

**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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**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

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Charity registered number 290118

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Company secretary Julia Brown

Chief executive officer Julia Brown

Independent auditors Goodman Jones LLP
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BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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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

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)
FOR THE YEAR ENDED 31 MARCH 2022

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)
FOR THE YEAR ENDED 31 MARCH 2022

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).

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)

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
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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
(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
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
(A company limited by guarantee)

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
		<u>270,747</u>	<u>280,384</u>
Current assets			
Debtors	12	73,681	50,714
Cash at bank and in hand		771,259	414,955
		<u>844,940</u>	<u>465,669</u>
Creditors: amounts falling due within one year	13	(449,126)	(143,380)
Net current assets		<u>395,814</u>	<u>322,289</u>
Total assets less current liabilities		<u>666,561</u>	<u>602,673</u>
Total net assets		<u>666,561</u>	<u>602,673</u>
Charity funds			
Restricted funds	14	374,359	365,395
Unrestricted funds	14	292,202	237,278
Total funds		<u>666,561</u>	<u>602,673</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 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
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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
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**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
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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>	

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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
	<hr/> 1,492,623 <hr/>	<hr/> 1,492,623 <hr/>	<hr/> 1,449,419 <hr/>

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NOTES TO THE FINANCIAL STATEMENTS
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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
	<hr/> 267,433 <hr/>	<hr/> 267,433 <hr/>	<hr/> 302,219 <hr/>

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).

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**NOTES TO THE FINANCIAL STATEMENTS
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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
	<u>1,384,196</u>	<u>1,364,430</u>

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
	<u>47</u>	<u>43</u>

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).

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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	<u>252,387</u>	<u>51,787</u>	<u>304,174</u>
Depreciation			
At 1 April 2021	-	17,105	17,105
Charge for the year	-	16,322	16,322
At 31 March 2022	<u>-</u>	<u>33,427</u>	<u>33,427</u>
Net book value			
At 31 March 2022	<u>252,387</u>	<u>18,360</u>	<u>270,747</u>
At 31 March 2021	<u>252,387</u>	<u>27,997</u>	<u>280,384</u>

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.

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**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.

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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

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**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.

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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

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NOTES TO THE FINANCIAL STATEMENTS
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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.

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NOTES TO THE FINANCIAL STATEMENTS
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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.