Fundraising Practice and the Fundraising Promise. No complaints were received during the year regarding Brandon Centre's fundraising activity. Expenditure on fundraising in 2023/24 was £58,312 which was 3.1% of income.

Auditors

A resolution to re-appoint Goodman Jones LLP as the auditor of the company will be proposed at the next AGM.

Statement of Trustees' Responsibilities

The Trustees (who are also the directors for the purpose of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees must prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

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

- a) Select suitable accounting policies and then apply them consistently.
- b) Observe the methods and principles in the Charities SORP.
- c) Make judgments and accounting estimates that are reasonable and prudent.

- d) State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- e) Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue to operate.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees confirm that as far as they are aware, there is no relevant audit information (as defined by section 418(3) of the Companies Act 2006) of which the charitable company's auditors are unaware. They have taken all the steps that they ought to have taken as trustees in order to make themselves aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

Small company provisions

This report has been prepared in accordance with the small companies' regime under the Companies Act 2006.

Approved by the Board and signed on its behalf by:

Mark Bland

Mark Bland

Chair and Trustee

Date: 29-10-24

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE

Opinion

We have audited the financial statements of Brandon Centre for Counselling and Psychotherapy for Young People (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charity and sector, we identified that the principal risks of non-compliance with laws and regulations related to sector regulations and unethical and prohibited business practices, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006, Charities Act 2011, Charity Commission and sector regulations, and UK Tax Legislation.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Appropriate audit procedures in response to these risks were carried out. These procedures included:

- Discussions with management, including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Reading minutes of meetings of those charged with governance;
- Obtaining and reading correspondence from legal and regulatory bodies including HMRC;
- Identifying and testing journal entries;
- Challenging assumptions and judgements made by management in their significant accounting estimates.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members; and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Goodman Jones LLP

Goodman Jones LLP
Chartered Accountants
Statutory Auditors
29/30 Fitzroy Square
London
W1T 6LQ

Date: 29-10-24

Goodman Jones LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	4	39,623	424,001	463,624	355,908
Charitable activities	5	1,405,442	-	1,405,442	1,620,555
Investments	6	8,768	-	8,768	1,831
Total income		1,453,833	424,001	1,877,834	1,978,294
Expenditure on:					
Raising funds		21,878	-	21,878	47,870
Charitable activities		1,426,067	407,820	1,833,887	1,804,122
Total expenditure		1,447,945	407,820	1,855,765	1,851,992
Net movement in funds		5,888	16,181	22,069	126,302
Reconciliation of funds:					
Total funds brought forward		383,208	409,655	792,863	666,561
Net movement in funds		5,888	16,181	22,069	126,302
Total funds carried forward		389,096	425,836	814,932	792,863

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

The notes on pages 36 to 52 form part of these financial statements.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)
REGISTERED NUMBER: 01830241

BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	11	274,000	264,801
		<u>274,000</u>	<u>264,801</u>
Current assets			
Debtors	12	143,794	148,878
Investments	13	320,000	-
Cash at bank and in hand		426,667	731,175
		<u>890,461</u>	<u>880,053</u>
Creditors: amounts falling due within one year	14	(349,529)	(351,991)
Net current assets		<u>540,932</u>	<u>528,062</u>
Total assets less current liabilities		<u>814,932</u>	<u>792,863</u>
Total net assets		<u><u>814,932</u></u>	<u><u>792,863</u></u>
Charity funds			
Restricted funds	15	425,836	409,655
Unrestricted funds	15	389,096	383,208
Total funds		<u><u>814,932</u></u>	<u><u>792,863</u></u>

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

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

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

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2024

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Mark Bland
.....
Mark Bland
Chair

Date: 29-10-24

The notes on pages 36 to 52 form part of these financial statements.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
Cash flows from operating activities		
Net cash used in operating activities	27,289	(32,944)
Cash flows from investing activities		
Purchase of tangible fixed assets	(20,565)	(8,971)
Investment income	8,768	1,831
Transfers to treasury deposits	(320,000)	-
Net cash used in investing activities	(331,797)	(7,140)
Change in cash and cash equivalents in the year	(304,508)	(40,084)
Cash and cash equivalents at the beginning of the year	731,175	771,259
Cash and cash equivalents at the end of the year	426,667	731,175

The notes on pages 36 to 52 form part of these financial statements

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

1. General information

Brandon Centre for Counselling and Psychotherapy for Young People is a charitable company registered in England and Wales. The registered office address is 26 Prince of Wales Road, Kentish Town NW5 3LG. The objects of the Charity are set out in the Trustees' Report on page 2.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Brandon Centre for Counselling and Psychotherapy for Young People meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

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 £.

2.2 Going concern

Having considered the future plans of the Charity, including expected income and expenditure, for a period of at least twelve months from the date of approval of the financial statements, the Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Accordingly, the financial statements are prepared on a going concern basis.

2.3 Company Status

The Charity is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

2. Accounting policies (continued)

2.5 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis and to the extent that any performance conditions attached to the grants have been met. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.6 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 allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £1000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

At each reporting date the Charity assesses whether there is any indication of impairment. If such indication exists, the recoverable amount of the asset is determined to be the higher of its fair value less costs to sell and its value in use. An impairment loss is recognised where the carrying amount exceeds the recoverable amount.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- Not depreciated per note 10
Fixtures, fittings and equipment	- 3 years straight line
Fixtures and fittings	-

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

2. Accounting policies (continued)

2.12 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

2.14 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

3. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The preparation of financial statements requires the use of certain critical accounting estimates. Management must also exercise judgemental in applying the Charity's accounting policies. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

Income recognition:

The Charity receives income from contracts and performance grants. These agreements include various quantitative and qualitative milestones and performance conditions to be met in order for the Charity to have entitlement to the funds. The Charity makes various assumptions in determining the stage of completion of these contracts and performance grants.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

4. Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Donations	18,293	-	18,293	34,970
Grants	21,330	424,001	445,331	320,938
	<u>39,623</u>	<u>424,001</u>	<u>463,624</u>	<u>355,908</u>
<i>Total 2023</i>	<u>24,170</u>	<u>331,738</u>	<u>355,908</u>	

5. Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
London Borough of Camden	664,370	-	664,370	592,493
London Borough of Islington	86,318	-	86,318	185,446
NHS North Central London ICB	385,319	-	385,319	431,331
NHS South West London ICB	225	-	225	-
Mind in Enfield and Barnet	34,009	-	34,009	54,769
UCL Training	69,247	-	69,247	57,152
Tavistock and Portman	52,000	-	52,000	138,250
Catch 22	84,593	-	84,593	88,851
Other charitable activities	29,361	-	29,361	39,763
Camden and Islington Mental Health Trust	-	-	-	32,500
	<u>1,405,442</u>	<u>-</u>	<u>1,405,442</u>	<u>1,620,555</u>
<i>Total 2023</i>	<u>1,546,891</u>	<u>73,664</u>	<u>1,620,555</u>	

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

6. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Bank interest receivable	8,768	8,768	1,831

7. Analysis of expenditure by activities

	Direct costs 2024 £	Support costs 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Charitable activities	1,606,863	227,024	1,833,887	1,804,123
<i>Total 2023</i>	1,587,652	216,471	1,804,123	

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Charitable activities 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Staff costs	1,503,925	1,503,925	1,385,555
Depreciation	-	-	13,359
Advertising and promotion	1,000	1,000	4,678
Books, pamphlets and subscriptions	3,827	3,827	12,865
Computer maintenance	19,727	19,727	42,122
Course and conferences	-	-	590
Household expenses and sundries	2,257	2,257	11,325
IG consulting	-	-	3,317
Insurance	-	-	17,686
Light, heat and power	-	-	2,427
Locums and temporary staff	6,982	6,982	3,664
Medical staff	-	-	12,920
Printing, postage and stationary	-	-	598
Professional fees	6,969	6,969	19,606
Rent, rates and repairs	-	-	11,023
Sub-contract service provision	44,431	44,431	-
Staff expenses	5,507	5,507	-
Telephone and communications	7,349	7,349	13,375
Travel, recruitment and training	4,889	4,889	29,796
Governance costs	-	-	2,746
	1,606,863	1,606,863	1,587,652

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Charitable activities 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Staff costs	76,773	76,773	128,580
Depreciation	11,365	11,365	1,558
Advertising and promotion	15,494	15,494	7,169
Books, pamphlets and subscriptions	513	513	3,385
Computer maintenance	19,304	19,304	2,957
Courses and conferences	(248)	(248)	170
Household expenses and sundries	25,155	25,155	20,402
IG consulting	10,799	10,799	7,483
Insurance	21,104	21,104	2,063
Light, heat and power	8,554	8,554	5,473
Medical supplies	35	35	76
Printing, postage and stationary	1,911	1,911	1,319
Professional fees	7,475	7,475	7,017
Rent, rates and repairs	7,217	7,217	17,933
Telephone and communications	8,991	8,991	1,560
Travel, recruitment and training	1,782	1,782	3,132
Governance costs	10,800	10,800	6,194
	227,024	227,024	216,471

8. Auditors' remuneration

The auditors' remuneration amounts to an auditor fee of £10,800 (2023 - £8,620), and fees for preparation of the charity's corporation tax return of £ - (2023 - £500).

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

9. Staff costs

	2024	2023
	£	£
Wages and salaries	1,411,511	1,369,029
Social security costs	132,427	137,306
Contribution to defined contribution pension schemes	36,760	34,534
	1,580,698	1,540,869

The average number of persons employed by the Charity during the year was as follows:

	2024	2023
	No.	No.
Director	1	1
Psychotherapy	28	26
Contraception and sexual health	3	2
Systemic integrative therapy	9	9
Central administration	14	15
	55	53

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024	2023
	No.	No.
In the band £60,001 - £70,000	1	1
In the band £70,001 - £80,000	1	-

Total expenditure incurred in respect of key management personnel, including employer's national insurance and employer's pension costs, totalled £106,284 (2023: £109,412).

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 March 2024, no Trustee expenses have been incurred (2023 - £NIL).

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

11. Tangible fixed assets

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Total £
Cost or valuation				
At 1 April 2023	252,387	60,759	-	313,146
Additions	-	8,913	11,652	20,565
At 31 March 2024	252,387	69,672	11,652	333,711
Depreciation				
At 1 April 2023	-	48,344	-	48,344
Charge for the year	-	8,299	3,067	11,366
At 31 March 2024	-	56,643	3,067	59,710
Net book value				
At 31 March 2024	252,387	13,029	8,585	274,001
At 31 March 2023	252,387	12,414	-	264,801

The Trustees consider that any depreciation charge on the freehold property would be immaterial on the grounds that the estimated residual value is not materially different from the carrying value (which is the cost of acquisition) and given market value is considered to be significantly higher (based on a professional valuation from February 2022). As a result, no depreciation has been provided.

The freehold property, 26 Prince of Wales Road, London NWS, was acquired in April 1983 at a cost of £35,559. Donations were received for the cost of the premises and a capital reserve fund was established for these funds. An extension to the building was subsequently added and further donations were received and placed to the credit of the capital reserve. In 2009, building works were carried out to convert the top floor flat into offices for the use of the Centre. This was funded from the development fund set up for this purpose. An amount equal to the cost has been transferred from the development fund to the capital reserve fund. The balance on the capital reserve fund equals the cost of the property.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

12. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	61,678	77,155
Other debtors	80	261
Prepayments and accrued income	82,036	71,462
	<u>143,794</u>	<u>148,878</u>

13. Current asset investments

	2024 £	2023 £
Treasury deposits	<u>320,000</u>	<u>-</u>

14. Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	30,970	5,079
Other taxation and social security	28,581	37,247
Other creditors	8,110	8,340
Accruals and deferred income	281,868	301,325
	<u>349,529</u>	<u>351,991</u>

	2024 £	2023 £
Deferred income at 1 April 2023	266,612	353,399
Resources deferred during the year	244,061	266,612
Amounts released from previous periods	(266,612)	(353,399)
	<u>244,061</u>	<u>266,612</u>

Deferred income represents income being received in advance of entitlement under the grant agreements/contracts.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

15. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Balance at 31 March 2024 £
Unrestricted funds				
General Funds - all funds	383,208	1,453,833	(1,447,945)	389,096
Restricted funds				
Arsenal Connect	17,171	10,987	(16,259)	11,899
Brandon Connect - Islington	-	38,334	(38,334)	-
Capital reserve	252,387	-	-	252,387
Coaching	-	92,995	(92,995)	-
Islington Hostel and Young People therapy Support	-	45,000	(17,726)	27,274
Healthy Eating	22,495	-	(22,495)	-
Mentoring for Young People	-	63,685	(47,011)	16,674
Therapy Support for Young People with SH Problems	18,002	31,000	(31,000)	18,002
Clinical supervision	-	14,000	(14,000)	-
Psychotherapy for Young People from the LBGTQ+ Community	33,828	50,000	(50,000)	33,828
Psychotherapy for Young People with significant MH problems	65,772	78,000	(78,000)	65,772
	409,655	424,001	(407,820)	425,836
Total funds	792,863	1,877,834	(1,855,765)	814,932

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2023 £</i>
Unrestricted funds				
General Funds - all funds	292,202	1,572,892	(1,481,886)	383,208
Restricted funds				
Arsenal Connect	21,181	12,500	(16,510)	17,171
Brandon Connect - Islington	-	36,729	(36,729)	-
Capital reserve	252,387	-	-	252,387
Coaching	-	95,809	(95,809)	-
Grow Back Greener	5,000	5,000	(10,000)	-
Healthy Eating	22,495	73,664	(73,664)	22,495
Mentoring for Young People	11,000	11,000	(22,000)	-
Therapy for UCL Students	20,099	-	(20,099)	-
Therapy Support for Young People with SH Problems	18,002	31,000	(31,000)	18,002
Walking Project	2,227	1,500	(3,727)	-
Young Person's Involvement	7,000	-	(7,000)	-
Young Person's Progression Programme	14,968	-	(14,968)	-
Psychotherapy for Young People from the LBGTQ+ Community	-	50,000	(16,172)	33,828
Psychotherapy for Young People with significant MH problems	-	88,200	(22,428)	65,772
	374,359	405,402	(370,106)	409,655
Total funds	666,561	1,978,294	(1,851,992)	792,863

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

15. Statement of funds (continued)

Restricted funds comprise:

Arsenal Connect - A project supporting girls/young women of Islington in non-stigmatising group settings.

Brandon Connect - Islington - A project supporting young people in Islington to engage in education, employment or training who have been restricted from doing so due to mental health problems.

Brandon Prevent - A project that builds on the Centre's group parent training programme for parents of challenging teenagers by providing parents with weekly individual skills, based on the strategies they learn at the parent training classes.

Capital reserve - As described in note 10 this fund equals the cost of the freehold property.

Coaching – Coaching support for young people, aged 12-24 who are vulnerable to poor mental health; delivered through an open door/rapid access community approach.

Counselling and psychotherapy for young Islington residents - A psychotherapy service for 16 to 21 year olds based in Islington.

Counselling for 16 to 24 year olds with mental health problems - A mental health project that offers support to 16 to 24 year olds with mental health problems.

Covid response - The improvement of the building and computer systems to enable continuity of services and safe delivery during Covid.

Grow Back Greener – To develop a community space for young people in the garden of the Brandon Centre's Prince of Wales office.

Ground Up - A project to strengthen the Third Sector's Mental Health Capacity.

Healthy Eating – To support families with overweight children where weight is a significant health need.

Systemic Integrative Treatment - A project working with families of young people displaying a range of problematic behaviours with the aim of preventing these young people entering costly-out-of care.

Therapeutic Support/ Coping Skills for Young People waiting for counselling - A project to provide support and coping skills for young people on the waiting list for psychotherapy.

Therapy for UCL Students – “Widening Access and Participation” pilot scheme to offer direct support in the form of psychological therapy to UCL students who come from disadvantaged and underrepresented backgrounds.

Therapy Support for Young People with SH Problems – To support young people experienced difficulties with sexual health issues.

Walking Project – Support young peoples' wellbeing through walking activity.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

15. Statement of funds (continued)

Youth Ambassadors - A project giving young people with mental health problems a platform to ensure their voice is heard and listened to.

Young Person's Involvement – To engage young people in all aspects of Brandon Centre activity including the governance, strategy, operations and development of new projects.

Young Person's Progression Programme - To provide work-based opportunities within Brandon Centre for young people, who we are otherwise not able to place with supportive partner organisations.

16. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	274,000	-	274,000
Current assets	464,625	425,836	890,461
Creditors due within one year	(349,529)	-	(349,529)
Total	389,096	425,836	814,932

Analysis of net assets between funds - prior period

	<i>Unrestricted funds 2023 £</i>	<i>Restricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	264,801	-	264,801
Current assets	470,398	409,655	880,053
Creditors due within one year	(351,991)	-	(351,991)
Total	383,208	409,655	792,863

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

17. Reconciliation of net movement in funds to net cash flow from operating activities

	2024 £	2023 £
Net income for the period (as per Statement of Financial Activities)	22,069	126,302
Adjustments for:		
Depreciation charges	11,366	14,918
Investment income	(8,768)	(1,831)
Decrease/(increase) in debtors	5,084	(75,197)
Decrease in creditors	(2,462)	(97,136)
Net cash provided by/(used in) operating activities	27,289	(32,944)

18. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash in hand	426,667	731,175
Total cash and cash equivalents	426,667	731,175

19. Analysis of changes in net debt

	At 1 April 2023 £	Cash flows £	At 31 March 2024 £
Cash at bank and in hand	731,175	(304,508)	426,667
Liquid investments	-	320,000	320,000
	731,175	15,492	746,667

20. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund in the year of £36,760 (2023: £34,534). Contributions totaling £7,260 (2023: £7,652) were payable to the scheme at the end of the period and are included in creditors.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

21. Operating lease commitments

At 31 March 2024 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2024	2023
	£	£
Not later than 1 year	981	981
Later than 1 year and not later than 5 years	981	1,716
	1,962	2,697

22. Related party transactions

Other than disclosed elsewhere in these financial statements, there were no related party transactions requiring disclosure during the current or previous year.

Accounts

**BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR
YOUNG PEOPLE**

(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2023**

Trustees	Mark Bland, Chair Temitope Ademosu (resigned 15 May 2023) Jennifer Cantor, Treasurer (resigned 10 July 2023) Victoria Corbishley Michael Davis Terry Heller (resigned 22 November 2022) Dr Lucy Moore Nicola Moore Joanna Stronach Jonathan Tait
Company registered number	01830241
Charity registered number	290118
Registered office	26 Prince of Wales Road Kentish Town NW5 3LG
Company secretary	Julia Brown
Chief executive officer	Julia Brown
Independent auditors	Goodman Jones LLP Chartered Accountants 29/30 Fitzroy Square London W1T 6LQ
Bankers	Barclays Bank Plc Leciester LE87 2BB CCLA Senator House 85 Queen Victoria Street London EC4V 4ET

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their Annual Report together with the audited financial statements of the Charity for the year 1 April 2022 to 31 March 2023. The Annual Report serves the purposes of both a Trustees' Report and a Directors' Report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

The objectives of the Brandon Centre For Counselling and Psychotherapy For Young People ("Brandon Centre") are:

1. To maintain and develop an accessible and flexible professional service in response to the psychological, medical, sexual, and social problems of young people aged 12- to 25-years old.
2. To relieve distress, mobilise personal resources, and facilitate growth in adolescents by working towards responsibility and self-fulfilment.
3. To prevent or alleviate the suffering caused by unwanted pregnancy, ill mental health, psychological disturbance, and maladaptation in adult and future family relationships.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

a. Achievements and Performance

Brandon Centre has supported young people in London for over fifty years with their mental health and wellbeing. We also provide support to parents and families and to professionals who work with young people. Our services are designed with the guidance of young people, and we are flexible in providing a different experience to statutory services. Our goal is to offer a warm, personal, and confidential face-to-face experience that centres on building relationships as well as addressing immediate needs.

Open House 2022

We were delighted to have taken part in the Open House London Festival again in September '22. Open House London is *"a celebration of London's buildings, architecture and neighbourhoods and the curiosity for what happens inside the buildings we walk past every day."*

Our community-based services make an important contribution to the mental health and wellbeing support available for young people in Camden, Islington and neighbouring boroughs. It is important that we are able to invite our local communities into Brandon Centre to learn more about our services and also to see our wonderful non-institutionalised centre and mindful garden.

"So many of the young people who visit us comment on the welcoming feel of the house and our non-clinical setting. And now we have our garden building to use for coaching and other youth services."

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

b. Our Strategy

In early 2021 we published our 'Getting Set for Success' strategy. It was developed amidst a global pandemic, after significant organisational change, and set out our five key objectives.

After securing our core mental health funding in 2022 and having smoothly transferred our clinical sexual health service to the new provider (maintaining C-Card provision), it was time for us to refine our strategy and showcase our experience, expertise and positive outcomes to our funders, commissioners, and partners. We are well placed to meet increasing demand with a range of options that fill the gaps in public services and ensure we're fulfilling our duty of care to the young people in our community.

Over 2022/23 we have further refined our Strategy – '**Nurturing Growth**' 2023 – 2026. It has been helpful to review what we've achieved and to re-evaluate our strategic plans going forward. We want to ensure that our efforts not only make the most of our strengths but also reflect the current needs and priorities of the young people and families we support, whilst adapting to the challenges of the prevailing economic climate.

In recent years, we've seen a rising demand for mental health and wellbeing services. The negative impact of the pandemic on young people's mental health has been significant and public services are struggling to meet demand.

Our aim continues to be the voluntary sector partner of choice for:

Creating and delivering accessible, leading-edge, and collaborative mental health and wellbeing services to young people under 25, so they can overcome difficulties, mobilise their resources, and shape the future they want.

Our **Vision** is to be Here for Young People

We believe that all young people should be able to access the highest quality sexual and mental health support in a safe and welcoming environment.

Our **Mission** is to maintain and develop our accessible, flexible, and specialist services

We aim to respond to the psychological, sexual, and social needs and challenges of young people under 25 years old.

Our **Values**:

Compassion

We provide a welcoming and non-judgemental environment where our team can enjoy their work and where young people and families can access support that helps them live healthy and fulfilled lives.

Respect

We respect our diverse community and Brandon Centre team and work with a willingness collaborate, adapt, and recognise the importance of difference and choice.

Inclusion

We strive to remove barriers to access for young people and staff and to use our expertise to provide services that young people can trust to be safe and to meet their individual needs.

Our **Core Services**:

Mental Health and Wellbeing Services for Young People

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

- Counselling and Psychotherapy Service which also includes:
 - Care leavers' psychotherapy
 - Young People's Brief Counselling Service (YPBCS)
 - Psychotherapy for Young People in Crisis
 - Psychotherapy for LGBTQ+ Young People
- Mental Health Outreach: Brandon Connect & Arsenal in the Community
- BWell health and wellbeing coaching
- Social prescribing

Mental Health and Wellbeing Services for Families

- Systemic Integrative Treatment (BC-SIT)
- Love and Limits
- ADHD Parent Programme
- CAMHS Waiting List Parent Support Group
- Families, Food and Feelings

Consultancy and Training for Professionals

- Enhanced Healthy Living
- Ground Up and School staff support
- Haringey Staff Support
- Cornerstone Croydon Project (started 23/24)
- Training Consultancy and supervision: Mental Health, Health and Wellbeing

Community Outreach Programmes

- Arsenal youth sports & wellbeing
- Platform and Lift youth hubs
- Minding the Gap and the Hive youth support
- UCLH OnWArd adolescent wellbeing service
- Condoms - C-Card collection, advice and information
- HandsOn London projects
- Young People's Progression Programme
- Volunteering opportunities

"Working with my therapist was so life-changing, I couldn't appreciate them or Brandon Centre's services more."

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Achievements and performance (continued)

c. Environmental, Social, and Governance (ESG)

At Brandon Centre we take our responsibility to the environment, our staff, our volunteers and young people seriously.

Jennifer Lovell, a local resident and specialist volunteer in ESG has been kindly supporting us to develop our ESG Strategy. This has been so invaluable as we were not sitting with these expertise skills. Jennifer and Sam Weston, Operations Manager have been working together in helping us to set up our ESG committee, Eco Audit and other relevant plans. Victoria Corbishley, Vice Chair has been chairing our newly set up ESG Committee. This is really exciting work and wonderful to see our new ESG policy and plans take shape.

Our key goals of our new ESG strategy are:

E - We will be a net zero carbon emission business by 2035.

S - Our workforce will be more diverse and fully representative of our local communities. Our workplace will be more inclusive.

G - We will maintain best practices of good governance.

In 2022/23 we have been working towards our important milestones to make sure we're making progress towards our goals:

Our environmental focus will include:

- understanding our own and our suppliers' carbon footprints
- achieving energy reduction by at least 10% annually
- exploring options for sustainable energy and reviewing our gas, electricity, cleaning and facilities services and re-tendering if necessary
- developing our wellbeing garden to support a substantial range of wildlife including birds, butterflies, bees and hedgehogs, introducing a matrix of interlinked spaces for wildlife

Our governance focus will include:

- ensuring Board Away Day framework is maintained, including monitoring number of away days, effectiveness of sessions, and inclusion of Young People's voices on our Board
- ensuring an ESG topic is on the agenda of a Board meeting at least once per year
- staggered recruitment of Board members in line with our Memorandum of Association
- ensuring Trustee membership is representative of our local community
- effective recruitment and succession planning for Board members

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Achievements and performance (continued)

d. Mental Health & Wellbeing Services

Mental Health and Wellbeing Services at the Brandon Centre offer direct support to young people and families in a variety of different types of support. At the heart of our centre is our Counselling and Psychotherapy Service, which has been operating since 1969 when the Brandon Centre was founded by Dr Faith Spicer. Our innovative Brandon Centre Systemic Integrative Treatment (BC-SIT) Service supports families and carers of young people with severe conduct difficulties at risk of going into an out-of-home placement (e.g. custody or foster care). The Brandon Connect project, delivered in partnership with Arsenal in the Community, supports young men aged 16-25 in Islington who are not in education employment or training (NEET) as a result of their mental health difficulties. We also have a range of other exciting partnerships and projects, which deliver innovative projects, such as our psychotherapy service for care leavers.

Counselling and Psychotherapy

Our Counselling and Psychotherapy Service operates across the London Boroughs of Camden and Islington. The service offers a range of therapeutic interventions to young people aged 16 to 25 years old, including structured (CBT-informed) and exploratory (psychoanalytically informed) psychotherapy. The team is clinically led and managed by a Consultant Clinical Psychologist, two Senior Clinical Psychologists, and a Senior Psychoanalytic Psychotherapist. The staff team includes Clinical Psychologists, Psychodynamic Psychotherapists, Integrative Psychotherapists, and Counsellors. The service operated a hybrid delivery model in 2022-2023, offering a mixture of remote (telephone or video call) appointments, and face-to-face appointments at the Brandon Centre and in Youth Hubs in Islington. The majority of appointments took place in person.

In **Camden**, we received **239 referrals** for young people, offered **197 assessment** appointments, and **2,048** therapy appointments during the financial year 2022-2023. In **Islington** we received **178 referrals**, offered **108 assessment appointments**, and **1,017 therapy appointments**. In total, across both Boroughs, we received **417 referrals**, offered **305 assessment appointments**, and **3,425 therapy appointments**.

In Camden, young people attended 89% of their assessment appointments and 78% of their treatment appointments. In Islington, young people attended 75% of their assessment appointments and 80% of their treatment appointments. Across all appointments offered, our attendance rate averaged 80.5%, which is a high rate for engaging adolescents and young adults in a psychotherapy service.

As a result of additional Investment In our service, our waiting times reduced significantly from Q1 to Q4. In Islington, waiting times were reduced from 42 weeks from referral to treatment start. In Q1 to 12 weeks from referral to treatment In Q4. In Camden, waiting times reduced from 34 weeks In Q1 to 18 weeks In Q4 from referral to treatment start.

Complexity:

Problem descriptors were recorded at the point of assessment to record the range of difficulties that a young person was facing including items such as 'self-harm', 'drug and alcohol difficulties', 'problems in attachment to carer', 'self-care issues', 'home problems', 'community problems', and several other items relating to mental health, family relationships, school-related, and social difficulties. The average number of problem descriptors for each young person was **8**, with 81.2% of young people experiencing between 4 to 13 problem descriptors. **This suggests that the young people seen at the Brandon Centre present with a high level of complexity due to experiencing multiple psychosocial difficulties.**

Demographics:

73.5% of young people seen were female, 23.5% were male, and 3% identified with another term for their gender. 50% of young people who stated their ethnicity identified as being from Black, Asian, Minority Ethnic, and Mixed backgrounds, while 50% identified as White (British, Irish, or Other). We Included sexuality data in our demographics data for the first time this year. 53.5% of young people identified as straight/heterosexual,

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

33.5% of young people identified as LGBTQ+ and 13% preferred not to answer.

Outcomes:

Young people completed the **CORE-OM** – a psychometric outcome measure that measures psychological distress - at the start (Time 1) and end (Time 2) of their treatment. The CORE-OM measures the following dimensions: emotional wellbeing, mental health problems/symptoms, daily functioning difficulties, and clinical risk (e.g. suicidality). The total score is called global distress. The scores are divided into the severe, moderately severe, moderate, mild, low, and healthy range. **On average, young people scored in the moderately severe range at the start of treatment. This reduced to the mild range at the end of treatment, suggesting that their mental health significantly improved in response to therapy.** Specifically, young people made significant improvements across all domains: emotional wellbeing, problems/symptoms, daily functioning, clinical risk, and global distress.

Young people also completed the **Goal Based Outcome (GBO)** measure at the beginning and end of their treatment. The GBO is an idiographic measure – meaning that it is specific to the young person. Young people develop their own treatment goals, which we then rate on a scale of 0-10 (10 being goal achieved). 86 young people had re-rated at least one goal across two time points in their treatment. Of the young people who re-rated their goals, **we found that young people made a clinically significant improvement (change of more than 2.45 on their goals) on all three of their treatment goals.**

Feedback:

At the end of treatment, the service routinely collects feedback using the Experience of Service Questionnaire (ESQ) - which consists of a mix of multiple choice and open-ended questions - to provide young people with the opportunity to share anonymously their experience at the Brandon Centre. This is incredibly valuable as it helps us identify areas of strength and improvement needed at Brandon Centre.

100% of young people responded to the CHI-ESQ answered “certainly true” or “partly true” to the statements:

“I feel that the people who saw me listened to me”

“I was treated well by the people who saw me”

98% of young people answered “certainly true” or “partly true” to the statements:

“Overall, the help I have received here is good”

“It was easy to talk to the people who saw me”

97% of the young people who responded to the CHI-ESQ answered “certainly true” or “partly true” to the statements:

“My views and worries were taken seriously”

“If a friend needed this sort of help, I would suggest to them to come here”

95% of young people answered “certainly true” or “partly true” to the statement:

“I feel the people here know how to help me”

The sample feedback below was gathered from open-ended questions answered by young people who used the service in 2022-2023:

“I don't even know where to begin. Everything was brilliant. [Therapist] is such an amazing person and the help she has given me I will carry forever it has seriously been life-changing. She listened to me and validated me. Equipped me with tools on how to deal with my PTSD and other things and gave me advice on the future. I have improved sooooo much over the past few months and I can see the changes that I have made and how [therapist] has helped me. I have had a bad time with health professionals in the past and I am so happy that I got landed with someone who understands me and could help me.”

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Achievements and performance (continued)

"[Therapist] made me feel validated in my emotions and allowed me time to express myself without judgement. She has truly given me an entirely new perspective and outlook on life and I feel confident about my future for the first time."

"I felt properly listened to and was finally provided with a safe space where I could honestly open up and feel and pushed to allow myself to feel in ways I never thought possible or would help. The sessions helped so much with day-to-day awareness and how I treat myself. I am so grateful to of been given this experience."

"[Therapist] is an amazing therapist, she made me feel heard and was able to provide me with a different perspective. She has been incredibly compassionate with me which is exactly what I needed. Out of the three therapists I've had [therapist] is by far the best therapist I've ever had. She is Incredible at her job and I would recommend her to everyone."

"It's actually incredible that this service is free to young people and it is great that it exists (long may that last!)."

Psychotherapy for Care Leavers

We have a small specialist psychotherapy provision (0.6 FTE psychotherapy) for care leavers - young people who were formally looked after children - at our centre. Care leavers can either be those who were formally looked after children from the United Kingdom or those who were formally unaccompanied asylum-seeking children (UASC) from abroad. The native UK and formerly UASC care leavers have somewhat different needs and difficulties. For example, those who are formerly UASC may have ongoing immigration issues, may not speak English fluently, and have a complex trauma history including the original reason why they fled their country, as well as the secondary trauma of travelling without legal documentation to the UK, which can often take months or even years. Native UK care leavers often have a history of complex psychological trauma, including experiences of abuse and neglect, requiring a high level of emotional and practical support as young adults. Our psychotherapy service for care leavers is delivered by an experienced integrative psychotherapist, in partnership with the Camden and Islington Leaving Care Services.

In 2022-2023 we had **23 referrals** to the service from GPs, CAMHS, Social Services, and Adult Mental Health Services. **25 assessment appointments** and **299** psychotherapy appointments were offered.

In Camden, 86% of the young people accessing the service were female, aged 18-20. The majority identified as LGBTQ+ (80%), and half were from non-white backgrounds.

In Islington 56% of the young people were female, aged 18-24, and half were from non-white backgrounds.

Attendance rates were lower for this population than for our main psychotherapy service. They were 65.5% In Camden and 44% In Islington. Therefore, more effort is required to engage these young people in treatment.

Complexity:

Problem descriptors were recorded at the point of assessment to record the range of difficulties that a young person was facing including items such as 'self-harm', 'drug and alcohol difficulties', 'problems in attachment to carer', 'self-care issues', 'home problems', 'community problems', and several other items relating to mental health, family relationships, school-related, and social difficulties. The average number of problem descriptors for each young person was **10**, with a range of 4 to 13 problem descriptors. **This suggests that the care leavers seen at the Brandon Centre present with a high level of complexity due to experiencing multiple psychosocial difficulties.**

Outcomes:

Young people also completed the **Goal Based Outcome (GBO)** measure at the beginning and end of their treatment. The GBO is an idiographic measure – meaning that it is specific to the young person. Young people develop their own treatment goals, which we then rate on a scale of 0-10 (10 being goal achieved). 12 young

TRUSTEES' REPORT (CONTINUED)
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Achievements and performance (continued)

people had re-rated at least one goal across two time points in their treatment. Of the young people who re-rated their goals, **we found that young people made a clinically significant improvement (change of more than 2.45 on their goals) on all three of their treatment goals (average change of +3.9 in goal scores).**

Feedback:

100% of the young people who accessed the service and provided feedback answered "Certainly True" to the statement:

"If a friend needed this sort of help, I would suggest to them to come here."

"Overall, the help I have received here is good."

Young people said in their own words:

"My therapist listened and advised when I needed it, helped me out in situations that I would have reacted differently in."

"I've done therapy for about 12 years of my life and never found someone that made me feel as comfortable with myself and therefore able to explore my feelings with."

"She listens to me understands me doesn't judge me She hears my thoughts and feelings. She takes me seriously and doesn't ignore me because of my anxiety and depression."

"My therapist helped me understand and learn about myself and helped me by listening to what I had to say and gave me good advice to help me manage my problems"

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TRUSTEES' REPORT (CONTINUED)

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Achievements and performance (continued)

e. Young People's Brief Counselling Service (YPBCS)

This service is delivered by a dedicated Psychodynamic Counsellor (0.5 FTE; 17.5 hours pw) and provides rapid-access, brief counselling (up to 6 sessions), to young people aged 12-25 who present to health services for a medical reason but could benefit from a space to talk about their difficulties. The service takes referrals from non-traditional referral pathways in order to provide mental health access to young people who may require mental health support, but are not actively help-seeking. Referral partners currently include the New Horizon's Youth Centre, which supports homeless young people, local primary care services, and the UCLH OnWard Adolescent Health Clinic based at the Brandon Centre. This provision supported 48 young people this year. The young people are mainly from Camden, but we also see a small number from other London Boroughs that form part of our funder's beneficial area (i.e. Barnet, Brent, Ealing, Hammersmith & Fulham, Harrow, Kensington & Chelsea and the Cities of London and Westminster).

This work is supported by a generous grant from **John Lyon's Charity**.

Psychotherapy for Young People in Crisis

We have a specialist psychotherapy provision of 0.8 FTE (28 hours pw) for young people aged 18-25 who are referred to us by the Camden or Islington Mental Health Trust Crisis Teams or who self-refer to us while experiencing a mental health crisis (e.g. currently suicidal or following a recent suicide attempt). These young people are prioritised for assessment and treatment at the Brandon Centre to prevent another mental health crisis from occurring whenever possible. This service provides therapy to up to 40 young people per year and is supported by a generous grant from the **Henry Smith Charity**.

Psychotherapy for LGBTQ+ Young People

Research suggests that young people who identify as LGBTQ+ experience higher rates of mental health difficulties than their heterosexual peers, due to a range of life experiences including experiencing discrimination. Over 1 in 3 (33.5%) of the young people we supported in 2022-2023 identified as LGBTQ+. We have therefore developed a specialist psychotherapy provision (0.8 FTE; 28 hours pw) available for young people aged 16-25 in Camden and Islington who identify as LGBTQ+. This service provides therapy to up to 40 young people per year and is supported by a generous grant from the **City Bridge Trust**.

Mental Health Outreach: Brandon Connect & Arsenal in the Community

Our Brandon Connect service – in partnership with Arsenal in the Community – is an innovative service offering mental health support to young men aged 16-25 who are not in education employment or training (NEET), as well as a counselling service for young men and women aged 16-25 at the Arsenal Hub. It is delivered by a Highly Specialist Psychotherapist (0.6 FTE; 21 hours pw). The outreach programme aims to connect young people back into education, employment, or training, particularly when mental health difficulties are stopping them from achieving their goals. Our proactive and collaborative counselling approach helps young people to identify and overcome those barriers. In 2022-2023, the Brandon Connect service was provided through a hybrid model of face-to-face appointments in the community and virtual meetings (video and telephone calls). The total number of young people seen in the Brandon Connect service was 37 (32 male; 4 female), with the small number of girls being seen at the Arsenal Hub as part of our satellite clinic. Young people were well engaged, with 96% attending more than 10 sessions. On average young people also saw significant reductions in their levels of depression and anxiety and a significant improvement in their treatment goals.

This work is generously supported through **Islington Giving**.

BWell Health and Wellbeing Coaching Service

Our BWell – Young People's Wellbeing Coaching Service has continued to grow this year. BWell provides an evidence-based health and wellbeing coaching offer to young people aged 12-25 living in Camden or Islington. Our BWell offer includes individual as well as group sessions and workshops (e.g. exam stress workshops). We deliver our offer in the community with key partners including Fitzrovia Youth in Action, The Hive, Lift Youth Hub,

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Achievements and performance (continued)

Platform Youth Hub, Mary's, DePaul UK Hostels, the YMCA London, the Arts and Media School Islington, SoundSkool, and Soap Box. We want to go where young people are to offer them support on a range of wellbeing issues, using a coaching model. The service is being evaluated externally through our academic partnership with the Salomons Consultancy, part of the Salomons Institute for Applied Psychology, Canterbury Christ Church University. Since the project started In February 2022, we have provided coaching to 252 young people.

This work is generously supported through the **National Lottery - Reaching Communities Fund**.

Social Prescribing

In July 2022, we launched the new Social Prescribing pilot service for young people aged 16-24 in Camden. This is in partnership with The Hive and Fitzrovia Youth in Action. The service supports young people to explore, choose, and engage in activities of their choice, with the aim of boosting mental and physical wellbeing. Our target was to support 36 young people in one year, with a social prescribing budget of £2,200 available to spend on activities for individuals. There are four strong referral pathways: with Brandon Centre therapy team, Camden School for Girls, Caversham GP Surgery, and Camden Early Help. Referrals have also been accepted from Forward drug and alcohol service. Our Social Prescriber works closely with a young person to decide what activity they would like to do. Young people have chosen to engage in a high range of activities including sports-based activities, arts and crafts, music, gym, horse riding, chess and many more. The Social Prescriber offers 6 sessions which can be over the phone or in person. The Social Prescriber will accompany young people to a class, activity or youth club if they would like the extra support the first few times they try something new. We evaluate the impact of the service by asking young people ONS3 questions at the beginning and end of their sessions. We also send young people an online questionnaire to complete when their case is closed. We work closely with primary care and are part of the fortnightly Peer Support Group with Social Prescribers who work in Camden GP surgeries. Due to the success of the pilot, it has been recommissioned for 2023/2024 including increasing the capacity to 5 days a week.

Feedback on the service includes:

"I enjoyed the sessions because I could tell I was being listened to. I really appreciate how each activity I mentioned being interested in, was researched and looked into. The sessions have impacted my wellbeing and mental health because the new information I have been given has given me something to look forward to in regards to the activities."

"The Social Prescriber has done so much to improve my wellbeing, fencing so far has been the one escape I have from stressful things at home and school and its really helped me improve my mental health."

"It has been a saviour for my mental health. I've never felt so smiley."

"Honestly this service has helped me so much in getting out and doing activities I've been wanting to do which has had a huge effect on my mental well-being. I felt listened too and that I was given a lot of support"

TRUSTEES' REPORT (CONTINUED)
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Achievements and performance (continued)

f. Mental Health & Wellbeing Services for Families

Systemic Integrative Treatment (SIT) Service

Brandon Centre's Systemic Integrative Treatment (SIT) service works with the families and professional networks of young people displaying a range of problem behaviours and aims to prevent family breakdown and young people entering costly out-of-home care. Our SIT team successfully treats families across several London boroughs and nearby counties. In 2022-2023 we supported families living in Camden, Barnet, Enfield, Haringey, Kensington and Chelsea, and Hertfordshire. Our service was also commissioned by the Forensic CAMHS Service at the Tavistock and Portman NHS Trust.

Key outcomes across the SIT service:

- 33 families were enrolled in BC-SIT treatment from 2022-2023
- 5 of the 33 families treated had children in care at the start of treatment and 2 children had returned to their family home by 6 months of treatment
- 91% of children treated within BC-SIT were living at home after receiving 6 months of treatment and of families who had received 12 months of treatment (by Apr 23) 100% of children were living at home

The SIT service was externally evaluated by the University of Hertfordshire on behalf of the Youth Endowment Fund (YEF), which published its SIT evaluation report in July 2023.

Key YEF report outcomes:

- 49 families were enrolled over the course of the pilot study (December 2021–April 2022).
- 73% of families completed phase one of SIT, which is the intensive treatment intervention phase.
- 69% of families continued three months into phase two, while 53% of families completed phase two, which is the less intensive aftercare period.
- During phase one, there was a rapid and sustained fall in problem behaviours as measured by the Child Behaviour Checklist (CBCL) from three months, which continued to six months and through phase two, to 12 months, which was clinically and statistically significant.
- There was also a significant improvement in problem behaviours and family functioning by the end of phase one, as measured by the Strengths and Difficulties Questionnaire (SDQ) and the SCORE-15 respectively.
- Change over time indicates that the programme did have a significant positive impact on child behaviour and family functioning, especially during phase one, which is the intensive treatment intervention phase.

Sample stakeholder feedback:

From a social worker: {The young person} was able to articulate how she's seen how the Therapist's work with her mum has really changed things for their relationship. She said that she noticed mum never shouts at her anymore and they are able to have discussions around conflict and that's really helped. Also, she told me that her Dad was texting her and she texted him back a bit about how she was doing and what she wanted for Christmas. We also reflected together on the positive changes of the year and she spoke about how she now has 5 good friends who she actually likes, and thinks are good people. Additionally, she reported that her mental health was good, and she wasn't worried about anything right now.

From CAMHS: Some lovely feedback Mum had about you; she said that she is at a loss for words in describing how helpful you have been. She said that she has had lots of involvement from different CAMHS professionals over the years and you have been so different; she feels like at last someone truly understands their situation and is providing actual strategies that she understands and that are starting to work. She became quite tearful and told me how hard things have been but how grateful she was to have you.

Sample family feedback:

From a mother: I am so grateful for all of the help given by the Brandon Centre (and rave about it given the opportunity)!

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Achievements and performance (continued)

From a mother: The BC-SIT service has provided me and my family the opportunity to develop a much healthier relationship. The communication between my son and I was deemed impossible. However, as time went on, I have been feeling that there's some understanding/compassion between parent to child and it has been reciprocated.

From a father: BC SIT is an intense process and we were supported every step of the way. I would do it again in a heartbeat if it meant getting to where we are now.

From a young person: "My therapist is a million percent Useful! I wish there were more like these. I feel we are now on the right track".

From parents: Both therapists were very helpful, patient and kind. They went out of their way to attend multi-agency meetings and sent other (fully informed) members of the team when they couldn't go themselves. I found both phases to be very helpful, even towards the end of Phase 2 the therapist suggested a solution to quite a large problem I was having, and it really helped, transformed things even! I very much liked the way the help was phased out from 1 into 2 as it was so intense I wasn't ready for it to just simply stop after 6 months. It all worked really well, and I feel more able to deal with day-to-day problems and the occasional meltdowns.

From parents: We had received 5 years of therapy for our child and things only got worse. With the SIT Therapist, (although the intervention is working with the parents mainly), the treatment has by far been the most effective. The Therapist was very clear on explaining the model, ladders/progress blocks and this made a huge difference and has changed the behaviours of our child. The therapist spoke to the Schools who couldn't comprehend what was going on for our child, she got all services involved to understand our family's situation.

Love and Limits Parent Programme

The Love and Limits parent programme is for parents/carers of teenagers (aged 12-16) with challenging behaviour. The programme has been updated and adapted to be delivered online. 64 parents attended the programme over the last year.

Feedback from parents:

"The programme was very well planned and very well delivered. I liked the emphasis on providing calm parenting and on demonstrating unconditional love. The programme has also helped me to think about setting and maintaining boundaries. It has been good to hear about other parents' experiences and insights."

"It was so helpful, I know now to be clear with communicating what upsets us and what we deem challenging or unacceptable behaviour, not to generalise criticisms, to maintain a positive "bank balance " adding to the bank when behaviour has been positive, not to be unrealistic in my expectations and to follow through and be consistent with consequences and rewards"

"I find it useful and insightful sharing experiences which helped me feel less isolated with the challenges I have with my teen. I found some of the strategies really useful in tackling my son's behaviour and de-escalating arguments"

ADHD Parent Programme

The ADHD Parent Programme is for parents of children and young people (aged 5-12) who have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). The programme offers psychoeducation about ADHD and discipline strategies related to the "1-2-3 Magic" discipline model. 40 parents attended this programme.

Feedback from parents:

"Sharing experiences and listen to the other parents is just a comfort as a parent. We are all going through the same... I feel relieved to understand that is not just with me and that help me to keep my head up"

TRUSTEES' REPORT (CONTINUED)
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Achievements and performance (continued)

"I learn more about how to set healthy Boundaries for my daughter, and learn about benefit about ADHD and 1-2-3 Magic."

Parent support group for CAMHS waiting list

This is a new 12-month pilot parent programme delivered in partnership with Mind in London. This project was funded by NHS England. Brandon Centre developed this parent programme to support the parents/carers of young people aged 11-16 who are on long waiting lists for treatment from statutory CAMHS services. 57 parents attended the programme. Initial difficulties with gaining enough referrals resulted in lower numbers than expected initially. However, by the last cohort, referral numbers were much higher. Feedback and outcomes from this programme are very positive and bridge funding has now been obtained from national Mind while further ICB funding is sought.

Feedback from Parents:

"Personally, I found it reassuring to meet parents in a similar situation to myself. I thought the programme was well-thought out and facilitated."

"It was really valuable. I found the group so supportive. It's been a lifeline."

"I found the course very useful understanding and supportive which I haven't had anywhere else"

"Firstly, thank you both so much for the course – I've got so much out of it, loved participating and hearing what the other parents have experienced. It was also very heart-warming and reassuring to get your positive feedback – I'm just sad it's finished!"

The Families, Food and Feelings programme

The Families, Food and Feelings programme was delivered to 77 parents. Feedback included:

"Thank you ever so much for this fantastic service... it has really opened by eyes to a whole new way of thinking/parenting."

"A fantastic group that has given me a wealth of new ideas and confidence. It has provided me with new ways of thinking and given me a safe forum to discuss my concerns and worries."

"I enjoyed every bit, I found it very useful and apply it to my everyday life, to all of my children. Very educative."

TRUSTEES' REPORT (CONTINUED)
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Achievements and performance (continued)

g. Training & Consultancy

Enhanced Healthy Living Service

The Enhanced Healthy Living Service (EHLS) is a targeted service for children and young people who are overweight or obese in Camden and Islington. The service is an evidence-based intervention working with the parents of these children and integrating treatment with other teams/professionals via consultation and Multi-disciplinary Team (MDT) working.

- The Families, Food and Feelings programme was delivered to 77 parents.
- The MDT has supported 170 complex cases,
- A total of 120 professionals attended the quarterly webinars that were run as part of the EHLS training offer.

Ground Up and School Staff Support

The Ground Up service is a service which aims to increase the mental health capacity and staff resilience in third sector organisations in Camden. Ground Up provides supervision, support and training to youth workers. North Central London (NCL) CCG (Camden) are funding this service. Additional funding from Christ Church School enabled Ground Up to extend this offer to their school staff by providing one to one coaching, wellbeing consultations or short- term counselling.

- 115 support sessions to youth workers, school staff and volunteers
- 1 group supervision session to school staff
- 3 training workshops to youth workers
- 12 short term counselling sessions to school staff
- 4 coaching sessions to school staff

Feedback from organisations:

"Able to voice the stress I was feeling. Reduced feelings of guilt around a particular case. Reminder to consider self-care in my working week."

"The support helped me stop and think about how much mental and physical energy has to be poured out into my job. It also allowed me to slow down and process some of my experiences and how to discuss it in supervision."

"Just having a space to discuss professional matters with an unbiased party was very helpful"

Haringey Staff Support

Suicide prevention funding from Public Health England has enabled Brandon Centre to offer clinical group support to social workers and personal advisors working with vulnerable care leavers in Haringey's Young Adults Service. A clinical psychologist meets with the various service teams to discuss cases and challenges in their work.

- 44 support sessions have been offered
- 6 teams have been supported
- Approximately 42 staff social workers, managers and personal advisors have been supported

Feedback from the teams:

"I presented a case I have been feeling stuck on and my colleague was also present who had worked with the same YP previously. We were able to reflect on the lack of movement on the case since the case was transferred to myself. It was good to have other people to discuss it with as a soundboard"

"helpful, practical and useful"

"It was a great space where discussion about complex cases is held. We managed to discuss complex cases and how to tackle situations. I found today's session beneficial"

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

h. Community Outreach Programmes

Arsenal Girls Kicks – Wellbeing Support for Girls Community Football

The Arsenal Girls Kicks programme offers community football sessions to girls aged 8-16. It is part of the Premier League Kicks initiative, which aims to inspire young people by engaging them in football. The Brandon Centre has been providing emotional wellbeing support to the Arsenal Girls Kicks programme, thanks to generous funding provided to us via Islington Giving. This has been delivered by a Chartered Sport and Exercise Psychologist. Our offer included pitch-side emotional wellbeing conversations on a 1:1 or group basis during football practice. This year we focused on 6 themes that we covered with young people in their football practice sessions – on and off the pitch. These are:

1. **Deliberate Practice:** Introduced and developed an understanding of deliberate practice and its use in advancing skill and performance.
2. **Effective Communication:** Developed an understanding of how to communicate effectively and why it is important in sports (but also in life).
3. **Emotional Awareness:** Developed an understanding of emotional awareness, emotion regulation, and how emotions impact the way we think feel and behave (relevant inside and outside of football).
4. **Mindfulness:** Introduced and developed an understanding of awareness from a “being present” and mindfulness perspective.
5. **Strengths and Values:** Introduced and developed an understanding and knowledge of why knowing your strengths and values is beneficial.
6. **Growth Mindset:** Introduced growth mindset. Learning how to recover from mistakes/ past “failures”. “Failures” as learning opportunities. Developing resilience.

Arsenal Girls Kicks in Numbers:

- 138 girls attended at least 1 session (e.g. workshops)
- 82 girls attended 5 or more sessions within a 4-month period.
- 70 girls attended 10 or more sessions across two consecutive 4-month periods.
- 127 sessions were delivered lasting around 1h 15 m each.
- The age range was 8-18, with the majority of the girls aged 11-15
- 62% of the girls came from a Black, Asian and Minority Ethnic background; 31% were White; while 7% did not state their ethnicity.

Minding the Gap and the Hive youth support

The Brandon Centre seconded three young people's workers to provide holistic psychosocial support services at The Hive, a therapeutic youth hub in Camden. The Hive is jointly commissioned by the Camden Clinical Commissioning Group and Camden Council. The Hive is led by Catch-22 and was recently recommissioned for a further 5 years. The Hive offers a free mental health and wellbeing service that supports young people aged 16 to 24 in Camden. The Hive is a youth hub with a warm and welcoming feel to it. The service allows workers to have a unique approach to each young person. This is achieved through 1-1 work and the social hub involving activity group work. This is a unique approach, holistically viewing mental health and creating a service that is non-clinical, accessible, flexible, and creative. We find this approach helps keep each young person at the centre of their journey. In 2022 - 2023 185 young people accessed therapeutic 1:1 support at The Hive.

OnWard: Outreach Service for The Wellbeing of Adolescents

In partnership with University College London Hospitals (UCLH) NHS Foundation Trust and the UCLH Charity, we have hosted and co-delivered an adolescent health hub at the Brandon Centre. The Outreach Service for the Wellbeing of Adolescents (OnWard) provides a multi-professional service for young people (aged 13-18 years old) living or studying in Camden and Islington. They offer holistic reviews of patients' physical health, mental health and wellbeing, within the context of their wider lives and needs. The clinic's multi-clinician approach is beneficial to young people who often have complicated needs and do not fit easily into a service that is delivered by a single specialist. In addition to hosting the clinic, the Brandon Centre seconded a

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

Psychodynamic Counsellor to the service who has been seeing up to 50 young people per year for brief counselling (6 sessions).

Condoms - C-Card collection, advice and information

In February 2023, we secured funding from the local authority to continue the delivery of the Come-Correct (C-Card) scheme by one of our Young Ambassadors. This is to ensure that young people have access to free condoms and have a safe place for advice. It was important for us to continue the C-Card scheme as part of our sexual health history when Faith Spicer founded Brandon Centre.

HandsOn London

Brandon Centre enjoys a collaborative partnership with HandsOn London, a charity that connects volunteers with good causes within the community and other charity projects. The projects get an extra pair of hands, and the volunteers get a great sense of achievement.

It has been amazing to see our garden develop into such a welcoming and mindful space. Young people, staff, partners and our volunteers so enjoy using the space for a variety of services, activities and quiet relaxation.

In 22/23 HandsOn London has been instrumental in overseeing and supporting our environmental garden project. Mobilising and guiding over 50 volunteers from a wide range of local businesses has helped us to transform our outside space into our mindful garden, giving us a lovely reflective space for coaching and other wellbeing activities, and giving our young people even more choice over how they access our services. Baringa, Asante Capital, Wordplay for FIS and Amazon, are just some of the young volunteers who have helped make this possible, and they themselves have benefitted from the experience of gardening, working with nature, engaging with the local community and understanding the inspiring mental health and wellbeing services we deliver.

This environmental project is also helping us to improve and increase habitats that support pollinators. All of this is a key part of our new ESG Strategy.

Volunteering

We encourage members of the community to engage in volunteering with Brandon Centre. Volunteering over this last year has been growing and being embedded in more and more of our Brandon Centre services and development projects. It has been great to see the number of individual and group volunteers contribute and grow in so many ways. Over 22/23 we have provided opportunities for individual and group contributions from corporate and community organisations. Whilst we continue to develop our volunteering and corporate social responsibility offer, some examples of volunteer work available include gardening, reception, finance and HR, work and college experience, student placements and fundraising (university student challenges and events).

CoRe Project

We were fortunate to be accepted for a second time, as part of the Big Alliance CoRe 2023. CoRe has grown out of Macquarie Group's commitment to supporting the local community infrastructure in Islington and beyond, the programme involved a mixed team of Macquarie Group, Slaughter and May and Expedia Group employees utilising their skills, knowledge and expertise to transform the capability, capacity and sustainability of local charities and social enterprises.

The 6-month Programme involved 6 corporate volunteers from Macquarie, Expedia and Slaughter and May. They have been incredibly supportive in helping us with two key projects:

- Reviewing, testing and developing our Social Media presence on Instagram and Tik Tok and
- Supporting us with our Trustee recruitment (replacement of x3 retiree's (x2 clinical and Honorary Trustee) and 2 new Trustees (EDI and Fundraising)

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

Young Patron

We are so pleased to welcome Grace Campbell as our Young Patron. She's been described as "One of the funniest women in Britain," and "Articulate, witty and very funny...a breath of fresh air."

Grace says *"I have a very fond place in my heart for Brandon Centre. It's a really special place in Kentish Town. It's where I'm from. I needed it when I was a teenager and teenagers still really need it today. It's really important that there's somewhere teenagers can go and talk about mental health or sexual trauma and not feel scared of being accused of things"*.

Grace is helping to organise a comedy fundraiser later in 2023. She is focused to help raise money and social awareness of our Brandon Centre's work.

Young Ambassadors

We have continued to involve our young people in the design, development and improvement of our services. Over this last year, we've worked hard to develop a team of young people and to establish processes that make sure these plans continue to become a reality. An example of this commitment in action, and one of the recent achievements of our Young People's Involvement work has been the funding secured from the National Lottery Reaching Communities fund for the development and delivery of a pilot service providing health coaching to young people – our innovative BWell service.

Members of our Young People's Leadership Board played a key part in the development of the bid with Lillan, our Chair, attending the final interview with the National Lottery. We're also delighted that two of our Young Ambassadors have worked within the new Bwell service undertaking Health Coach training, alongside other members of the Bwell Team.

"Being a Young Ambassador has given me a great opportunity to get into a job that I really enjoy. I started by attending meetings and giving feedback on a range of things including developing projects and tenders. I was later given the opportunity to apply to become a Health and Wellbeing coach for the new Coaching service which I really enjoy and is teaching me so much."

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

As a reserves policy, the Council of Management have agreed there should be 3 months running costs. At 31st March 2023, the Centre had total reserves of £793 (2022: £667k) of which free reserves (excluding restricted funds and funds invested in the Brandon Centre's building) amounted to £383k (2022: £292k). Adjusting for the cost of the discontinued sexual health service, unrestricted reserves currently cover 2.6 months of operating costs. This is a 0.6 months improvement since 2022 but still below the reserve policy of 3 months. Our strategy is to close this gap during the next couple of years.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

c. Finances of the Charity

Brandon Centre's financial position at 31st March 2023 remains sound. As explained below, in 2022/23 the Centre ran a surplus for a second year running after several years of deficits.

As shown by the Statement of Financial Activities, total incoming resources for the year to 31st March 2023 were £1,978k (£131k (6%) higher than in previous year). Excluding our sexual health service which was discontinued during the year, income grew 28% due to additional contracts for our Psychotherapy and Systemic Integrative Therapy services plus new grant income including from the National Lottery, the Henry Smith Charity, and the City Bridge Trust. This was partially offset by the end of our 2-year funding from the Youth Endowment Fund. Adjusting for a £35k increase in restricted reserves due to income received in 22/23 that will be spent in 23/24, income growth was 4%.

Expenditure totalled £1,852k (£55k (3%) higher than in previous year). The growth in expenditure (3%) was slightly lower than the growth in income adjusted for the restricted reserve movement (4%). The difference was primarily due to lower repair costs to our building in Prince of Wales Road.

Net incoming resources during the year amounted to £126k (£76k higher than previous year). As mentioned above, £35k of this relates to restricted income received in 22/23 that will be spent in 23/24. Adjusting for this, the underlying increase in net incoming resources was £91k. As in previous years, the Centre has benefited from the financial support of Health and Local Authorities, Charitable Trusts and Corporate donors.

d. Risk analysis

A review of the major risks to which the charity is exposed and the systems that have been established to mitigate those risks was carried out by the Honorary Treasurer and Director, in consultation with the auditors as required. The review initially considered external factors. Changes in social policy, overall public spending, the standing of Child and Adolescent Mental Health Services and legislation were identified as potential areas of risk. Potential human resources and infrastructure problems at the Centre were also considered. However, the review conducted found that there were already systems in place to mitigate the possible impact of the main risks identified. Based on the report's recommendations, areas of potential vulnerability identified were rectified. Formal risk analysis is being conducted on a continuing basis and any new areas of risk will be addressed.

e. Fundraising

Brandon Centre is registered with the Fundraising Regulator and has committed to following the Code of Fundraising Practice and the Fundraising Promise. No complaints were received during the year regarding Brandon Centre's fundraising activity. Expenditure on fundraising in 2022/23 was £47,870 (2021/22: £36,964), which was 2.4% (2021/22: 2.1%) of income.

Structure, governance and management

a. Legal status and constitution

Brandon Centre for Counselling and Psychotherapy for Young People is registered as a charitable company limited by guarantee, number 1830241, and therefore has no share capital, and is also a registered charity, number 290118. The Brandon Centre was formerly The London Youth Advisory Centre, which was founded in 1969. It was registered as a charity and incorporated as a company in 1984. The names of the members of the Council of Management at 31st March 2023 are set out on page 1. The objectives and activities of the company are governed by its Memorandum and Articles of Association.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Structure, governance and management (continued)

b. Appointment of Council Members

Members of the Council must be Members of the Company and shall be elected either by the Members of the Company in General Meeting or by the Council. At each AGM one-third of the Members of the Council are required to retire from office by rotation however are eligible for re-election. The Council may appoint someone to be a Member of the Council, either to fill a casual vacancy or as an addition to the existing membership, and anyone so appointed holds office only until the next AGM but is eligible for re-election. No Director shall serve for more than nine consecutive years, unless the Directors consider it would be in the best interests of the Charity for a particular Director to continue to serve beyond that period and that Director is reappointed in accordance with the Articles.

c. Organisational structure and decision-making policies

Governance

Brandon Centre's Board enjoys the support of a broad range of experienced Trustees. Our Trustees continue to contribute so much to Brandon Centre. We have been supported by 10 Trustees in 2022/23. The Board has met quarterly, with one Annual General Meeting, Board Development Sessions and a whole Organisational Away Day. The Board ensures Brandon Centre's aims are delivered effectively and sustainably. It has quarterly sub-committees for Finance, Audit & Remuneration, Quality, Safety & Risk, People, Business Development, Information Governance, Fundraising and our newly developed Environmental, Social and Governance Committee.

Our Chief Executive, supported by the Senior Leadership Team, remains accountable to the Board for administration and financial management and works together with the Board to develop Brandon Centre's long-term strategy, business development, budget and business plan.

Young People's Board

The Young People's Board reports into the main Board and enables our Young Ambassadors support the Senior Leadership Team in making the best service developments and recommendations for the young people in our community.

d. Policies adopted for the induction and training of Trustees

New trustees have an induction process and are encouraged to meet senior managers and attend meetings. There are regular awaydays to enable the trustees to understand the organisation better and meet face-to-face with management. Trustees complete core trainings as part of Brandon Centre's training programme and there are regular additional trainings within the Board and/or at awaydays.

e. Pay policy for key management personnel

Staff and management pay is set annually subsequent to a review of the employment market. The Board approve the annual pay rise as part of the budgeting process and the CEO is required to keep the total cost of the organisation within the agreed budget but has the flexibility to shift funds between cost items. The CEO, Head of Finance and Head of People meet fortnightly to review any changes to staff hours or salaries. Salary changes must be approved at this meeting before being implemented. Any change to the CEO salary must be approved by the Chair.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Plans for future periods

Brandon Centre plans to continue the successful implementation of our strategy discussed above "Getting Set for Success - Strategy 2021 – 2024" in the forthcoming years. The strategy includes the following key items:

- Objective 1: Continue to develop a compassionate, inspiring and thriving environment for our young people, employees and volunteers.
- Objective 2: Strengthen and grow our specialist services which improve and maintain the health, wellbeing, and independence of our young people.
- Objective 3: Increase research and evidence-based practices throughout our organisation and partnerships.
- Objective 4: Fully integrate diversity, equality, inclusion, and opportunity in our ways of thinking and ways of working.
- Objective 5: Ensure financial sustainability and capacity to grow.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Charity for the purposes 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. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and 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.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Auditors

The auditors, Goodman Jones LLP, have indicated their willingness to continue in office and a resolution to re-appoint Goodman Jones LLP as auditors will be proposed at the next AGM.

Approved by order of the members of the board of Trustees and signed on their behalf by:

Mark Bland
.....
Mark Bland
(Chair of Trustees)
Date: 09-10-23

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE

Opinion

We have audited the financial statements of Brandon Centre for Counselling and Psychotherapy for Young People (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charity and sector, we identified that the principal risks of non-compliance with laws and regulations related to sector regulations and unethical and prohibited business practices, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006, Charities Act 2011, Charity Commission and sector regulations, and UK Tax Legislation.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Appropriate audit procedures in response to these risks were carried out. These procedures included:

- Discussions with management, including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Reading minutes of meetings of those charged with governance;
- Obtaining and reading correspondence from legal and regulatory bodies including HMRC;
- Identifying and testing journal entries;
- Challenging assumptions and judgements made by management in their significant accounting estimates.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members; and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Goodman Jones LLP

Goodman Jones LLP
Chartered Accountants
29/30 Fitzroy Square
London
W1T 6LQ

Date: 11-10-23

Goodman Jones LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	4	24,170	331,738	355,908	399,767
Charitable activities	5	1,546,891	73,664	1,620,555	1,461,124
Investments	6	1,831	-	1,831	17
Total income		1,572,892	405,402	1,978,294	1,860,908
Expenditure on:					
Raising funds		47,870	-	47,870	36,964
Charitable activities		1,434,016	370,106	1,804,122	1,760,056
Total expenditure		1,481,886	370,106	1,851,992	1,797,020
Net movement in funds		91,006	35,296	126,302	63,888
Reconciliation of funds:					
Total funds brought forward		292,202	374,359	666,561	602,673
Net movement in funds		91,006	35,296	126,302	63,888
Total funds carried forward		383,208	409,655	792,863	666,561

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

The notes on pages 32 to 48 form part of these financial statements.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)
REGISTERED NUMBER: 01830241

BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	264,801	270,747
		<u>264,801</u>	<u>270,747</u>
Current assets			
Debtors	12	148,878	73,681
Cash at bank and in hand		731,175	771,259
		<u>880,053</u>	<u>844,940</u>
Creditors: amounts falling due within one year	13	(351,991)	(449,126)
Net current assets		<u>528,062</u>	<u>395,814</u>
Total assets less current liabilities		<u>792,863</u>	<u>666,561</u>
Total net assets		<u><u>792,863</u></u>	<u><u>666,561</u></u>
Charity funds			
Restricted funds	14	409,655	374,359
Unrestricted funds	14	383,208	292,202
Total funds		<u><u>792,863</u></u>	<u><u>666,561</u></u>

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

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

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

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)
REGISTERED NUMBER: 01830241

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2023

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Mark Bland
.....
Mark Bland
(Chair of Trustees)
Date: 09-10-23

The notes on pages 32 to 48 form part of these financial statements.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
Cash flows from operating activities		
Net cash used in operating activities	(32,944)	362,972
Cash flows from investing activities		
Purchase of tangible fixed assets	(8,971)	(6,685)
Investment income	1,831	17
Net cash used in investing activities	(7,140)	(6,668)
Change in cash and cash equivalents in the year	(40,084)	356,304
Cash and cash equivalents at the beginning of the year	771,259	414,955
Cash and cash equivalents at the end of the year	731,175	771,259

The notes on pages 32 to 48 form part of these financial statements

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

1. General information

Brandon Centre for Counselling and Psychotherapy for Young People is a charitable company registered in England and Wales. The registered office address is 26 Prince of Wales Road, Kentish Town NW5 3LG. The objects of the Charity are set out in the Trustees' Report on page 2.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Brandon Centre for Counselling and Psychotherapy for Young People meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

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 £.

2.2 Going concern

Having considered the future plans of the Charity, including expected income and expenditure, for a period of at least twelve months from the date of approval of the financial statements, the Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Accordingly, the financial statements are prepared on a going concern basis.

2.3 Company Status

The Charity is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

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

2. Accounting policies (continued)

2.5 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis and to the extent that any performance conditions attached to the grants have been met. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.6 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 allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

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

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £1000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

At each reporting date the Charity assesses whether there is any indication of impairment. If such indication exists, the recoverable amount of the asset is determined to be the higher of its fair value less costs to sell and its value in use. An impairment loss is recognised where the carrying amount exceeds the recoverable amount.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- Not depreciated per note 10
Fixtures, fittings and equipment	- 3 years straight line

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

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

2. Accounting policies (continued)

2.12 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

2.14 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

3. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The preparation of financial statements requires the use of certain critical accounting estimates. Management must also exercise judgemental in applying the Charity's accounting policies. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

Income recognition:

The Charity receives income from contracts and performance grants. These agreements include various quantitative and qualitative milestones and performance conditions to be met in order for the Charity to have entitlement to the funds. The Charity makes various assumptions in determining the stage of completion of these contracts and performance grants.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

4. Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Donations	9,970	25,000	34,970	8,529
Grants	14,200	306,738	320,938	391,238
	<u>24,170</u>	<u>331,738</u>	<u>355,908</u>	<u>399,767</u>
<i>Total 2022</i>	<u><u>51,600</u></u>	<u><u>348,167</u></u>	<u><u>399,767</u></u>	

5. Income from charitable activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
London Borough of Camden	518,829	73,664	592,493	518,672
London Borough of Islington	185,446	-	185,446	451,340
NHS North Central London ICB	431,331	-	431,331	308,336
NHS South West London ICB	-	-	-	35,400
Mind in Enfield and Barnet	54,769	-	54,769	-
UCL Training	57,152	-	57,152	29,776
Tavistock and Portman	138,250	-	138,250	-
Catch 22	88,851	-	88,851	83,339
Other charitable activities	39,763	-	39,763	34,261
Camden and Islington Mental Health Trust	32,500	-	32,500	-
	<u>1,546,891</u>	<u>73,664</u>	<u>1,620,555</u>	<u>1,461,124</u>
<i>Total 2022</i>	<u><u>1,387,460</u></u>	<u><u>73,664</u></u>	<u><u>1,461,124</u></u>	

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

6. Investment income

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Bank interest receivable	1,831	1,831	17

7. Analysis of expenditure by activities

	Direct costs 2023 £	Support costs 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Charitable activities	1,587,652	216,471	1,804,123	1,760,056
<i>Total 2022</i>	<i>1,492,623</i>	<i>267,433</i>	<i>1,760,056</i>	

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Charitable activities 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Staff costs	1,385,555	1,385,555	1,240,154
Depreciation	13,359	13,359	-
Advertising and promotion	4,678	4,678	3,793
Books, pamphlets and subscriptions	12,865	12,865	2,609
Computer maintenance	42,122	42,122	42,147
Course and conferences	590	590	2,500
Fundraising	-	-	442
Household expenses and sundries	11,325	11,325	10,997
IG consulting	3,317	3,317	1,818
Insurance	17,686	17,686	15,749
Light, heat and power	2,427	2,427	760
Locums and temporary staff	3,664	3,664	33,331
Medical staff	12,920	12,920	62,751
Printing, postage and stationary	598	598	532
Professional fees	19,606	19,606	33,951
Recruitment	-	-	2,536
Rent and rates	4,177	4,177	5,757
Repairs and maintenance	6,846	6,846	12,148
Staff expenses	-	-	4,380
Telephone and communications	13,375	13,375	12,028
Travel, recruitment and training	29,796	29,796	4,240
Governance costs	2,746	2,746	-
	1,587,652	1,587,652	1,492,623

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Charitable activities 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Staff costs	128,580	128,580	142,268
Depreciation	1,558	1,558	16,322
Advertising and promotion	7,169	7,169	11,230
Books, pamphlets and subscriptions	3,385	3,385	1,043
Computer maintenance	2,957	2,957	5,836
Courses and conferences	170	170	-
Household expenses and sundries	20,402	20,402	20,469
IG consulting	7,483	7,483	5,382
Insurance	2,063	2,063	1,898
Light, heat and power	5,473	5,473	2,295
Medical supplies	76	76	33
Printing, postage and stationary	1,319	1,319	1,071
Professional fees	7,017	7,017	6,464
Rent and rates	2,494	2,494	2,598
Repairs and maintenance	15,439	15,439	37,029
Telephone and communications	1,560	1,560	1,450
Travel, recruitment and training	3,132	3,132	3,645
Governance costs	6,194	6,194	8,400
	216,471	216,471	267,433

8. Auditors' remuneration

The auditors' remuneration amounts to an auditor fee of £8,620 (2022 - £8,400), and fees for preparation of the charity's corporation tax return of £500 (2022 - £500).

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

9. Staff costs

	2023	2022
	£	£
Wages and salaries	1,369,029	1,234,287
Social security costs	137,306	117,683
Contribution to defined contribution pension schemes	34,534	32,226
	1,540,869	1,384,196

The average number of persons employed by the Charity during the year was as follows:

	2023	2022
	No.	No.
Director	1	1
Psychotherapy	26	19
Contraception and sexual health	2	9
Systemic integrative therapy	9	10
Central administration	15	8
	53	47

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2023	2022
	No.	No.
In the band £60,001 - £70,000	1	1
In the band £70,001 - £80,000	-	1

Total expenditure incurred in respect of key management personnel, including employer's national insurance and employer's pension costs, totalled £109,412 (2022: £119,077).

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 March 2023, no Trustee expenses have been incurred (2022 - £NIL).

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

11. Tangible fixed assets

	Freehold property £	Plant and machinery £	Total £
Cost or valuation			
At 1 April 2022	252,387	51,788	304,175
Additions	-	8,971	8,971
At 31 March 2023	252,387	60,759	313,146
Depreciation			
At 1 April 2022	-	33,427	33,427
Charge for the year	-	14,918	14,918
At 31 March 2023	-	48,345	48,345
Net book value			
At 31 March 2023	252,387	12,414	264,801
At 31 March 2022	252,387	18,360	270,747

The Trustees consider that any depreciation charge on the freehold property would be immaterial on the grounds that the estimated residual value is not materially different from the carrying value (which is the cost of acquisition) and given market value is considered to be significantly higher (based on a professional valuation from February 2022). As a result, no depreciation has been provided.

The freehold property, 26 Prince of Wales Road, London NWS, was acquired in April 1983 at a cost of £35,559. Donations were received for the cost of the premises and a capital reserve fund was established for these funds. An extension to the building was subsequently added and further donations were received and placed to the credit of the capital reserve. In 2009, building works were carried out to convert the top floor flat into offices for the use of the Centre. This was funded from the development fund set up for this purpose. An amount equal to the cost has been transferred from the development fund to the capital reserve fund. The balance on the capital reserve fund equals the cost of the property.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

12. Debtors

	2023 £	2022 £
Due within one year		
Trade debtors	77,155	48,302
Other debtors	261	420
Prepayments and accrued income	71,462	24,959
	<u>148,878</u>	<u>73,681</u>

13. Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	5,079	17,656
Other taxation and social security	37,247	31,579
Other creditors	8,341	8,122
Accruals and deferred income	301,324	391,769
	<u>351,991</u>	<u>449,126</u>

	2023 £	2022 £
Deferred income at 1 April 2022	353,399	32,791
Resources deferred during the year	266,612	353,399
Amounts released from previous periods	(353,399)	(32,791)
	<u>266,612</u>	<u>353,399</u>

Deferred income represents income being received in advance of entitlement under the grant agreements/contracts.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2022 £	Income £	Expenditure £	Balance at 31 March 2023 £
Unrestricted funds				
General Funds - all funds	292,202	1,572,892	(1,481,886)	383,208
Restricted funds				
Arsenal Connect	21,181	12,500	(16,510)	17,171
Brandon Connect - Islington	-	36,729	(36,729)	-
Capital reserve	252,387	-	-	252,387
Coaching	-	95,809	(95,809)	-
Grow Back Greener	5,000	5,000	(10,000)	-
Healthy Eating	22,495	73,664	(73,664)	22,495
Systemic Integrative Treatment	11,000	11,000	(22,000)	-
Therapy for UCL Students	20,099	-	(20,099)	-
Therapy Support for Young People with SH Problems	18,002	31,000	(31,000)	18,002
Walking Project	2,227	1,500	(3,727)	-
Young Person's Involvement	7,000	-	(7,000)	-
Young Person's Progression Programme	14,968	-	(14,968)	-
Psychotherapy for Young People from the LBGTQ+ Community	-	50,000	(16,172)	33,828
Psychotherapy for Young People with significant MH problems	-	88,200	(22,428)	65,772
	374,359	405,402	(370,106)	409,655
Total funds	666,561	1,978,294	(1,851,992)	792,863

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2022 £</i>
Unrestricted funds				
General Funds - all funds	237,278	1,403,506	(1,348,582)	292,202
Restricted funds				
Arsenal Connect	24,635	8,413	(11,867)	21,181
Brandon Connect - Islington	12,700	27,158	(39,858)	-
Brandon Prevent	9,584	-	(9,584)	-
Capital reserve	252,387	-	-	252,387
Coaching	-	8,901	(8,901)	-
Counselling and Psychotherapy for Young Islington Residents	11,900	-	(11,900)	-
Grow Back Greener	-	5,000	-	5,000
Healthy Eating	-	73,664	(51,169)	22,495
Systemic Integrative Treatment	49,189	243,298	(281,487)	11,000
Therapeutic Support/Coping Skills for Young People Waiting for Counselling	5,000	-	(5,000)	-
Therapy for UCL Students	-	35,000	(14,901)	20,099
Therapy Support for Young People with SH Problems	-	31,000	(12,998)	18,002
Walking Project	-	3,000	(773)	2,227
Young Person's Involvement	-	7,000	-	7,000
Young Person's Progression Programme	-	14,968	-	14,968
	365,395	457,402	(448,438)	374,359
Total funds	602,673	1,860,908	(1,797,020)	666,561

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

14. Statement of funds (continued)

Arsenal Connect - A project supporting girls/young women of Islington in non-stigmatising group settings.

Brandon Connect - Islington - A project supporting young people in Islington to engage in education, employment or training who have been restricted from doing so due to mental health problems.

Brandon Prevent - A project that builds on the Centre's group parent training programme for parents of challenging teenagers by providing parents with weekly individual skills, based on the strategies they learn at the parent training classes.

Capital reserve - As described in note 10 this fund equals the cost of the freehold property.

Coaching – Coaching support for young people, aged 12-24 who are vulnerable to poor mental health; delivered through an open door/rapid access community approach.

Counselling and psychotherapy for young Islington residents - A psychotherapy service for 16 to 21 year olds based in Islington.

Counselling for 16 to 24 year olds with mental health problems - A mental health project that offers support to 16 to 24 year olds with mental health problems.

Covid response - The improvement of the building and computer systems to enable continuity of services and safe delivery during Covid.

Grow Back Greener – To develop a community space for young people in the garden of the Brandon Centre's Prince of Wales office.

Ground Up - A project to strengthen the Third Sector's Mental Health Capacity.

Healthy Eating – To support families with overweight children where weight is a significant health need.

Photovoice - A project supporting young people to tell their stories focusing on emotional wellbeing, mental health and the experience of being a young person today.

Systemic Integrative Treatment - A project working with families of young people displaying a range of problematic behaviours with the aim of preventing these young people entering costly-out-of care.

Therapeutic Support/ Coping Skills for Young People waiting for counselling - A project to provide support and coping skills for young people on the waiting list for psychotherapy.

Therapy for UCL Students – “Widening Access and Participation” pilot scheme to offer direct support in the form of psychological therapy to UCL students who come from disadvantaged and underrepresented backgrounds.

Therapy Support for Young People with SH Problems – To support young people experienced difficulties with sexual health issues.

Walking Project – Support young peoples' wellbeing through walking activity.

Youth Ambassadors - A project giving young people with mental health problems a platform to ensure their voice is heard and listened to.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14. Statement of funds (continued)

Young Person's Involvement – To engage young people in all aspects of Brandon Centre activity including the governance, strategy, operations and development of new projects.

Young Person's Progression Programme - To provide work-based opportunities within Brandon Centre for young people, who we are otherwise not able to place with supportive partner organisations.

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	264,801	-	264,801
Current assets	470,398	409,655	880,053
Creditors due within one year	(351,991)	-	(351,991)
Total	383,208	409,655	792,863

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2022 £</i>	<i>Restricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Tangible fixed assets	18,360	252,387	270,747
Current assets	722,968	121,972	844,940
Creditors due within one year	(449,126)	-	(449,126)
Total	292,202	374,359	666,561

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

16. Reconciliation of net movement in funds to net cash flow from operating activities

	2023 £	2022 £
Net income for the year (as per Statement of Financial Activities)	126,302	63,888
Adjustments for:		
Depreciation charges	14,918	16,322
Investment income	(1,831)	(17)
Increase in debtors	(75,197)	(22,967)
Increase/(decrease) in creditors	(97,136)	305,746
Net cash provided by/(used in) operating activities	(32,944)	362,972

17. Analysis of cash and cash equivalents

	2023 £	2022 £
Cash in hand	731,175	771,259
Total cash and cash equivalents	731,175	771,259

18. Analysis of changes in net debt

	At 1 April 2022 £	Cash flows £	At 31 March 2023 £
Cash at bank and in hand	771,259	(40,084)	731,175
	771,259	(40,084)	731,175

19. Pension commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund in the year of £34,534 (2022: £32,226). Contributions totaling £7,652 (2022: £6,828) were payable to the scheme at the end of the period and are included in creditors.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

20. Operating lease commitments

At 31 March 2023 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2023	2022
	£	£
Not later than 1 year	981	981
Later than 1 year and not later than 5 years	1,716	2,697
	2,697	3,678

21. Related party transactions

Other than disclosed elsewhere in these financial statements, there were no related party transactions requiring disclosure during the current or previous year.

Accounts

**BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR
YOUNG PEOPLE**

(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2022**

Trustees

Mark Bland, Chair
Temitope Ademosu
Jennifer Cantor, Treasurer
Victoria Corbishley
Dolores Currie (resigned 11 October 2021)
Michael Davis
Terry Heller
Dr Lucy Moore
Nicola Moore
Joanna Stronach
Jonathan Tait

Company registered number 01830241

Charity registered number 290118

Registered office 26 Prince of Wales Road
Kentish Town
NW5 3LG

Company secretary Julia Brown

Chief executive officer Julia Brown

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BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their Annual Report together with the audited financial statements of the Charity for the year 1 April 2021 to 31 March 2022. The Annual report serves the purposes of both a Trustees' Report and a Directors' Report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

The objectives of the Brandon Centre For Counselling and Psychotherapy For Young People ("Brandon Centre") are:

1. To maintain and develop an accessible and flexible professional service in response to the psychological, medical, sexual, and social problems of young people aged 12- to 25-years old.
2. To relieve distress, mobilise personal resources, and facilitate growth in adolescents by working towards responsibility and self-fulfilment.
3. To prevent or alleviate the suffering caused by unwanted pregnancy, ill mental health, psychological disturbance, and maladaptation in adult and future family relationships.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Achievements and performance

a. Achievements and Performance

Brandon Centre has supported young people in London for over fifty years with their mental health, sexual health, and wellbeing. We also provide support to parents and families and to professionals who work with young people. Our services are designed with the guidance of young people, and we are flexible in providing a different experience to statutory services. Our goal is to offer a warm, personal, and confidential face-to-face experience that centres on building relationships as well as addressing immediate needs.

b. Closure of Sexual Health Service

At the end of March 2022, we moved into a transitional phase in preparation for Brandon Centre to cease providing CQC-registered clinical Sexual Health services from 30th June 2022. This transition was required as, despite submitting a strong bid, we were not successful in re-tendering. We have worked constructively to ensure that all our clients have a smooth transition to the new provider. We plan to continue providing non-clinical Sexual Health services.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

c. Our Strategy

Over 2020/21 we developed our new Strategy – ‘**Getting Set for Success**’ 2021 – 2024

While our mission was clear, we recognised that its success depends upon us effectively combining our knowledge, expertise, and working together towards common goals. We know that when we are successful, we can help bring about extremely positive change in the lives of the families and young people we serve.

“It gave me confidence and hope”

Our **Vision** is to be Here for Young People.

We believe that all young people should be able to access the highest quality sexual and mental health support in a safe and welcoming environment.

Our **Mission** is to maintain and develop our accessible, flexible, and specialist services.

We aim to respond to the psychological, sexual, and social needs and challenges of young people under 25 years old.

Our **Values**:

Compassion

We provide a welcoming and non-judgemental environment for young people to access support that helps them live healthy and fulfilled lives.

Respect

We serve our diverse community, and work with our partners, with a willingness to collaborate, adapt, and recognise the importance of choice.

Inclusion

We strive to remove barriers to access, and to use our expertise to provide services that our young people can trust to be safe and to meet their individual needs.

Our **Core Services**:

Specialist Mental Health & Wellbeing

- Counselling & Psychotherapy 1-1 sessions
- Systemic Integrative Treatment for young people and their families
- Leaving Care Project
- Mental Health Outreach: Brandon Connect and Arsenal in the Community youth projects
- Wellbeing Coaching (Bwell)

Community Engagement, Outreach & Partnerships

- Arsenal Youth Sports & Wellbeing
- The Hive Minding the Gap youth support (lead provider is Catch 22)
- Youth Hubs and Ambassadors (developed as part of Young People’s Involvement Strategy)

Clinical Training & Consultancy – Specialist Programmes

- Workforce development training (part of Contraception and Sexual Health project)
- Enhanced Healthy Living
- Support and training to other organisations

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

- Training and support for parents, carers, and families

Young People's Involvement Strategy

Our exciting Young People's Involvement Strategy has been co-developed and co-produced with young people. It will ensure we continue to involve young people at the beginning of all discussions so their opinions on what works and what could be better are voiced, heard, and acted upon.

The strategy focuses on three core areas:

- Service Design and Delivery – a mechanism for staff and young people to work together to design and implement changes in services and service delivery.
- Communication – channels and forums (online and offline) to make sure young people are being reached, brought together and their voices and opinions listened to.
- Education and Opportunity – A range of relevant training, employment, and volunteering opportunities that engage and excite the young people engaged with Brandon Centre.

To deliver the strategy, our Young People's Leadership Board is crucial. This is the mechanism that has been created for staff and young people to work together to design and implement the strategy. Through this, young people have been supporting the senior leadership team in making the best decisions for young people. The Terms of Reference for the Leadership Board were designed and developed by members of the Board during September 2021, with the first meeting of the Young People's Leadership Board taking place in October 2021.

One of the key outcomes from the Young People's involvement work this year has been the securing of funding from the National Lottery Reaching Communities fund, for the development and set up of a new pilot service to provide Health Coaching to Young People – our innovative BWell service. Members of the Young People's Leadership Board played a key part in the development of the bid and also in the later stages of the application, with the Chair of the Leadership Board attending the final interview with the National Lottery representative.

We are also excited that two of our Young Ambassadors are now working within the new BWell service and are undertaking Health Coach training, alongside other members of the BWell Team.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

d. Mental Health & Wellbeing Services

Mental Health and Wellbeing Services at the Brandon Centre consist of a range of services offering direct support to young people and families. At the heart of our centre is our Counselling and Psychotherapy Service, which has been operating since 1969 when the Brandon Centre was founded. Our innovative Brandon Centre Systemic Integrative Treatment (BC-SIT) Service supports families and carers of young people with severe conduct difficulties at risk of going into an out of home placement (e.g. custody or foster care). The Brandon Connect project, delivered in partnership with Arsenal in the Community, supports young men aged 16-25 in Islington who are not in education employment or training (NEET) as a result of their mental health difficulties. We also have a range of other exciting partnerships and projects, which deliver innovative projects, such as our psychotherapy service for Care Leavers.

Counselling and Psychotherapy

Our Counselling and Psychotherapy Service operates across the London Boroughs of Camden and Islington. The service offers a range of therapeutic interventions to young people aged 16 to 25 years old, including structured (CBT informed) and exploratory (psychoanalytically informed) psychotherapy. The team is clinically led and managed by a Consultant Clinical Psychologist and includes psychologists, psychotherapists, 1 Integrative Psychotherapist, and a psychodynamic counsellor. The Service operated a hybrid delivery model in 2021-2022, offering a mixture of remote (telephone or video call) appointments, and face to face appointments at the Brandon Centre and in Youth Hubs in Islington.

In **Camden**, we received **229 referrals** for young people, offered **191 assessment** appointments, and **1,954** therapy appointments during the financial year 2021-2022. In **Islington** we received **130 referrals**, offered **123 assessment appointments**, and **1,371 therapy appointments**. In total, across both Boroughs, we received **359 referrals**, offered **314 assessment appointments**, and **3,325 therapy appointments**. Across all appointments offered, our attendance rate averaged at just under 80%, which is a high rate for engaging adolescents and young adults in a psychotherapy service.

Complexity:

Problem descriptors were recorded at the point of assessment in order to record the range of difficulties that a young person was facing including items such as 'self-harm', 'drug and alcohol difficulties', 'problems in attachment to carer', 'self-care issues', 'home problems', 'community problems', and a number of other items relating to mental health, family relationships, school-related, and social difficulties. The average number of problem descriptors for each young person was **9**, with 72.5% of young people experiencing between 4 to 12 problem descriptors. **This suggests that the young people seen at the Brandon Centre present with a high level of complexity due to experiencing multiple psychosocial difficulties.**

Demographics:

68% of young people seen were female, 28.5% were male, while 3% identified with another term for their gender. 50% of young people identified as being from Black, Asian, Minority Ethnic, and Mixed backgrounds, while 39% identified as White (British, Irish, or Other), and 11% did not state their ethnicity.

Outcomes:

Young people completed the **CORE-OM** – a psychometric outcome measure which measures psychological distress - at the start (Time 1) and end (Time 2) of their treatment. The CORE-OM measures the following dimensions: emotional wellbeing, mental health problems/symptoms, daily functioning difficulties, and clinical risk (e.g. suicidality). The total score is called global distress. The scores are divided into the severe, moderately severe, moderate, mild, low, and healthy range. **On average, young people scored in the moderately severe range at the start of treatment. This reduced to the mild range at the end of treatment, suggesting that their mental health significantly improved in response to therapy.** Specifically, young people made significant improvements across all domains: emotional wellbeing, problems/symptoms, daily functioning, clinical risk, and global distress.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

Young people also completed the **Goal Based Outcome (GBO)** measure at the beginning and end of their treatment. The GBO is an idiographic measure – meaning that it is specific to the young person. Young people develop their own treatment goals, which we then rate on a scale of 0-10 (10 being goal achieved). 160 young people had at least one goal at the start of treatment, and 102 young people had re-rated at least one goal at the end of treatment. Of the young people who re-rated their goals, **we found that young people made a clinically significant improvement (change of more than 2.45 on their goals) on at least two treatment goals.**

Feedback:

At the end of treatment, the service routinely collects feedback using the Experience of Service Questionnaire (ESQ) - which consists of a mix of multiple choice and open-ended questions - to provide young people with the opportunity to share anonymously their experience at the Brandon Centre. This is incredibly valuable as it helps us identify areas of strength and improvement needed at Brandon Centre.

98% of young people responded to the CHI-ESQ answered “certainly true” or “partly true” to the statement:
“My views and worries were taken seriously”

95% of young people answered “certainly true” or “partly true” to the statement:
“Overall, the help I have received here is good.”

Over **93%** of the young people who responded to the CHI-ESQ answered “certainly true” or “partly true” on the following sample statements:

“I feel that the people who saw me listened to me”

“It was easy to talk to the people who saw me”

“I was treated well by the people who saw me”

93% of young people answered “certainly true” or “partly true” to the statement:
“If a friend needed this sort of help, I would suggest to them to come here.”

The feedback below was gathered from open ended questions answered by young people who used the service in 2021-2022:

“I have always felt supported and listened to and the appointment times were flexible when I was at school. I have definitely been helped to grow as a person. Also, it was good that additional specific therapy was suggested, as I benefited from this greatly too.”

“My therapist was very attentive, and we built a good rapport over time: we discussed openly what was the best plan for me and they listened to my needs, making good suggestions and in general being very comforting.”

“I've done therapy for about 12 years of my life and never found someone that made me feel as comfortable with myself and therefore able to explore my feelings with.”

“Working with my therapist was so life-changing, I couldn't appreciate them or the Brandon Centre's services more”

Care Leavers – Psychotherapy

We have a specialist psychotherapy provision for care leavers - young people who were formally looked after children - at our centre. Care leavers can either be those who were formally looked after children from the United Kingdom or those who were formally unaccompanied asylum-seeking children (UASC) from abroad. Native UK and formerly UASC care leavers have somewhat different needs and difficulties. For example, those who are formerly UASC may have ongoing immigration issues, may not speak English fluently, and have a

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TRUSTEES' REPORT (CONTINUED)
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Achievements and performance (continued)

complex trauma history including the original reason why they fled their country, as well as the secondary trauma of travelling without legal documentation to the UK, which can often take months or even years to resolve. Native UK care leavers often have a history of complex psychological trauma, including experiences of abuse and neglect, requiring a high level of emotional and practical support as young adults. Our psychotherapy service for care leavers is delivered by an experienced integrative psychotherapist, in partnerships with the Camden and Islington Leaving Care Services.

UCL Psychotherapy

We have a specialist psychotherapy provision for UCL students from disadvantaged (e.g. first in their family to go to university, young carers) and underrepresented (e.g. girls in STEM) backgrounds who are experiencing mental health difficulties. The service is delivered by a psychodynamic psychotherapist. We support these students at a critical time in their journey as young adults so that they can continue their studies uninterrupted, instead of disengaging from their studies due to experiencing mental health difficulties. This work is supported by a generous grant from the **Mitchell Charitable Trust**.

Young People's Brief Counselling Service (YPBCS)

This service provides rapid-access, brief counselling (up to 6 sessions), to young people aged 12-25 who present to health services for a medical reason, but could benefit from a space to talk about their difficulties. The service is being piloted in partnership with the New Horizon's Youth Centre, which supports homeless young people, as well as local primary care services. This work is supported by a generous grant from the **John Lyon's Charitable Trust**.

Systemic Integrative Treatment (SIT)

Brandon Centre's Systemic Integrative Treatment (BC SIT) team works with the families of young people displaying a range of problem behaviours and aims to prevent these young people entering costly out-of-home care. Our BC SIT Team successfully treats families across six London boroughs as well as delivering treatment to a target age range of 10-14 years within a project funded by the Youth Endowment Foundation (YEF). This is a Home Office backed charity investing in projects which showed the most potential to reduce violence and criminality in young people. This ended in April 2022 and initial analysis of outcomes from this project are being developed.

Key outcomes:

- 39 families were enrolled in BC SIT treatment from 2021-2022
- 4 of the 39 families treated had children in care at the start of treatment and all 4 children had returned home by 6 months of treatment
- 98% of children treated within BC SIT were living at home after receiving 6 months of treatment and of families who had received 12 months of treatment (by Apr 22) 100% of children were living at home

Stakeholder feedback:

- The work you are doing with the family is making such a significant difference. I am honestly seeing the positive impact it is having on both children. As rightly stated before the beginning bit of reunification is always difficult, but you are all going above and beyond for this family! Thank you!! Social Worker
- I really appreciate the professional support that you have put in place. Your hard work has made a difference. Also, thank you for providing support to our school and for supporting us to be better at supporting R and his parents. School Head Teacher
- Glowing report from E's parents on the progress made with him... it's like speaking to a different dad – the last time I had spoken to him he was very, very down on E, but now he seems so much more positive about him and how he is doing. He also expressed how grateful they are for all your hard work... Good work guys!
- Thank you for sending the report and for all the work that your team has provided for the family, they seem more stabilized! Best wishes, CAMHS worker
- I have found BC-SIT workers to be helpful, knowledgeable and committed practitioners. I just wish we could

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TRUSTEES' REPORT (CONTINUED)
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Achievements and performance (continued)

refer more families to you

Family feedback for BCSIT:

- (Dad) "Our lives have changed exponentially since Caroline/BC-SIT have been involved, we now have dinner every night as a family as normal – that, six months ago, was an unlikely dream. I feel like we are confident at containing our son and the evidence is that he says himself he feels like the family are calmer"
- (Young Person) "Since Caroline has been involved the whole family are much calmer and there are no more big arguments, it's good"
- My personal experience is that the Brandon centre is the only service that we've ever encountered where there was a genuine attempt to make things better. There didn't seem that anything had become habitualised in the service, it didn't seem like anything had gone stale, and it didn't seem like people were just doing what they had been paid to do - it really felt heartfelt, and when you're dealing with families like this it's that qualitative thing that you cannot really describe that is everything, its everything. When we were speaking to the therapist we felt she cared, she did care, it made us better able to communicate with her. It's not just the words and how articulate we are with our words, she could see and feel and get the vibe from us. And likewise, us from her.
- The treatment was really good. My son has been much more contained since treatment, and our attachment and relationship between us has improved too...My son's mental health has improved a lot and he no longer has suicidal thoughts which is a huge improvement.
- The intervention has resulted in such a massive transformation, it's extraordinary. I don't know how to express enough gratitude. We went from feeling depressed and despairing to feeling like a nice, normal family with happy kids. I guess it would be helpful for other parents to know that in the first 6 months not much seemed to change, which made it difficult to keep the faith in the intervention, but after that it all suddenly changed and fell into place.
- We're extremely grateful for the support that we got from the BC-SIT team, it was very useful and really saved us!
- ***BC SIT is definitely the best possible help we could have had, and I am grateful, and will probably continue to be grateful every day.***

Mental Health Outreach: Brandon Connect & Arsenal in the Community

Our Brandon Connect service – in partnership with Arsenal in the Community – is an innovative service offering mental health support to young men aged 16-25 who are not in education employment or training (NEET), as well as a counselling service for young men and women aged 16-25 at the Arsenal Hub. The aim of the outreach programme is to connect young people back into education, employment, or training, particularly when mental health difficulties are stopping them from achieving their goals. Our proactive and collaborative counselling approach helps young people to identify and overcome those barriers. In 2021-2022, the Brandon Connect service was provided through a hybrid model of face-to-face appointments in the community and virtual meetings (video and telephone calls). The total number of appointments offered was 636 of which 529 (83%) were attended. The number of young men seen in the Brandon Connect service was 29 and the number of young people seen at Arsenal in the Community Service was 7 (4 female; 3 male). 90% of young people seen were back in education, employment or training at the end of the current reporting year. This work is generously supported through **Islington Giving**.

Coaching

We were excited to launch our BWell – Young People's Wellbeing Coaching Service this year, thanks to a Reaching Communities Grant from the National Lottery. The purpose of BWell is to offer wellbeing coaching to young people in the community. This can be offered on an individual or group level, through partnerships with other young people's organisations. This includes partnerships with Fitzrovia Youth in Action, The Hive, Lift Youth Hub, Platform Youth Hub, and Soap Box. We want to go where young people are to offer them support on a range of wellbeing issues, using a coaching model. The service is being evaluated externally through our

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

academic partnership with the Salomons Consultancy, part of the Salomons Institute for Applied Psychology, Canterbury Christ Church University.

e. Community Engagement

Arsenal Girls Kicks – Wellbeing Support for Girls Community Football

The Arsenal Girls Kicks programme offers community sport to girls aged 8-16. It is part of the Premier League Kicks initiative, which aims to inspire young people by engaging them in meaningful activities, especially community football. The Brandon Centre has been providing emotional wellbeing support to the Arsenal Girls Kicks programme, thanks to generous funding provided to us via Islington Giving. This has been delivered by a Chartered Sport and Exercise Psychologist. Our offer ranged from pitch side emotional wellbeing conversations on a 1:1 or group basis during football practice. This year we focused on 6 themes that we covered with young people in their football practice sessions – on and off the pitch. These are:

1. **Deliberate Practice:** Introduced and developed an understanding of deliberate practice and its use in advancing skill and performance.
2. **Effective Communication:** Developed an understanding of how to communicate effectively and why it is important in sport (but also in life).
3. **Emotional Awareness:** Developed an understanding of emotional awareness, emotion regulation, and how emotions impact the way we think feel and behave (relevant inside and outside of football).
4. **Mindfulness:** Introduced and developed an understanding of awareness from a “being present” and mindfulness perspective.
5. **Strengths and Values:** Introduced and developed an understanding and knowledge of why knowing your strengths and values is beneficial.
6. **Growth Mindset:** Introduced growth mindset. Learning how to recover from mistakes/ past “failures”. “Failures” as learning opportunities. Developing resilience.

Arsenal Girls Kicks in numbers:

- 97 girls attended at least 1 session (e.g. workshops)
- 38 girls attended 10 or more sessions across at least two quarters
- 92 sessions were delivered lasting around 1h 15 m each.
- Age range was 8-18, with the majority of the girls aged 11-15
- 66% of the girls came from a Black, Asian and Minority Ethnic background; 25% were White; while 9% did not state their ethnicity.

The Hive

The Brandon Centre seconds 3 workers to provide support services at The Hive, a youth hub in Camden. The Hive is jointly commissioned by the Camden Clinical Commissioning Group and Camden Council. The Hive is led by Catch 22 and was recently recommissioned for a further 5 years. The Hive offers a free mental health and wellbeing service that supports all young people aged 16 to 24 in Camden. The Centre looks and feels like a cross between a social hub and youth club and the vibe is a welcoming and therapeutic environment. Very few of the young people attending see themselves as being part of a mental health service. The service allows workers to have a unique approach to each young person. This is achieved through 1-1 work and through the Social Hub involving activity group work. This is a unique approach, viewing mental health in the widest possible terms and creating a service that is non-clinical, accessible, flexible, and creative. We find this approach helps keep each young person at the centre of their own journey.

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TRUSTEES' REPORT (CONTINUED)
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Achievements and performance (continued)

f. Training & Consultancy

Workforce Development Training (Sexual Health Service)

The workforce development training continued to be delivered online this year. Over the four quarters, we delivered 16 core trainings and a further two bespoke trainings on topics related to young people's sexual health. Training topics included: 'Introduction to talking to young people about 'Sexual Health'; 'C-Card training'; 'Young People and LGBTQ+'; 'Young People and Pornography' and 'Young People and relationships'. In total, we trained 284 professionals. Feedback from our training sessions included:

"This will equip me to facilitate and support students with C-Card advice and resources."

"During my consultation with YP patients, I now feel more confident to identify with their needs and concerns."

"Feel more confident when talking to young people. And hopefully use it to train others!"

Enhanced Healthy Living Service

The Enhanced Healthy Living Service (EHLS) is a targeted service for children and young people who are overweight or obese in Camden and Islington. The service is an evidence-based intervention working with the parents of these children and integrating treatment with other teams/professionals via consultation and multi-disciplinary Team (MDT) working.

- The Families, Food and Feelings 6-week programme was delivered to 54 parents.
- The MDT has supported 174 complex cases,
- A total of 124 professionals attended the quarterly webinars that were run as part of the EHLS training offer.

The service continues to be delivered online. Feedback from the parent programme:

"Found useful how to rephrase sentences so that they are said positively. - Now confident to ask my child open questions to find out how my child is feeling. - Using the mindful eating activity to introduce my child to new foods."

"Increase my knowledge in how to encourage the grandchildren to exercise. - Found new strategies for the grandchildren to positively try new foods. - Found it useful with how to deal with the grandchildren's emotions especially when they were angry or upset."

"Listening to the techniques and watching the videos of different scenarios. They were very useful to step in the child's position and be more careful how to deal with situation in a positive way while maintaining boundaries."

Support and Training to other organisations

Ground Up and School Staff Support

The Ground Up service is a service which aims to increase the mental health capacity and staff resilience in third sector organisations in Camden. Ground Up provides supervision, support and training to youth workers. North Central London (NCL) CCG (Camden) are funding this service. Additional funding from Camden Learning enabled Ground Up to extend this offer to school staff in Camden by providing group supervision sessions. One school also provided a limited amount of funding for their staff to receive one to one coaching, wellbeing consultations or short- term counselling.

- 105 support sessions to youth workers and volunteers
- 8 group supervision sessions to school staff
- 4 training workshops to youth workers
- 15 short term counselling sessions to school staff
- 8 coaching sessions to school staff

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TRUSTEES' REPORT (CONTINUED)
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Achievements and performance (continued)

Feedback from organisations:

"I have really liked having a sounding board to help me reflect on difficult situations"

"The team are very approachable when I need safeguarding advice. Lately the work that has come in has been quite emotional cases so I feel I'm in need of some clinical supervision"

"An opportunity to focus on myself for a short time each week. To be listened to without judgement but also my counsellor was able to offer many helpful insights, exercises and suggestions, even in the short time we worked together."

Haringey Support

Suicide prevention funding from Public Health England has enabled Brandon Centre to offer clinical group support to social workers and personal advisors working with vulnerable care leavers in Haringey's Young Adults Service. A clinical psychologist meets with the various service teams to discuss cases and challenges in their work.

- 119 support sessions have been offered
- 6 teams have been supported
- Approximately 42 staff social workers, managers and personal advisors have been supported

Feedback from the teams:

"Being able to see the case from an outside perspective and reflect on my involvement and how it has impacted me. Fresh perspective always helpful."

"The session gives SW a platform to share ideas regarding various complex cases"

"I have found the session helpful and always look forward to attending"

"These are valuable sessions for my team. We are able to share our thoughts on work stressors and gain an understanding of each other's responses to these stressors."

Parent Groups

Love and Limits

The Love and Limits parent programme is for parents/carers of teenagers (aged 12-16) with challenging behaviour. The programme has been updated and adapted to be delivered online. 56 parents attended the programme over the last year. It is hoped to increase the uptake for future groups.

Feedback from parents:

"Was helpful being able to do it from home, and it was great getting good advice, and knowing there are other people going through similar situations"

"Thanks so much I really and truly enjoyed, and have benefited from it"

"Meeting other parents. Good facilitation with some good advice in response to real questions."

ADHD Parent Programme

The ADHD Parent Programme is for parents of children and young people (aged 5-12) who have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). The programme offers psychoeducation about ADHD and discipline strategies related to the "1-2-3 Magic" discipline model. 18 parents attended this programme. Effort will be put into increasing referral numbers from the CAMHS Neurodevelopmental Assessment Team who assess for ADHD.

Feedback from parents:

"The knowledge around ADHS. I have a better understanding now, also 123 magic has helped massively."

"I was not sure what to expect from this course, but it really opened new ways for me and felt just right."

"Thank you for having this group set up, it's important for any parent going through this situation to truly feel and know that they're not alone."

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TRUSTEES' REPORT (CONTINUED)
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Achievements and performance (continued)

g. Sexual Health

Our Sexual Health Service (2020/21)

Note: as explained above, we entered a transitional phase at the end of March 2022 and this service ceased to operate as planned at the end of June 2022.

- 1,803 young people used the Sexual Health Clinic attending 2,521 consultations
- 1,042 prescriptions for hormonal or emergency contraception were supplied to young women: 22% were for LARC methods (long acting reversible contraception)
- 181 pregnancy tests were performed and 21 young women supported as a result of positive tests
- 549 Chlamydia/Gonorrhoea screening tests and 337 HIV/Syphilis tests were performed
- 137 treatments for Sexually Transmitted Infections (STIs) were supplied, and 126 treatments for non-STI genitourinary infections
- Offer of Hepatitis A and B Vaccinations to those eligible
- Offering all contraception services with pills and coils popular amongst young people
- Lidocaine spray used as anaesthetic for coil fittings with significant improvement to experience
- Anaesthetic spray used for implants now offered to young people

Relationship and Sex Education (RSE)

Our Sexual Health Team continued to be part of the Camish Network of sexual health providers (with Brook and Homerton Healthcare NHS Foundation Trust) who collaborate to deliver education on sexual health and healthy relationships in mainstream secondary schools and colleges across Camden and Islington. We also supported teachers in the planning and delivery of Personal Social Health and Education (PSHE) lesson plans.

For the past year 01/04/2021 - 31/03/2022: (Table 1)

Camden schools	73 sessions delivered	1,251 students	0 sessions outside core offer
Islington schools	72 sessions delivered	1,146 students	24 sessions outside core offer
Total RSE delivered by the CAMISH Network	145 sessions	2,397 students	24 sessions outside core offer
RSE sessions delivered by Brandon Centre	52 sessions delivered Q1 26 sessions Q2 14 sessions Q3 2 sessions Q4 13 sessions		

C-Card

Brandon Centre coordinates the C-Card Scheme across Camden and Islington. Young people aged 13-24 can receive free condoms and lubricant across London when they sign up to the C-Card scheme. They can access condoms and lubricant from participating pharmacies, youth groups, sexual health clinics and young people's services in most London boroughs. It is completely free for both sites and young people to participate in, from training to the supply of condom packs. Between 01/04/2021 – 31/03/2022 Brandon Centre has registered to the scheme a total of 603 young people and distributed a total of 7,169 condoms. Additionally, Brandon Centre has coordinated and trained 67 professionals in Camden and Islington to deliver the scheme at their organisation. There were 11 professionals who attended the refresher course. Training typically takes 4 hours and these were delivered online.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

Between January 2022-June 2022, Brandon Centre was also asked to provide a C-Card Outreach Service. This Service has reached into many locations, including youth clubs, after school clubs and colleges. Universities, safe spaces for the LGBTQIA+ community, and recreational leisure clubs such as youth theatres and sports clubs have also been involved in the scheme. The project has also attended one off events – both for networking and promotion of the scheme itself. Within these 6 months, this Outreach project registered 310 young people and over 3,000 condoms were distributed.

Inclusivity

The Camish Inclusivity Outreach Pilot Project commenced in September 2020 and finished in August 2021 with the aim of promoting and providing sexual health services, information and sexual health advice to hard-to-reach groups, e.g. LGBTQ+, males and disabled young people through a combination of partnership working, a digital offering and the Outreach Worker being active in the community. As well as linking up with other partners/ organisations, the Inclusivity Outreach Worker provided street outreach to our hard-to-reach young people who may not traditionally access our services. Camden and Islington Public Health completed an evaluation of the project and conducted virtual 1:1 interviews with stakeholders and thematic analysis was used to organise the data and identify findings (Table 2: Summary of findings).

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

Evaluation Aims and Objectives	Findings
Explore staff and stakeholder acceptability of the overall pilot	Overall, staff were very positive about the pilot, with all stakeholders reporting that it had been a success in various areas. It was reported that the pilot had enabled the development of a range of valuable partnerships, which were now supporting the development of new projects.
Explore staff/stakeholder perspectives on whether the pilot effectively increased awareness and engagement with sexual services among the target group	Interviews suggested the pilot had led to increased clinic activity among the target group. Stakeholders felt that engagement with sexual health content and services among the target group had similarly increased. Stakeholders also received positive feedback from young people in response to both the digital engagement and physical outreach work.
Explore factors that enabled effective delivery of the pilot	Effective Reach: Stakeholders reported that physical outreach had effectively managed to reach a wide range of young people from varied demographic backgrounds. Outreach Worker Skills and Profile: Stakeholders suggested that the background and personality of the outreach worker helped him to effectively build rapport with young men approached. The introduction of a second female outreach worker improved this, enabling more effective outreach with young women. Digital Engagement: Stakeholders reported that advert campaigns received strong click-through rates , and dating app conversations were well-received by young people and included positive conversations about sexual health and signposting.
Explore any challenges encountered and any changes made to the model over the course of the pilot including the impact of Covid-19.	The Covid-19 Pandemic: The pandemic limited the effectiveness of outreach work early on, as fewer young people were on the streets or in usual meeting places. However, as restrictions lifted, this work was successful. The pandemic also put pressure on other organisations, making the early forming of partnerships challenging. Limited Monitoring Systems: The lack of a formally developed system of monitoring and evaluation prior to pilot commencement impacted the capacity to demonstrate the impact of any activities.
Explore any lessons learned from the pilot that could inform future projects	Reaching New Groups: Stakeholders felt the pilot had revealed how much more scope there was to reach new groups that had not made use of CAMISH services , and discussed new means of reaching young people. Increased Focus on Inclusivity and Accessibility: Stakeholders reported that the pilot had contributed to a greater understanding of inclusivity and that work was being undertaken to develop new materials and resources to make services more accessible.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

Sexual Health Service Patient Feedback

"I had an amazing experience once again with Brandon, you are all so supportive and non-judgmental which is incredibly important in difficult situations like mine. Thank you so much for everything"

"Felt very welcoming and accepting compared to other clinics. especially the waiting room"

"Really nice and easy service. I really appreciated the gender inclusive terminology used in forms and over the phone"

"The staff were super friendly and went above and beyond to help me with my issue"

"The Brandon Centre went over and beyond to help me. The best experience at a sexual health clinic I've had"

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

As a reserves policy, the Council of Management have agreed there should be 3 months running costs.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

c. Finances of the Charity

Brandon Centre's financial position at 31st March 2022 remains sound. As explained below, in 2021/22 the Centre ran a surplus after several years of deficits. This was as a result of cost savings due to a management restructure and the exit of our lease of the office at Royal College Street. In addition, restricted reserves increased as a result of grant income received in 2021/22 which will be spent in 22/23.

As shown by the Statement of Financial Activities, total incoming resources for the year to 31st March 2022 were £1,861k (£156k (9%) higher than in previous year). This was due to income from activities being higher due to some additional Systemic Integrative Therapy contracts and some rental income.

Expenditure totalled £1,797k (£17k (1%) higher than in previous year). The growth in expenditure (1%) was lower than the growth in income (9%) due to savings on salaries due to the restructure, reduced locums and professional fees which were needed in 2020/21 to implement the restructure, lower rent due to exiting a lease and some one-off recruitment costs in 2020/21. These savings were partly offset by additional medical costs due to delivering a new contraception contract and additional repairs and renewals to improve the building we own.

Net incoming resources during the year amounted to £64k (vs. net outgoing resources of £(75)k in 2021). As in previous years, the Centre has benefited from the financial support of Health and Local Authorities, Charitable Trusts and Corporate donors. At 31st March 2022, the Centre had total reserves of £667k (2021: £603k) of which free reserves (excludes restricted funds and funds invested in the Brandon Centre's building) amounted to £292k (2021: £237k). Unrestricted reserves currently cover 2.0 months of operating costs which is below the reserve policy of 3 months. In 22/23 they are projected to rise by a further 0.3 months and the strategy is to continue to bring them into line with reserves policy over a 3-year period. As mentioned above, the 22/23 financials will be affected by the loss of our sexual health contract. However, we have managed to find alternative sources of income to offset this.

d. Risk analysis

A review of the major risks to which the charity is exposed and the systems that have been established to mitigate those risks was carried out by the Honorary Treasurer and Director, in consultation with the auditors as required. The review initially considered external factors. Changes in social policy, overall public spending, the standing of Child and Adolescent Mental Health Services and legislation were identified as potential areas of risk. Potential human resources and infrastructure problems at the Centre were also considered. However, the review conducted found that there were already systems in place to mitigate the possible impact of the main risks identified. Based on the report's recommendations, areas of potential vulnerability identified were rectified. Formal risk analysis is being conducted on a continuing basis and any new areas of risk will be addressed.

e. Fundraising

Brandon Centre is registered with the Fundraising Regulator and has committed to following the Code of Fundraising Practice and the Fundraising Promise. No complaints were received during the year regarding Brandon Centre's fundraising activity. Expenditure on fundraising in 2021/22 was £36,964 which was 2.1% of income.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management

a. Constitution

Brandon Centre for Counselling and Psychotherapy for Young People is registered as a charitable company limited by guarantee, number 1830241, and therefore has no share capital and is also a registered charity, number 290118. The Brandon Centre was formerly The London Youth Advisory Centre, which was founded in 1969. It was registered as a charity and incorporated as a company in 1984. The names of the members of the Council of Management at 31st March 2022 are set out on page 1. The objectives and activities of the company are governed by its Memorandum and Articles of Association.

b. Appointment of Council Members

The Council of Management are the Directors for Companies Act purposes and Trustees for Charities Act purposes. Members of the Council must be Members of the Company and shall be elected either by the Members of the Company in General Meeting or by the Council. At each AGM one-third of the Members of the Council are required to retire from office by rotation however are eligible for re-election. The Council may appoint someone to be a Member of the Council, either to fill a casual vacancy or as an addition to the existing membership, and anyone so appointed holds office only until the next AGM but is eligible for re-election. No Director shall serve for more than nine consecutive years, unless the Directors consider it would be in the best interests of the Charity for a particular Director to continue to serve beyond that period and that Director is reappointed in accordance with the Articles.

Last year the Council met for four Ordinary Meetings, one Strategy Meeting and one AGM.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management (continued)

c. Organisational structure and decision-making policies

Governance

The composition of the Board of Trustees reflects the diversity of the boroughs in which we work and many trustees live locally. To ensure involvement of young people in governance the Board is supported by a Young People's Board. New trustees are chosen by advertisement and through recommendations in order to provide a balanced Board with the required skills. Trustees can only serve a limited term as specified by the memorandum and articles. The Board elect trustees to serve as Chair and Treasurer. The Board meets in full session on at least four occasions during the year. All of the Trustees are members of the company and none of the Trustees has any beneficial interest in the company.

The Board is responsible for safeguarding the assets of the organisation including taking all reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:

- It is operating efficiently and effectively.
- Its assets are safeguarded against unauthorised use and disposition.
- Proper records are maintained and financial information used internally or for publication is reliable.
- It complies with relevant laws and regulations.
- Proper records are maintained and financial information used internally or for publication is reliable.
- It complies with relevant laws and regulations

The work of the Board is supported by the following committees which are chaired by a Trustee and made up of a mix of trustees and senior management:

- Finance and Performance
- Quality, Safety and Risk
- Business Development and Fundraising
- People

Brandon Centre's systems of internal control are designed to provide reasonable, but not absolute, assurance against material misstatement or loss and include:

- A strategic plan, business plan and an annual budget approved by trustees.
- Regular consideration by the trustees of financial results, variance from budgets and nonfinancial KPIs.
- Delegation of authority and segregation of duties.
- Identification and management of risks

Management

Brandon Centre is managed by a Chief Executive Officer, supported by a senior leadership team consisting of Head of Mental Health, Head of Clinical Training and Consultancy, Head of Finance & Performance and Head of People. The operational leadership team meets weekly. Managers have regular meetings with all their staff. Employees are consulted on issues of concern to them by means of questionnaires, consultations, and regular staff meetings. The organisation has detailed policies in relation to all aspects of personnel matters, including an equal opportunities policy, health and safety policies, and grievance and complaints procedures. Brandon Centre has well established fair employment practices for the recruitment, selection, retention and training of staff in accordance with its equal opportunities policy.

d. Policies adopted for the induction and training of Trustees

New trustees have an induction process and are encouraged to meet senior managers and attend meetings. There are regular awaydays to enable the trustees to understand the organisation better and meet face-to-face with management. Trustees complete core trainings as part of Brandon Centre's training programme and there are regular additional trainings within the Board and/or at awaydays.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management (continued)

e. Pay policy for key management personnel

Staff and management pay is set annually subsequent to a review of the employment market. The Board approve the annual pay rise as part of the budgeting process and the CEO is required to keep the total cost of the organisation within the agreed budget but has the flexibility to shift funds between cost items. The CEO, Head of Finance and Head of People meet fortnightly to review any changes to staff hours or salaries. Salary changes must be approved at this meeting before being implemented. Any change to the CEO salary must be approved by the Chair.

Plans for future periods

Brandon Centre plans to continue the successful implementation of our strategy discussed above "Getting Set for Success - Strategy 2021 – 2024" in the forthcoming years. The strategy includes the following key items:

- Objective 1: Continue to develop a compassionate, inspiring and thriving environment for our young people, employees and volunteers.
- Objective 2: Strengthen and grow our specialist services which improve and maintain the health, wellbeing, and independence of our young people.
- Objective 3: Increase research and evidence-based practices throughout our organisation and partnerships.
- Objective 4: Fully integrate diversity, equality, inclusion, and opportunity in our ways of thinking and ways of working.
- Objective 5: Ensure financial sustainability and capacity to grow.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Charity for the purposes 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. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and 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.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Auditors

The auditors, Goodman Jones LLP, were appointed in the year and have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....

Mark Bland
(Chair of Trustees)
Date: 06-10-22

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE

Opinion

We have audited the financial statements of Brandon Centre for Counselling and Psychotherapy for Young People (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charity and sector, we identified that the principal risks of non-compliance with laws and regulations related to sector regulations and unethical and prohibited business practices, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006, Charities Act 2011, Charity Commission and sector regulations, and UK Tax Legislation.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Appropriate audit procedures in response to these risks were carried out. These procedures included:

- Discussions with management, including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Reading minutes of meetings of those charged with governance;
- Obtaining and reading correspondence from legal and regulatory bodies including HMRC;
- Identifying and testing journal entries;
- Challenging assumptions and judgements made by management in their significant accounting estimates.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members; and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE (CONTINUED)

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Goodman Jones LLP

Goodman Jones LLP
Chartered Accountants
29/30 Fitzroy Square
London
W1T 6LQ

Date: 06-10-22

Goodman Jones LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	4	16,029	383,738	399,767	390,595
Charitable activities	5	1,387,460	73,664	1,461,124	1,313,734
Investments	6	17	-	17	346
Total income		1,403,506	457,402	1,860,908	1,704,675
Expenditure on:					
Raising funds		36,964	-	36,964	27,938
Charitable activities	9	1,311,618	448,438	1,760,056	1,751,638
Total expenditure		1,348,582	448,438	1,797,020	1,779,576
Net movement in funds		54,924	8,964	63,888	(74,901)
Reconciliation of funds:					
Total funds brought forward		237,278	365,395	602,673	677,574
Net movement in funds		54,924	8,964	63,888	(74,901)
Total funds carried forward		292,202	374,359	666,561	602,673

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

The notes on pages 29 to 44 form part of these financial statements.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)
REGISTERED NUMBER: 01830241

BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	11	270,747	280,384
		270,747	280,384
Current assets			
Debtors	12	73,681	50,714
Cash at bank and in hand		771,259	414,955
		844,940	465,669
Creditors: amounts falling due within one year	13	(449,126)	(143,380)
Net current assets		395,814	322,289
Total assets less current liabilities		666,561	602,673
Total net assets		666,561	602,673
Charity funds			
Restricted funds	14	374,359	365,395
Unrestricted funds	14	292,202	237,278
Total funds		666,561	602,673

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

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

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

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)
REGISTERED NUMBER: 01830241

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2022

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:


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Mark Bland
(Chair of Trustees)
Date: 06-10-22

The notes on pages 29 to 44 form part of these financial statements.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
Cash flows from operating activities		
Net cash used in operating activities	362,972	(25,574)
Cash flows from investing activities		
Purchase of tangible fixed assets	(6,685)	(15,761)
Investment income	17	346
Net cash used in investing activities	(6,668)	(15,415)
Change in cash and cash equivalents in the year	356,304	(40,989)
Cash and cash equivalents at the beginning of the year	414,955	455,944
Cash and cash equivalents at the end of the year	771,259	414,955

The notes on pages 29 to 44 form part of these financial statements

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. General information

Brandon Centre for Counselling and Psychotherapy for Young People is a charitable company registered in England and Wales. The registered office address is 26 Prince of Wales Road, Kentish Town NW5 3LG

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Brandon Centre for Counselling and Psychotherapy for Young People meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

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 £.

2.2 Going concern

Having considered the future plans of the Charity, including expected income and expenditure, for a period of at least twelve months from the date of approval of the financial statements, the Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

2.3 Company Status

The Charity is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

2. Accounting policies (continued)

2.5 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis and to the extent that any performance conditions attached to the grants have been met. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.6 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 allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £1000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

At each reporting date the Charity assesses whether there is any indication of impairment. If such indication exists, the recoverable amount of the asset is determined to be the higher of its fair value less costs to sell and its value in use. An impairment loss is recognised where the carrying amount exceeds the recoverable amount.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- Not depreciated per note 10
Fixtures, fittings and equipment	- 3 years straight line

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

2. Accounting policies (continued)

2.12 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

2.14 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

3. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The preparation of financial statements requires the use of certain critical accounting estimates. Management must also exercise judgemental in applying the Charity's accounting policies. The Trustees do not consider that there are any key sources of material uncertainty in the preparation of these financial statements.

4. Income from donations and legacies

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Donations	1,529	7,000	8,529	23,290
Grants	14,500	376,738	391,238	367,305
	<u>16,029</u>	<u>383,738</u>	<u>399,767</u>	<u>390,595</u>
<i>Total 2021</i>	<u>35,811</u>	<u>354,784</u>	<u>390,595</u>	

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

5. Income from charitable activities

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
London Borough of Camden	445,008	73,664	518,672	475,412
London Borough of Islington	451,340	-	451,340	433,399
NHS North Central London ICB	308,336	-	308,336	302,129
NHS South West London ICB	35,400	-	35,400	-
UCL NHS Foundation Trust	29,776	-	29,776	-
Tavistock and Portman	-	-	-	17,700
UCL Training	-	-	-	1,200
Catch 22	83,339	-	83,339	79,297
Other charitable activities	34,261	-	34,261	4,597
	<u>1,387,460</u>	<u>73,664</u>	<u>1,461,124</u>	<u>1,313,734</u>
<i>Total 2021</i>	<u>1,313,734</u>	<u>-</u>	<u>1,313,734</u>	

6. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Bank interest receivable	17	17	346
	<u>17</u>	<u>17</u>	<u>346</u>

7. Analysis of expenditure by activities

	Direct costs 2022 £	Support costs 2022 £	Total funds 2022 £	Total funds 2021 £
Charitable activities	1,492,623	267,433	1,760,056	1,751,638
	<u>1,492,623</u>	<u>267,433</u>	<u>1,760,056</u>	<u>1,751,638</u>
<i>Total 2021</i>	<u>1,449,419</u>	<u>302,219</u>	<u>1,751,638</u>	

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Charitable activities 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Staff costs	1,240,154	1,240,154	1,195,179
Advertising and promotion	3,793	3,793	4,169
Books, pamphlets and subscriptions	2,609	2,609	2,420
Computer maintenance	42,147	42,147	26,958
Course and conferences	2,500	2,500	500
Fundraising	442	442	(1,601)
Household expenses and sundries	10,997	10,997	9,108
IG consulting	1,818	1,818	2,026
Insurance	15,749	15,749	3,581
Light, heat and power	760	760	1,462
Locums and temporary staff	33,331	33,331	70,921
Medical staff	62,751	62,751	31,296
Printing, postage and stationary	532	532	1,234
Professional fees	33,951	33,951	41,446
Recruitment	2,536	2,536	15,217
Rent and rates	5,757	5,757	26,791
Repairs and maintenance	12,148	12,148	4,757
Staff expenses	4,380	4,380	3,523
Telephone and communications	12,028	12,028	7,553
Travel, recruitment and training	4,240	4,240	2,879
	1,492,623	1,492,623	1,449,419

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Charitable activities 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Staff costs	142,268	142,268	162,185
Depreciation	16,322	16,322	13,300
Advertising and promotion	11,230	11,230	10,282
Books, pamphlets and subscriptions	1,043	1,043	250
Computer maintenance	5,836	5,836	21,208
Household expenses and sundries	20,469	20,469	14,323
IG consulting	5,382	5,382	5,694
Insurance	1,898	1,898	13,540
Light, heat and power	2,295	2,295	2,800
Medical supplies	33	33	185
Printing, postage and stationary	1,071	1,071	1,403
Professional fees	6,464	6,464	18,243
Rent and rates	2,598	2,598	3,265
Repairs and maintenance	37,029	37,029	10,262
Telephone and communications	1,450	1,450	10,158
Travel, recruitment and training	3,645	3,645	10,159
Governance costs	8,400	8,400	4,962
	267,433	267,433	302,219

8. Auditors' remuneration

The auditors' remuneration amounts to an auditor fee of £8,400 (2021 - £3,862), and fees for preparation of the charity's corporation tax return of £500 (2021 - £1,100).

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

9. Staff costs

	2022 £	2021 £
Wages and salaries	1,234,287	1,221,215
Social security costs	117,683	114,384
Contribution to defined contribution pension schemes	32,226	28,831
	1,384,196	1,364,430

The average number of persons employed by the Charity during the year was as follows:

	2022 No.	2021 No.
Director	1	1
Psychotherapy	19	18
Contraception and sexual health	9	7
Systemic integrative therapy	10	7
Central administration	8	10
	47	43

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2022 No.	2021 No.
In the band £60,001 - £70,000	1	-
In the band £70,001 - £80,000	1	1

Total expenditure incurred in respect of key management personnel totalled £119,077 (2021: £84,130).

Included in wages and salaries costs is redundancy costs of £nil (2021: £ 25,056 to 1 employees)

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 March 2022, no Trustee expenses have been incurred (2021 - £NIL).

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

11. Tangible fixed assets

	Freehold property £	Plant and machinery £	Total £
Cost or valuation			
At 1 April 2021	252,387	45,102	297,489
Additions	-	6,685	6,685
At 31 March 2022	252,387	51,787	304,174
Depreciation			
At 1 April 2021	-	17,105	17,105
Charge for the year	-	16,322	16,322
At 31 March 2022	-	33,427	33,427
Net book value			
At 31 March 2022	252,387	18,360	270,747
At 31 March 2021	252,387	27,997	280,384

The Trustees consider that any depreciation charge on the freehold property would be immaterial on the grounds that the estimated residual value is not materially different from the carrying value (which is the cost of acquisition) and given market value is considered to be significantly higher. As a result, no depreciation has been provided.

The freehold property, 26 Prince of Wales Road, London NWS, was acquired in April 1983 at a cost of £35,559. Donations were received for the cost of the premises and a capital reserve fund was established for these funds. An extension to the building was subsequently added and further donations were received and placed to the credit of the capital reserve. In 2009, building works were carried out to convert the top floor flat into offices for the use of the Centre. This was funded from the development fund set up for this purpose. An amount equal to the cost has been transferred from the development fund to the capital reserve fund. The balance on the capital reserve fund equals the cost of the property.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

12. Debtors

	2022 £	2021 £
Due within one year		
Trade debtors	48,302	25,387
Other debtors	420	-
Prepayments and accrued income	24,959	25,327
	<u>73,681</u>	<u>50,714</u>

13. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	17,656	38,569
Other taxation and social security	31,579	32,637
Other creditors	8,122	7,455
Accruals and deferred income	391,769	64,719
	<u>449,126</u>	<u>143,380</u>

	2022 £	2021 £
Deferred income at 1 April 2021	32,791	72,242
Resources deferred during the year	353,399	32,791
Amounts released from previous periods	(32,791)	(72,242)
	<u>353,399</u>	<u>32,791</u>

Deferred income represents income being received in advance of entitlement under the grant agreements/contracts.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Balance at 31 March 2022 £
Unrestricted funds				
General Funds - all funds	237,278	1,403,506	(1,348,582)	292,202
Restricted funds				
Arsenal Connect	24,635	8,413	(11,867)	21,181
Brandon Connect - Islington	12,700	27,158	(39,858)	-
Brandon Prevent	9,584	-	(9,584)	-
Capital reserve	252,387	-	-	252,387
Coaching	-	8,901	(8,901)	-
Counselling and Psychotherapy for Young Islington Residents	11,900	-	(11,900)	-
Grow Back Greener	-	5,000	-	5,000
Healthy Eating	-	73,664	(51,169)	22,495
Systemic Integrative Treatment	49,189	243,298	(281,487)	11,000
Therapeutic Support/Coping Skills for Young People Waiting for Counselling	5,000	-	(5,000)	-
Therapy for UCL Students	-	35,000	(14,901)	20,099
Therapy Support for Young People with SH Problems	-	31,000	(12,998)	18,002
Walking Project	-	3,000	(773)	2,227
Young Person's Involvement	-	7,000	-	7,000
Young Person's Progression Programme	-	14,968	-	14,968
	365,395	457,402	(448,438)	374,359
Total of funds	602,673	1,860,908	(1,797,020)	666,561

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2021 £</i>
Unrestricted funds				
General Funds - all funds	322,609	1,349,891	(1,435,222)	237,278
Restricted funds				
Arsenal Connect	10,000	20,000	(5,365)	24,635
Brandon Connect - Islington	12,800	38,333	(38,433)	12,700
Brandon Prevent	9,584	-	-	9,584
Capital reserve	252,387	-	-	252,387
Counselling and Psychotherapy for Young Islington Residents	11,800	23,700	(23,600)	11,900
COVID19 response	-	12,918	(12,918)	-
Ground up	2,875	20,833	(23,708)	-
Photovoice	1,270	-	(1,270)	-
Systemic Integrative Treatment	49,029	234,000	(233,840)	49,189
Therapeutic Support/Coping Skills for Young People Waiting for Counselling	-	5,000	-	5,000
Young Ambassadors	5,220	-	(5,220)	-
	354,965	354,784	(344,354)	365,395
Total of funds	677,574	1,704,675	(1,779,576)	602,673

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

14. Statement of funds (continued)

Arsenal Connect - A project supporting girls/young women of Islington in non-stigmatising group settings.

Brandon Connect - Islington - A project supporting young people in Islington to engage in education, employment or training who have been restricted from doing so due to mental health problems.

Brandon Prevent - A project that builds on the Centre's group parent training programme for parents of challenging teenagers by providing parents with weekly individual skills, based on the strategies they learn at the parent training classes.

Capital reserve - As described in note 10 this fund equals the cost of the freehold property.

Coaching – Coaching support for young people, aged 12-24 who are vulnerable to poor mental health; delivered through an open door/rapid access community approach.

Counselling and psychotherapy for young Islington residents - A psychotherapy service for 16 to 21 year olds based in Islington.

Counselling for 16 to 24 year olds with mental health problems - A mental health project that offers support to 16 to 24 year olds with mental health problems.

Covid response - The improvement of the building and computer systems to enable continuity of services and safe delivery during Covid.

Grow Back Greener – To develop a community space for young people in the garden of the Brandon Centre's Prince of Wales office.

Ground Up - A project to strengthen the Third Sector's Mental Health Capacity.

Healthy Eating – To support families with overweight children where weight is a significant health need.

Photovoice - A project supporting young people to tell their stories focusing on emotional wellbeing, mental health and the experience of being a young person today.

Systemic Integrative Treatment - A project working with families of young people displaying a range of problematic behaviours with the aim of preventing these young people entering costly-out-of care.

Therapeutic Support/ Coping Skills for Young People waiting for counselling - A project to provide support and coping skills for young people on the waiting list for psychotherapy.

Therapy for UCL Students – “Widening Access and Participation” pilot scheme to offer direct support in the form of psychological therapy to UCL students who come from disadvantaged and underrepresented backgrounds.

Therapy Support for Young People with SH Problems – To support young people experienced difficulties with sexual health issues.

Walking Project – Support young peoples' wellbeing through walking activity.

Youth Ambassadors - A project giving young people with mental health problems a platform to ensure their voice is heard and listened to.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

14. Statement of funds (continued)

Young Person's Involvement – To engage young people in all aspects of Brandon Centre activity including the governance, strategy, operations and development of new projects.

Young Person's Progression Programme - To provide work-based opportunities within Brandon Centre for young people, who we are otherwise not able to place with supportive partner organisations.

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	18,360	252,387	270,747
Current assets	671,826	173,114	844,940
Creditors due within one year	(397,087)	-	(397,087)
Total	293,099	425,501	718,600

Analysis of net assets between funds - prior year

	<i>Restricted funds 2021 £</i>	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Tangible fixed assets	252,387	27,997	280,384
Current assets	113,008	352,661	465,669
Creditors due within one year	-	(143,380)	(143,380)
Total	365,395	237,278	602,673

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

16. Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net income/expenditure for the year (as per Statement of Financial Activities)	63,888	(74,901)
Adjustments for:		
Depreciation charges	16,322	13,300
Investment income	(17)	(346)
Decrease/(increase) in debtors	(22,967)	71,170
Increase/(decrease) in creditors	305,746	(34,797)
Net cash provided by/(used in) operating activities	362,972	(25,574)

17. Analysis of cash and cash equivalents

	2022 £	2021 £
Cash in hand	771,259	414,955
Total cash and cash equivalents	771,259	414,955

18. Analysis of changes in net debt

	At 1 April 2021 £	Cash flows £	At 31 March 2022 £
Cash at bank and in hand	414,955	356,304	771,259
	414,955	356,304	771,259

19. Pension commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund in the year of £32,226 (2021: £28,831). Contributions totaling £6,828 (2021: £6,438) were payable to the scheme at the end of the period and are included in creditors.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
(A company limited by guarantee)

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

20. Operating lease commitments

At 31 March 2022 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2022	2021
	£	£
Not later than 1 year	981	981
Later than 1 year and not later than 5 years	2,697	3,677
	3,678	4,658

21. Related party transactions

Other than disclosed elsewhere in these financial statements, there were no related party transactions requiring disclosure during the current or previous year.

Accounts

Company registration number: 01830241
Charity registration number: 290118

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE

(a company limited by guarantee)

Annual Report and Financial Statements

for the year ended
31 March 2021

Field Sullivan Limited
70 Royal Hill
Greenwich
SE10 8RF

Brandon Centre for Counselling and Psychotherapy for Young People

Reference and administrative details

Company registration number 01830241

Charity registration number 290118

Registered Office: 26 Prince of Wales Road
Kentish Town
NW5 3LG

Trustees Mark Bland - Chair
Jennifer Cantor - Treasurer (appointed 1 April 2020)
Temitope Ademosu (appointed 18 March 2021)
Simon Boddis (resigned 1 April 2020))
Victoria Corbishley
Dolores Currie
Michael Davis
Terry Heller (appointed 24 September 2020)
Dr Lucy Moore (appointed 18 March 2021)
Nicola Moore (appointed 24 September 2020)
Joanna Stronach (appointed 18 March 2021)
Professor Richard Taffler (resigned 24 September 2020)
Jonathan Tait (appointed 1 April 2020)
Basil Tyson (resigned 1 April 2020)

Auditors: Field Sullivan Limited
Statutory Auditor
Chartered Accountants
70 Royal Hill
London
SE10 8RF

Bankers: Barclays Bank plc
Leicester
LE87 2BB

CCLA
Senator House
85 Queen Victoria Street
London
EC4V 4ET

Brandon Centre for Counselling and Psychotherapy for Young People

Trustees' Report
for the year ended
31 March 2021

The Council of Management, who are the directors for Companies Act purposes and trustees for Charities Act purposes, have the pleasure in submitting the trustees' report for 2020/21. This is a Directors' Report required by s417 of the Companies Act 2006. The financial statements comply with current statutory requirements and the requirements of the Memorandum and Articles of Association.

Achievements and Performance

Brandon Centre has supported young people in London for over fifty years with their sexual and mental health and wellbeing. We also provide support to parents and families and to professionals who work with young people. Our services are designed with the guidance of young people, and we are flexible in providing a different experience to statutory services. Our goal is to offer a warm, personal, and confidential face-to-face experience that centres on building relationships as well as addressing immediate needs.

Overview of our Strategy

Over 2020/21 we developed our new Strategy – '**Getting Set for Success' 2021 – 2024**

While our mission was clear we recognised that its success depends upon us effectively combining our knowledge and expertise and working together towards common goals. We know that when we are successful, we can help bring about extremely positive change in the lives of the families and young people we serve.

"It gave me confidence and hope"

We believe that our strategy should help us achieve this success, but that it should also identify ways of working that keep us inspired, motivated and satisfied. We do not take this lightly, in fact here's what we did to get to our new strategy:

- Brandon Way interviews with our team members
- Brandon Way interviews with our young people
- Internal meetings
- Board, Senior and Team Leadership Away Days
- Meetings with Pilotlight
- Service transformation and Brandon Way workshops
- Marketing and website development workshops

We reviewed our Vision, Mission, Values and Strategic Objectives:

Our **Vision** is to be Here for Young People.

We believe that all young people should be able to access the highest quality sexual and mental health support in a safe and welcoming environment.

Our **Mission** is to maintain and develop our accessible, flexible and specialist services.

We aim to respond to the psychological, sexual, and social needs and challenges of young people under 25 years old.

Our **Values**:

Compassion

We provide a welcoming and non-judgemental environment for young people to access support that helps them live healthy and fulfilled lives.

Brandon Centre for Counselling and Psychotherapy for Young People

Trustees' Report
for the year ended
31 March 2021

Respect

We serve our diverse community, and work with our partners, with a willingness to collaborate, adapt, and recognise the importance of choice.

Inclusion

We strive to remove barriers to access, and to use our expertise to provide services that our young people can trust to be safe and to meet their individual needs.

Our Core Services:

Specialist Contraception & Sexual Health Services

- Contraception including implants and coils
- All forms of emergency contraception
- Diagnosis, treatment and support with STIs
- Pregnancy testing
- Advice and information
- Counselling and wellbeing support including pregnancy choices
- Community outreach programmes

Specialist Mental Health & Wellbeing

- Counselling & Psychotherapy 1-1 sessions
- Systemic Integrative Treatment for young people & their families
- Suicide Prevention Project (starting in 21/22)
- Mental Health Outreach: Brandon Connect and Arsenal in the Community youth projects

Clinical Training & Consultancy – Specialist Programmes

- Mental Health & Wellbeing (being developed in 21/22)
- Sexual Health & Relationships (part of Contraception and Sexual Health project)
- Enhanced Healthy Living
- Ground Up Youth Consultancy (incl. training for professionals and partner organisations)
- Training and support for parents, carers, and families
- Leadership & Coaching (being developed in 21/22)

Community Engagement, Outreach & Partnerships

- Arsenal Youth Sports & Wellbeing
- The Hive Minding the Gap youth support (lead provider is Catch 22)
- Youth Hubs and Ambassadors (developed as part of Young People's Involvement Strategy)

Young People's Involvement Strategy

Following the Brandon Way Young People's Survey in the autumn 2020, we identified key actions to take forward as part of this important development work. In line with our overall Brandon Centre Strategy 'Getting Set for Success', one of the key areas highlighted is the development of a Young People's Involvement Strategy.

Working with Angela Newton, from Lived Experience Matters, we held two facilitated workshops where young people who access our services met with some of our staff to begin the co-development and co-design of this new strategy.

To ensure the delivery of this strategy and associated actions, the first step has involved developing the launch of the Young People's Leadership Board. With Brandon Centre staff support, the principles, purpose, presence, process, and impact of this Board are being developed and produced by the young people who will sit on the Leadership Board.

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Covid-19

All our services have been maintained during the pandemic including the lockdown periods and we did not suffer any loss of income as a result of Covid. We reacted quickly to the social distancing needs with the majority of services moving to homebased, virtual, online and telephone delivery. We have established protocols for a safe return to the office and are now progressively restoring face-to-face services. In future, we envisage a mixed provision of online and face-to-face services as we have learned that to receive support online is preferable in some circumstances for the young people we support.

Contraception and Sexual Health Services

The Contraception and Sexual Health Services went through a restructure in 2020. David Ritchie was appointed in November 2020 as Head of Sexual Health. David has 14 years' experience of reproductive and sexual health care, and 5 years leading public/private/charity healthcare teams. He is starting a PhD at Oxford Brookes University in September 2021. The Sexual Health Support and Wellbeing roles were adapted to include Workforce Development, Relationship and Sex Education, Condom-Card (C-Card) Coordination and Clinical Work.

During the Covid-19 Pandemic, the Brandon Centre underwent many changes to adapt the clinic service delivery to ensure our young people's needs were met in line with Covid-19 regulations.

We offered telephone-based consultations, prioritising under 18s and more vulnerable young people (i.e. booked face-to-face appointments instead of telephone triage), provided a full long acting reversible contraception (LARC) service, changed the number of days the service was open in accordance with staffing levels, building/individual risk assessments, lockdowns etc., and were flexible, increasing the clinic service when needed via telephone consultation's, email response and text message services.

Our Sexual Health Service (2020/21)

Throughout the pandemic we continued to support and provide services to our young people:

- 1,486 young people used the sexual health clinic attending 2,370 consultations
- 916 prescriptions for hormonal or emergency contraception were supplied to young women: 17% were for LARC methods (long-acting reversible contraception)
- 234 pregnancy tests were performed, and 17 young women supported as a result of positive tests
- 399 chlamydia/gonorrhoea screening tests and 118 point of care (instant result) HIV/syphilis tests were performed
- 139 treatments for sexually transmitted infections (STIs) were supplied, and 155 treatments for non-STI genitourinary infections
- Now offering Hepatitis A and B vaccinations to those eligible
- Now offering all contraception services with vaginal rings and coils popular amongst young people

Our Network and Relationships and Sex Education (RSE)

Our sexual health team continued to be part of the Camish Network of sexual health providers (including for example, Brook and Homerton NHS Trust) who collaborate to deliver education on sexual health and healthy relationships in mainstream secondary schools and colleges across Camden and Islington. We also supported teachers in the planning and delivery of Personal Social Health and Education (PSHE) lesson plans. Due to the pandemic, relationships, and sex education sessions (RSE) were limited, however they are being re-introduced again with regular topics which include the: Introduction to safer sex; Contraception; STI's; and access to services.

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C-Card (Condom Card Scheme)

Brandon Centre coordinates the C-Card Scheme across Camden and Islington. Young people aged 13-24 can receive free condoms and lubricant across London when they sign up to the C-Card scheme. They can access condoms and lubricant from participating pharmacies, youth groups, sexual health clinics and young people's services in most London boroughs. Despite the impact of the Covid-19 pandemic on the delivery of the C-Card Scheme, a total of 8,046 condoms were distributed throughout 2020/21 during a total of 797 C-Card encounters.

Training for Professionals

Brandon Centre delivered 20 training sessions in 2020/21 to 176 professionals including bespoke training on topics including, C-Card, 'Introduction to talking to young people about Sexual Health', 'Young People and Sexual Health during Covid-19', 'Introduction to Sexual Health', 'C-Card Database training', 'Young People and LGBTQ+', 'Young People and Pornography' and 'Talking to Young People about Relationships'. Bespoke training can be requested, and training can be conducted face to face and virtually. Feedback from our sessions include:

"I have one-to-one sessions with young people daily, a lot of these young people are around 16 years of age or below. Thus, I will be able to share some of the knowledge gained today with them and promote safe sex."

"I will continue to keep young people updated and informed with all the information I have learnt."

Inclusivity

The Camish Inclusivity Outreach Pilot Project commenced in September 2020 with the aim of promoting and providing sexual health services, information and sexual health advice to hard-to-reach groups, e.g. LGBTQ+, males and disabled young people through a combination of partnership working, a digital offering and the Outreach Worker being active in the community. As well as linking up with other partners/organisations, the Inclusivity Outreach Worker provided street outreach to our hard-to-reach young people who may not traditionally access our services. Additionally, we worked with local charities such as St John's Deaf Youth Club, whose young people reviewed the networks materials to offer helpful and actionable advice.

Sexual Health Service Patient Feedback

"You guys are my favourite place to go to. I always feel most safe with you".

"Welcoming and confidential"

"You guys are amazing! I prefer to get in touch with you than any of the other services because you are just so much more present and there for people."

"I've left my appointment with a big smile on my face and feeling 100% better."

Mental Health & Wellbeing Services

Counselling and Psychotherapy

The Counselling and Psychotherapy Service operates across the London Boroughs of Camden and Islington. The service offers a range of therapeutic interventions to young people aged 16 to 25 years old. Interventions offered range from structured (CBT informed) to exploratory (psychoanalytically informed) psychotherapy. The team is comprised of 4 Clinical Psychologists, 6 Psychotherapists, 1 Assistant Psychologist, 1 Referrals Coordinator and several Trainee Psychodynamic Psychotherapists and Trainee Clinical Psychologists.

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In Camden, a total of **183** young people were assessed, and **1,805** therapy appointments took place during the financial year 2020-2021. In Islington, **102** young people were assessed, and **1,041** therapy appointments took place. In total, across both Boroughs, we assessed **285** young people and **2,846** therapy appointments took place.

Across all appointments offered, our attendance rate averaged at over 80% (note that the above figures reflect appointments attended), which is a high rate for engaging adolescents and young adults in a therapy service.

Young people complete the CORE-OM – a psychometric outcome measure - at the start (Time 1) and end (Time 2) of their treatment. The CORE-OM measures the following dimensions: emotional wellbeing, mental health problems/symptoms, daily functioning difficulties, and clinical risk (e.g. suicidality). The total score is called global distress. The scores are divided into the severe, moderately severe, moderate, mild, low, and healthy range. ***On average, young people scored in the moderately severe range at the start of treatment. This reduced to the mild range at the end of treatment, suggesting that their mental health significantly improved in response to therapy.*** Specifically, young people made significant improvements across all domains: emotional wellbeing, problems/symptoms, daily functioning, clinical risk, and global distress.

At the end of treatment, the service routinely collects CHI-ESQ feedback questionnaire (which consists of a mix of questions answered on a Likert scale, as well as open ended questions) to provide young people with the opportunity to share anonymously their experience at the Brandon Centre. This is useful as it helps us identify areas of strength and improvement needed at Brandon Centre.

100% of the young people who responded to the CHI-ESQ answered “certainly true” or “partly true” on the following sample statements:

“I feel that the people who saw me listened to me”
“It was easy to talk to the people who saw me”
“I was treated well by the people who saw me”
“My views and worries were taken seriously”

98% of young people answered certainly true or partly true to the statement: “If a friend needed this sort of help, I would suggest to them to come here.”

The feedback below was gathered from open ended questions answered by young people who used the service in 2020-2021:

“I looked forward to my appointments each week with [Therapist]. My moods were improving, and I could see the difference in myself from when I first started my sessions. [Therapist] was amazing and really helped me with my progression to become more confident and a better version of myself.”

“This was the sort of help I deeply needed but wasn’t aware how useful and needed it was.”

“[Therapist] was very attentive and caring, made me feel supported and good about myself again.”

“[They] were very kind, understanding and patient. I felt like I was being truly listened to for the first time.”

The psychotherapy service has operated remotely throughout the coronavirus pandemic and related lockdown. We are working at full capacity, offering assessment and treatment appointments via telephone and/or video calls. None of our staff have taken any extended sick leave. Our team meetings, external meetings, supervisions, and other meetings are also taking place remotely via telephone or video calls. We are pleased that all our clinicians are now fully vaccinated, and we are exploring ways of hybrid working in 2021-2022.

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Systemic Integrative Treatment (SIT)

Brandon Centre's Systemic Integrative Treatment (BC SIT) team works with the families of young people displaying a range of problem behaviours and aims to prevent these young people entering costly out-of-home care.

This year the BC SIT team expanded from one to two teams which has enabled us to successfully treat families across five London boroughs as well as delivering treatment to a target age range of 10-14yrs old within a project funded by the Youth Endowment Foundation (YEF). This is a Home Office backed charity investing in projects which showed the most potential to reduce violence and criminality in young people. Initial analysis of outcomes from this project are expected to be completed by March 2022.

Key outcomes:

- 46 families were enrolled in BC SIT treatment from 2020-2021
- 6 of the 46 families treated had children in care at the start of treatment and 5 of these 6 children had returned home by 6 months of treatment
- 96% of children treated within BC SIT were living at home after receiving 6 months of treatment and of families who had received 12 months of treatment (by Apr 21) 100% of children were living at home

Stakeholder feedback:

"The SIT Therapist working with this family has made more progress than any other professional involved with this family and they have had a long history of professional involvement. Because of the trusting relationship built, mum has now taken her daughter home and is advocating on her behalf – something I never thought was possible". (stakeholder from Wandsworth)

Family feedback for BCSIT:

"Things are still going so well. I am using all the strategies the therapist gave me and have seen such a change in (child's) behaviour" (parent of child 6 months after BC SIT treatment had finished).

"The SIT Therapist has done by far more for us than any other support provided by any professionals. She understands and she is accurate with her recommendations. The support has been AMAZING thus far! Thank you."

"If it was not for you, my grandson would not have been where he is today. You have helped so very, very much and I could not have done it without you. I am so, so grateful from the bottom of my heart."

Mental Health Outreach: Brandon Connect & Arsenal in the Community

In 2020-2021, the Brandon Connect service and Arsenal in the Community Partnership service were provided remotely due to the lockdown regulations resulting from the pandemic. The total number of appointments offered for both services was 540 of which 447 (83%) were attended. The number of young men seen in the Brandon Connect service in 2020-2021 was 23 and the number of young people seen in the Arsenal in the Community Service was 7.

There was a successful funding application for a two-year grant from Islington Giving which is due to commence on 1 September 2021. Please see below some comparative data with NHS mental health services. Comparisons are indicative.

These results demonstrate favourably achievements compared to IAPT services:

- The number of young men attending 10 or more sessions was 26 out of 41 (63%) and 80% of the total number of sessions offered were attended (701/874). In comparison, for IAPT 60% of all the referrals that ended in 2017–2018 did not 'complete' treatment; given the definition of treatment completion by IAPT is 2 sessions or more, the cited figures likely mask higher rates of dropout'.

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- The number of young men who made a reliable improvement from pre-treatment to follow-up: 15/29 (52%) measured by PHQ-9 (measures depression) and the number of young people who made a reliable improvement from pre-treatment to follow-up: 18/29 (62%) measured by GAD-7 (measures anxiety). These numbers are similar to IAPT where 63.7% of patients showed reliable improvement on the combination of PHQ-9 and GAD-7.

- The number of young men who improved by five or more points (reliably improved) from pre-treatment to follow-up: 18/29 (62%) measured by the Outcome Rating Scale. In comparison, an analysis of child reported CYP (child and young person) IAPT data by Child Outcome Research Consortium (CORC) showed 1 in 4 (25%) children reliably 'recovered', and 1 in 10 reliably deteriorated.

A tentative conclusion is that Brandon Connect and Arsenal in the Community Partnership services are effective in terms of their recovery and rate of attendance, especially when the characteristics of the population treated are considered: mainly male (all male in Brandon Connect), NEET and from deprived backgrounds.

Training & Consultancy

Enhanced Healthy Living Service

The Enhanced Healthy Living Service (EHLS) is a targeted service for children and young people who are overweight or obese in Camden and Islington. The service is an evidence-based intervention working with the parents of these children and integrating treatment with other teams/professionals via consultation and multi-disciplinary team (MDT) working.

- The Families, Food and Feelings 6-week programme was delivered to 85 parents
- The MDT has supported 107 complex cases
- A total of 221 professionals attended the quarterly webinars that were run as part of the EHLS training offer

The service has been delivered online which seems to have improved engagement with both families and professionals. However, many parents have fed back that they would like the group to run face to face which will be offered within the next year. However, if attendance rates drop, the group will return online.

Feedback from the parent programme:

"I would recommend it. Fantastic group facilitators."

"I think that both trainers were excellent and empathetic. The course was well structured and well organised. Everything was run very efficiently!"

"It's really good - keep it going!"

"I would recommend this group to any parents who are struggling with their child's eating or any other behaviour."

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Consultancy to other organisations – Ground Up

The Ground Up service is a youth consultancy service which aims to increase the mental health capacity and staff resilience in third sector organisations in Camden. The Camden Giving funding for Ground Up came to an end in September 2020 and so the service is currently delivering a reduced service with the remaining funding from Camden Clinical Commissioning Group (CCG). Ground Up has supported 12 organisations over the last year.

- 198 1:1 supervision sessions
- 27 group supervision sessions
- 13 training sessions
- 19 reflective group practices
- 8 consultations
- 100 individual staff members have been supported by Ground Up

The goal for the next year is to increase the amount of delivery that is directly paid for by organisations, schools, or businesses.

Feedback from organisations:

"Through clinical supervision, staff have been provided with space away from their colleagues to express how they have been feeling in response to potentially traumatic events. This has ultimately supported them to continue to deliver an effective service to young people."

"Thank you so much for this service. We are so grateful for everything we have been able to access and definitely see the huge impact of all the interventions, both on the team and the service we deliver."

"Sessions have really helped support the organisation in ways we couldn't have imagined. In the few sessions X has delivered for us, she's helped members of staff reflect on the impact of their work, she has helped us prioritise mental health and wellbeing, and she has built our skills in various ways."

"We left the training session feeling equipped and positive about helping the young people we work with. "

Parent Groups

Love and Limits

The Love and Limits parent programme is for parents of teenagers (aged 12-16) with challenging behaviour. There was a gap in funding for this programme over 2020, however new funding has now been secured and delivery has been able to restart from March 2021. The programme has been updated and adapted to be delivered online. This appears to be a very popular parent offer.

ADHD parent programme

The ADHD parent programme is for parents of children and young people (aged 5-12) who have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). The programme offers psychoeducation and strategies related to the "1-2-3 Magic" discipline model. There was a gap in delivery due to the Covid-19 pandemic but the programme has since been updated and adapted to be delivered online. This programme is currently only available in Camden, one of the aims is to expand this offer across more London boroughs.

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Community Engagement

Arsenal Girls Kicks – Wellbeing Support for Girls Community Football

The Arsenal Girls Kicks programme offers community sport to girls aged 8-16. It is part of the Premier League Kicks initiative, which aims to inspire young people by engaging them in meaningful activities, especially community football. The Brandon Centre has been providing emotional wellbeing support to the Arsenal Girls Kicks programme, thanks to generous funding provided to us via Islington Giving. This has been delivered by a Young People's Wellbeing Worker, with experience in Sport & Exercise Psychology and Youth Engagement Work. Our offer ranged from "light touch", pitch side, emotional wellbeing conversations on a 1:1 or group basis during football practice, to a series of online workshops that took place at times on a weekly basis during lockdown. Topics covered in workshops included: mindfulness meditation practice, racial identity (following Black Lives Matter), and sleep hygiene. The topics covered during workshops were developed in consultation with the girls: Primary and Secondary school aged girls were seen in two separate groups.

Due to the ongoing coronavirus pandemic, the delivery of the football practice sessions was interrupted, moving to an online youth programme. As a result, there was a higher-than-expected attrition. However, at present the sessions have returned to in-person football practice sessions.

Arsenal Girls Kicks in numbers:

- 231 girls attended at least 1 session (e.g. workshops)
- 52 girls attended 10 or more sessions across at least two quarters
- 96 sessions were delivered lasting around 1h 15 m each.
- Age range 8-16, with the majority (116 girls) aged 11-13
- 66% of the girls who declared their ethnicity came from a BAME background; 33% were White.

Organisation and Governance of the Charity

Trustees' Report

The Brandon Centre was formerly The London Youth Advisory Centre, which was founded in 1969. It was registered as a charity and incorporated as a company in 1984. The names of the members of the Council of Management at 31st March 2020 are set out on page 1. The objectives and activities of the company are governed by its Memorandum and Articles of Association.

Legal status

The Brandon Centre for Counselling and Psychotherapy for Young People is a company limited by guarantee, number 1830241, and therefore has no share capital and is also a registered charity, number 290118.

Objectives and public benefit

The objectives of the Brandon Centre are:

1. To maintain and develop an accessible and flexible professional service in response to the psychological, medical, sexual and social problems of young people aged 12- to 25-years old.
2. To relieve distress, mobilise personal resources and facilitate growth in adolescents by working towards responsibility and self-fulfilment.
3. To prevent or alleviate the suffering caused by unwanted pregnancy, ill mental health, psychological disturbance and maladaptation in adult and future family relationships.

The Trustees have reviewed these objectives with regard to the Charity Commission's guidance on public benefit and determined they are consistent with it.

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Trustees' Report for the year ended 31 March 2021

Appointment of council members

Members of the council must be members of the company and shall be elected either by the members of the company in general meeting or by the council. At each AGM one-third of the members of the council are required to retire from office by rotation however are eligible for re-election. Trustees are selected on the basis of skills and relevant experience. Factors taken into account include experience and skills in the following areas: charity management and operations, relevant clinical expertise, business development and fundraising, commissioning, finance, legal and human resources. The council may appoint someone to be a member of the council, either to fill a casual vacancy or as an addition to the existing membership, and anyone so appointed holds office only until the next AGM but is eligible for re-election. No Director shall serve for more than nine consecutive years, unless the Directors consider it would be in the best interests of the Charity for a particular Director to continue to serve beyond that period and that Director is reappointed in accordance with the Articles.

Last year the council met for five ordinary meetings and one AGM. In line with our Board Development plans we welcomed three new trustees: Temitope Ademosu, Lucy Moore and Joanna Stronach.

Brandon Centre thanked and said a fond farewell to Dolores Currie as Chair of Trustees at the end of March 2021 and welcomed Mark Bland as a new Chair of Trustees and Victoria Corbishley as Vice Chair.

Finances of the Charity

The Brandon Centre's financial position at 31 March 2021 remains sound, however the funding environment remains challenging. As explained below, in 2020/21 the Centre ran a deficit largely due to the costs of a restructure. The cost of the management has been reduced and the lease of the office at Royal College Street has been terminated. The outcome of these changes has been to improve the Centre's finances by £120k per year from 21/22 onwards. The benefits of this change are showing in 21/22 and the trustees project an underlying surplus in this year with unrestricted reserves growing although reported results are projected to show breakeven due to spending on restricted reserves.

As shown by the statement of financial activities, total incoming resources for the year to 31 March 2021 were £1,705k (£130k higher than in 2020) primarily due to grant income from the Youth Endowment Fund (YEF). Expenditure totalled £1,780k (£161k higher than in 2020). The change resulted from additional expenditure funded by the YEF grant, redundancy costs and higher service provision costs due to using external consultants to assist with the restructure and improve the quality of services. These increases were partially offset by lower medical costs which were inflated in the prior year due to some unexpected invoices from the previous year. Net outgoing resources during the year amounted to £75k (vs. net outgoing resources of £44k in 2020).

As in previous years, the Centre has benefited from the financial support of health and local authorities, charitable trusts and corporate donors. At 31 March 2021, the Centre had total reserves of £603k (2020: £678k) of which free reserves (excludes restricted funds and funds invested in the Brandon Centre's building) amounted to £237k (2020: £323k). Unrestricted reserves currently cover 1.6 months of operating costs which is below the reserve policy of 3 months but in 21/22 they are projected to rise by 0.5 months and the strategy is bring them into line with reserves policy over a 3-year period.

During the year, £800k of the Brandon Centres income contracts are being re-tendered in two tender processes. We believe we are well positioned to succeed in these tenders. However, the trustees have prepared scenarios to manage a possible loss of this income. We believe that we could maintain a going concern even if we lose this income as it would free up rental space in our building and the months of unrestricted reserves would increase above the reserves policy due to having lower operating costs.

Brandon Centre for Counselling and Psychotherapy for Young People

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Risk analysis

To comply with the Statement of Recommended Practice for Charity Accounts (SORP 2005) a review of the major risks to which the charity is exposed and the systems that have been established to mitigate those risks was carried out by the Honorary Treasurer and Director, in consultation with the auditor. The review initially considered external factors. Changes in social policy, overall public spending, the standing of child and adolescent mental health services and legislation were identified as potential areas of risk. Potential human resources and infrastructure problems at the centre were also considered. However, the review conducted found that there were already systems in place to mitigate the possible impact of the main risks identified. Based on the report's recommendations, areas of potential vulnerability identified were rectified. Formal risk analysis is being conducted on a continuing basis and any new areas of risk will be addressed.

Reserves Policy

As a reserves policy, the Council of Management have agreed there should be 3 months running costs.

Auditors

Field Sullivan Limited having acted for ten years will stand down from their role as auditor, and a resolution to appoint Goodman Jones LLP as the auditor of the company will be proposed at the next AGM.

Statement of Trustees' Responsibilities

The trustees (who are also the directors for the purpose of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees must prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

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

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees confirm that so far as they are aware, there is no relevant audit information (as defined by section 418(3) of the Companies Act 2006) of which the charitable company's auditors are unaware. They have taken all the steps that they ought to have taken as trustees in order to make themselves aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

Brandon Centre for Counselling and Psychotherapy for Young People

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Small company provisions

This report has been prepared in accordance with the small companies' regime under the Companies Act 2006.

Approved by the Board and signed on its behalf by:


MJB (00114, 2011-12-23 CMT+1)

Mark Bland
Chair and Trustee

11 October 2021

Brandon Centre for Counselling and Psychotherapy for Young People

Independent Auditor's Report to the Members of Brandon Centre for Counselling and Psychotherapy for Young People

Opinion

We have audited the financial statements of Brandon Centre for Counselling and Psychotherapy for Young People (the 'charity') for the year ended 31 March 2020, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2020 and of its results for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the entity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Independent Auditor's Report to the Members of Brandon Centre for Counselling and Psychotherapy for Young People

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for company law purposes, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.
- the trustees' were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 12 the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Discussions were held with the management committee with a view to identifying those laws and regulations that could be expected to have a material impact on the financial statements.

Brandon Centre for Counselling and Psychotherapy for Young People

Independent Auditor's Report to the Members of Brandon Centre for Counselling and Psychotherapy for Young People

The following laws and regulations were identified as being of significance to the entity:

- Those laws and regulations considered to have a direct effect on the financial statements include UK financial reporting standards, Companies Act 2006, and The Charities Act 2011.
- It is considered that the laws and regulations for which non-compliance may be fundamental to the operating aspects of the business or to avoid material penalty include regulations that apply under the CQC in relation to sexual and mental health.

Audit procedures undertaken in response to the potential risks relating to irregularities (which include fraud and non-compliance with laws and regulations) comprised of: inquiries of management and those charged with governance as to whether the entity complies with such laws and regulations; enquiries with the same concerning any actual or potential litigation or claims; inspection of relevant legal correspondence; review of board minutes; testing the appropriateness of entries in the nominal ledger, including journal entries; reviewing transactions around the end of the reporting period; and the performance of analytical procedures to identify unexpected movements in account balances which may be indicative of fraud.

No instances of material non-compliance were identified. However, the likelihood of detecting irregularities, including fraud, is limited by the inherent difficulty in detecting irregularities, the effectiveness of the entity's controls, and the nature, timing and extent of the audit procedures performed. Irregularities that result from fraud might be inherently more difficult to detect than irregularities that result from error. As explained above, there is an unavoidable risk that material misstatements may not be detected, even though the audit has been planned and performed in accordance with ISAs (UK).

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Timothy Sullivan FCA (Senior Statutory Auditor)
for and on behalf of Field Sullivan Limited, Statutory Auditors

70 Royal Hill
Greenwich
SE10 8RF

3/11/21

Brandon Centre for Counselling and Psychotherapy for Young People

**Statement of Financial Activities
(including Income and Expenditure Account)
for the year ended
31 March 2021**

	Note	Restricted Funds £	Unrestricted Funds £	Total Funds 2021 £	Restricted Funds £	Unrestricted Funds £	Total Funds 2020 £
Income and endowments from:							
Donations and legacies	3	354,784	35,811	390,595	260,308	37,059	297,367
Charitable activities	4	-	1,313,734	1,313,734	-	1,275,723	1,275,723
Investment income		-	346	346	-	1,570	1,570
Total income		354,784	1,349,891	1,704,675	260,308	1,314,352	1,574,660
Expenditure on:							
Raising funds	5	-	27,938	27,938	-	20,181	20,181
Charitable activities	6	344,354	1,407,284	1,751,638	253,193	1,345,414	1,598,607
Total expenditure		344,354	1,435,222	1,779,576	253,193	1,365,595	1,618,788
Net movement in funds		10,430	(85,331)	(74,901)	7,115	(51,243)	(44,128)
Reconciliation of funds							
Total funds brought forward		354,965	322,609	677,574	347,850	373,852	721,702
Total funds carried forward		365,395	237,278	602,673	354,965	322,609	677,574

All of the charity's activities derive from continuing operations during the above two periods.

Brandon Centre for Counselling and Psychotherapy for Young People

Company registration number: 01830241

Balance sheet

as at

31 March 2021

	Note	2021	2020
		£	£
Fixed assets			
Tangible assets	9	280,384	277,923
Current assets			
Debtors	10	50,714	121,884
Cash at bank and in hand		414,955	455,944
Total current assets		465,669	577,828
Creditors: amounts falling due within one year	11	(143,380)	(178,177)
Net current assets/(liabilities)		322,289	399,651
Net assets	12	<u>602,673</u>	<u>677,574</u>
The funds of the charity:			
Restricted funds		365,395	354,965
Unrestricted funds:			
General fund		237,278	322,609
Total unrestricted funds		237,278	322,609
Total charity funds	13	<u>602,673</u>	<u>677,574</u>

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of the accounts.

The financial statements on pages 14 to 28 were approved by the trustees, and authorised for issue on 9 September 2020 and signed on their behalf by:


1945, 05-11-2021 12:23 GMT+1
Mark Bland
 Chair and Trustee

11 October 2021


Jennifer Cantor (Nov 1, 2021 17:10 GMT)
Jennifer Cantor
 Trustee

11 October 2021

Brandon Centre for Counselling and Psychotherapy for Young People
Company registration number: 01830241

Cash flow statement
for the year ended
31 March 2021

	2021		2020	
	£	£	£	£
Net cash flow from operating activities				
Net outgoing resources	(74,901)		(44,128)	
Depreciation charges	13,300		3,805	
Less investment income	(346)		(1,570)	
Decrease/(increase) in debtors	71,170		(9,069)	
(Decrease)/increase in creditors	<u>(34,797)</u>		<u>77,130</u>	
Net cash outflow from operating activities		(25,574)		26,168
Cash flows from Investing activities				
Purchase of property, plant and equipment	(15,761)		(29,340)	
Investment income	<u>346</u>		<u>1,570</u>	
Net cash outflow from investments		(15,415)		(27,770)
(Decrease)/Increase in cash		<u>(40,989)</u>		<u>(1,602)</u>
Opening cash position		455,944		457,546
Closing cash position	16	<u>414,955</u>		<u>455,944</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

1 Charity status

The charity is limited by guarantee, incorporated in , and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The address of its registered office is:

26 Prince of Wales Road
Kentish Town
NW5 3LG

These financial statements were authorised for issue by the trustees on 11 October 2021.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Brandon Centre for Counselling and Psychotherapy for Young People meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Freehold land and buildings	Not depreciated, see note 9
Fixtures, fittings and equipment	33% straight line

Impairment

Assets are tested for impairment whenever there is any objective evidence or indication that these assets may be impaired.

For the purpose of impairment testing, the recoverable amount (i.e. the higher of the fair value less cost to sell and the value-in-use) is determined on an individual asset basis unless the asset does not generate cash inflows that are largely independent of those from other assets. If the recoverable amount of the asset is estimated to be less than its carrying amount, the carrying amount of the asset is reduced to its recoverable amount.

The difference between the carrying amount and recoverable amount is recognised as an impairment loss in profit or loss, unless the asset is carried at revalued amount, in which case, such impairment loss is treated as a revaluation decrease.

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

3 Income from donations and legacies

	Restricted Funds £	Unrestricted Funds £	Total Funds 2021 £	Total Funds 2020 £
BBC Children in Need	-	-	-	10,000
BUPA	-	10,000	10,000	-
Camden Giving	20,833	-	20,833	54,167
The Charles Hayward Foundation	10,000	-	10,000	16,500
Charities Trust	-	3,000	3,000	-
The City Bridge Trust	9,918	-	9,918	37,000
Cripplegate Foundation	23,700	-	23,700	36,166
Islington Giving	58,333	-	58,333	50,475
The Lambert Charitable Trust	3,000	-	3,000	3,000
Oakdale Trust	-	10,000	10,000	10,000
Peter Stebbings Memorial Charity	-	3,000	3,000	-
The Rhododendron Trust	-	1,000	1,000	500
The Sir Mark and Lady Turner Charitable Settlement	-	500	500	-
The Vandervell Foundation Limited	-	3,000	3,000	3,000
Young Camden Foundation	5,000	-	5,000	-
Youth Endowment Fund	224,000	-	224,000	56,000
Other grants, donations and community events	-	5,311	5,311	20,559
	<u>354,784</u>	<u>35,811</u>	<u>390,595</u>	<u>297,367</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

4 Income from charitable activities

	Restricted Funds £	Unrestricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Catch 22: Axis	-	79,297	79,297	81,000
NCL CCG Enfield	-	70,800	70,800	54,000
NCL CCG Haringey	-	110,400	110,400	67,500
NCL CCG Islington	-	85,529	85,529	98,892
SWL CCG Wandsworth	-	35,400	35,400	50,000
London Borough of Camden	-	475,412	475,412	508,664
London Borough of Islington	-	433,399	433,399	371,240
UCL Training	-	1,200	1,200	9,360
Westminster Kingsway College	-	-	-	1,500
Tavistock and Portman	-	17,700	17,700	32,819
Other	-	4,597	4,597	748
	<u>-</u>	<u>1,313,734</u>	<u>1,313,734</u>	<u>1,275,723</u>

5 Expenditure on raising funds

	2021 £	2020 £
Fundraising	20,872	20,181
Wages and salaries (note 7)	6,830	-
Social security costs (note 7)	236	-
Pension costs (note 7)	-	-
	<u>27,938</u>	<u>20,181</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

6 Expenditure on charitable activities	2021	2020
	£	£
Wages and salaries (note 7)	1,189,329	1,107,861
Social security costs (note 7)	114,148	104,496
Pension costs (note 7)	28,831	27,549
Redundancy	25,056	-
Recruitment	15,217	3,997
Staff training	12,074	7,886
Service provision fees	70,921	23,336
GDPR implementation	7,720	7,080
Medical supplies	31,481	67,702
Courses and conferences	500	971
Subscriptions, books and pamphlets	2,670	3,121
Travel and subsistence	3,523	10,682
Rent and rates	30,056	40,722
Repairs and renewals	15,019	6,750
Light, heat and power	4,262	5,569
Insurance	17,121	17,090
Telephone and fax	17,711	17,200
Household expenses and sundries	22,750	23,149
Computer supplies and maintenance	48,166	57,770
Printing, postage and stationery	2,637	8,100
Sundries	(412)	3,288
Auditor remuneration - Audit	3,862	3,575
- Non-audit	1,100	1,105
Legal and professional	59,689	40,465
Advertising	14,451	4,810
Bank charges	456	528
Depreciation	13,300	3,805
	1,751,638	1,598,607
Expenditure by services	2021	2020
	£	£
Development Project	-	22,638
Arsenal Connect	5,365	-
Brandon Connect - Camden	-	7,500
Brandon Connect - Islington	38,433	36,118
Brandon Prevent	-	26,721
Centre manager	-	37,000
Contraception and Sexual Health	410,583	379,038
Counselling Support for 16-24 year olds with mental health problems	-	5,833
Counselling and psychotherapy for young Islington residents	23,600	24,366
Governance and fundraising	29,369	28,680
Ground Up	23,708	55,704
Systemic Integrative Treatment (Restricted)	233,840	23,471
Systemic Integrative Treatment (Unrestricted)	364,606	413,186
Photovoice	1,270	8,730
Psychotherapy	641,669	544,690
Youth ambassadors	7,133	5,113
	1,779,576	1,618,788

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

7 Staff costs and numbers

	2021	2020
	£	£
Staff costs were as follows:		
Salaries and wages	1,196,159	1,107,861
Social Security costs	114,384	104,496
Pension costs	28,831	27,549
Total	<u>1,339,374</u>	<u>1,239,906</u>

The average number of employees during the year was as follows:

	2021	2020
	No.	No.
Director	1	1
Psychotherapy	18	17
Contraception and sexual health	7	8
Systemic Integrative Therapy	7	5
Central Administration	10	9
Total	<u>43</u>	<u>40</u>

Pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £27,549 (2019 - £31,650).

Contributions totalling £5,638 (2019 - £4,382) were payable to the scheme at the end of the period and are included in creditors.

Senior employees

During the year, the number of senior employees who received emoluments falling within the following ranges were:

	2021	2020
	No.	No.
£60,000 to £70,000	-	2
£70,001 to £80,000	1	-
	<u>1</u>	<u>2</u>

During the year, defined contributions on behalf of these staff amounted to £1,875 (2019: £3,248).

Key management personnel

During the year the charity made the following transactions with key management personnel:

The Chief Executive Officer received remuneration of £75,000 (2020: £62,500).

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

8 Trustee remuneration and expenses

No trustees received any remuneration or expenses during the year (2020: £nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2020: nil).

9 Tangible fixed assets

	Freehold properties £	Fixtures, fittings and equipment £	Total £
<i>Cost</i>			
At 1 April 2020	252,387	94,773	347,160
Additions	-	15,761	15,761
Disposals	-	(65,432)	(65,432)
At 31 March 2021	<u>252,387</u>	<u>45,102</u>	<u>297,489</u>
<i>Accumulated depreciation</i>			
At 1 April 2020	-	69,237	69,237
Charge for the year	-	13,300	13,300
Disposals	-	(65,432)	(65,432)
At 31 March 2021	<u>-</u>	<u>17,105</u>	<u>17,105</u>
<i>Net book value</i>			
At 31 March 2021	<u>252,387</u>	<u>27,997</u>	<u>280,384</u>
At 31 March 2020	<u>252,387</u>	<u>25,536</u>	<u>277,923</u>

Revaluation of fixed assets

As the Council of Management consider that any depreciation charge on the freehold property would be immaterial on the grounds that the estimated residual value is not materially different from the carrying value which is the cost of acquisition, no depreciation has been provided.

The freehold property, 26 Prince of Wales Road, London NW5, was acquired in April 1983 at a cost of £35,559. Donations were received for the cost of the premises and a capital reserve fund was established for these funds. An extension to the building was subsequently added and further donations were received and placed to the credit of the capital reserve. In 2009, building works were carried out to convert the top floor flat into offices for the use of the Centre. This was funded from the development fund set up for this purpose. An amount equal to the cost has been transferred from the development fund to the capital reserve fund. The balance on the capital reserve fund equals the cost of the property.

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

10 Debtors

	2021	2020
	£	£
Trade debtors	25,387	79,100
Other debtors	-	2,493
Prepayments and accrued income	25,327	40,291
	<u>50,714</u>	<u>121,884</u>

11 Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	38,569	25,296
Taxation and social security	32,637	31,475
Other creditors	7,455	5,961
Accruals and deferred income	64,719	115,445
	<u>143,380</u>	<u>178,177</u>

Creditors amounts falling due within one year includes deferred income:

At 1 April 2020	72,242	30,500
Amounts released to income	(72,242)	(30,500)
Amounts deferred in year	32,791	72,242
At 31 March 2021	<u>32,791</u>	<u>72,242</u>

12 Analysis of net assets between funds

	General Funds £	Restricted Funds £	Total Funds £
2021			
Tangible fixed assets	27,997	252,387	280,384
Current assets	352,661	113,008	465,669
Current liabilities	(143,380)	-	(143,380)
Net assets at 31 March 2021	<u>237,278</u>	<u>365,395</u>	<u>602,673</u>
2020			
Tangible fixed assets	25,536	252,387	277,923
Current assets	475,250	102,578	577,828
Current liabilities	(178,177)	-	(178,177)
Net assets at 31 March 2020	<u>322,609</u>	<u>354,965</u>	<u>677,574</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

13 Movements in funds

	At 1 April 2020 £	Incoming resources £	Outgoing resources £	At 31 March 2021 £
2021				
Restricted funds:				
Arsenal Connect	10,000	20,000	(5,365)	24,635
Brandon Connect - Islington	12,800	38,333	(38,433)	12,700
Brandon Prevent	9,584	-	-	9,584
Capital reserve	252,387	-	-	252,387
Counselling and psychotherapy for young Islington residents	11,800	23,700	(23,600)	11,900
Covid response	-	12,918	(12,918)	-
Ground Up	2,875	20,833	(23,708)	-
Photovoice	1,270	-	(1,270)	-
Systemic Integrative Treatment	49,029	234,000	(233,840)	49,189
Support for young people waiting for therapy	-	5,000	-	5,000
Youth Ambassadors	5,220	-	(5,220)	-
	<u>354,965</u>	<u>354,784</u>	<u>(344,354)</u>	<u>365,395</u>
Unrestricted funds				
General fund	322,609	1,349,891	(1,435,222)	237,278
	<u>322,609</u>	<u>1,349,891</u>	<u>(1,435,222)</u>	<u>237,278</u>
	<u>677,574</u>	<u>1,704,675</u>	<u>(1,779,576)</u>	<u>602,673</u>
	At 1 April 2019 £	Incoming resources £	Outgoing resources £	At 31 March 2020 £
2020				
Restricted funds:				
Arsenal Connect	-	10,000	-	10,000
Brandon Connect - Camden	7,500	-	(7,500)	-
Brandon Connect - Islington	11,643	37,275	(36,118)	12,800
Brandon Prevent	36,305	-	(26,721)	9,584
Capital reserve	252,387	-	-	252,387
Centre Manager	-	37,000	(37,000)	-
Counselling and psychotherapy for young Islington residents	-	36,166	(24,366)	11,800
Counselling for 16 to 24 year olds with mental health problems	5,833	-	(5,833)	-
Development fund	22,638	-	(22,638)	-
Ground Up	4,411	54,167	(55,703)	2,875
Photovoice	-	10,000	(8,730)	1,270
Systemic Integrative Treatment	-	72,500	(23,471)	49,029
Youth Ambassadors	7,133	3,200	(5,113)	5,220
	<u>347,850</u>	<u>260,308</u>	<u>(253,193)</u>	<u>354,965</u>
Unrestricted funds				
General fund	373,852	1,314,352	(1,365,595)	322,609
	<u>373,852</u>	<u>1,314,352</u>	<u>(1,365,595)</u>	<u>322,609</u>
	<u>721,702</u>	<u>1,574,660</u>	<u>(1,618,788)</u>	<u>677,574</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

13 Movements in funds - continued

Purposes of restricted funds:

Arsenal Connect

A project supporting girls/young women of Islington in non-stigmatising group settings.

Brandon Connect - Camden and Islington

A project supporting young people in Camden and Islington to engage in education, employment or training who have been restricted from doing so due to mental health problems. The project is linked with the Spear Programme which helps young people facing disadvantage into work or education.

Brandon Prevent

A project that builds on the Centre's group parent training programme for parents of challenging teenagers by providing parents with weekly individual skills, based on the strategies they learn at the parent training classes.

Capital reserve

As described in note 12 this fund equals the cost of the freehold property.

Centre Manager

The purpose of the post is to ensure delivery of a high quality service to young people, by providing leadership and support to, and engagement with, the Centre's clinical and non-clinical teams.

Counselling and psychotherapy for young Islington residents

A psychotherapy service for 16 to 21 year olds based in Islington.

Counselling for 16 to 24 year olds with mental health problems

A mental health project that offers support to 16 to 24 year olds with mental health problems.

Covid response

The improvement of the building and computer systems to enable continuity of services and safe delivery during Covid.

Development fund

The extension to the property had been fully funded in previous years and on completion Brandon Cadbury and associated trusts generously agreed that sums previously earmarked for the extension could be retained to create a Development fund for the longer term benefit of the Centre. In line with this, the policy of the Brandon Centre is to reserve this fund firstly for any major capital works that may arise, secondly as a contingency fund to enable the Centre to continue to meet existing commitments at times of shortfall in income and thirdly to pump prime innovative projects, but this only to the extent that the fund will still be able to meet the two previously mentioned objectives. The money is invested and the interest accruing thereon is added to the fund on a year - year basis. The balance at year end is available to be spent in the future.

Ground Up

A project to strengthen the Third Sector's Mental Health Capacity.

Photovoice

A project supporting young people to tell their stories focusing on emotional wellbeing, mental health and the experience of being a young person today.

Systemic Integrative Treatment

A project working with families of young people displaying a range of problematic behaviours with the aim of preventing these young people entering costly-out-of care.

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

13 Movements in funds - continued

Therapeutic Support / Coping Skills for Young People waiting for counselling

A project to provide support and coping skills for young people on the waiting list for psychotherapy.

Youth Ambassadors

A project giving young people with mental health problems a platform to ensure their voice is heard and listened to.

14 Members' liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

15 Covid-19

All services have been maintained during the Covid period and we are in process of a safe transition back to face-to-face support for clients who need it. Funding has been maintained during the Covid period.

16 Analysis of cash and cash equivalents

	2021 £	2020 £
Bank accounts	340,702	281,360
Deposit fund	74,237	174,033
Cash in hand	16	551
	<u>414,955</u>	<u>455,944</u>

Signature:

Email:

Signature:

Email: