

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

(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

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

Trustees

Mark Bland, Chair
Temitope Ademosu (resigned 15 May 2023)
Jennifer Cantor, Treasurer (resigned 10 July 2023)
Victoria Corbishley
Michael Davis
Terry Heller (resigned 22 November 2022)
Dr Lucy Moore
Nicola Moore
Joanna Stronach
Jonathan Tait

Company registered number 01830241

Charity registered number 290118

Registered office 26 Prince of Wales Road
Kentish Town
NW5 3LG

Company secretary Julia Brown

Chief executive officer Julia Brown

Independent auditors Goodman Jones LLP
Chartered Accountants
29/30 Fitzroy Square
London
W1T 6LQ

Bankers Barclays Bank Plc
Leciester
LE87 2BB

CCLA
Senator House
85 Queen Victoria Street
London
EC4V 4ET

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

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

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

Objectives and activities

a. Policies and objectives

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

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

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

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

Achievements and performance

a. Achievements and Performance

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

Open House 2022

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

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

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

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

Achievements and performance (continued)

b. Our Strategy

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

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

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

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

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

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

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

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

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

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

Our **Values**:

Compassion

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

Respect

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

Inclusion

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

Our **Core Services**:

Mental Health and Wellbeing Services for Young People

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

Achievements and performance (continued)

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

Mental Health and Wellbeing Services for Families

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

Consultancy and Training for Professionals

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

Community Outreach Programmes

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

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

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

Achievements and performance (continued)

c. Environmental, Social, and Governance (ESG)

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

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

Our key goals of our new ESG strategy are:

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

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

G - We will maintain best practices of good governance.

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

Our environmental focus will include:

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

Our governance focus will include:

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

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

d. Mental Health & Wellbeing Services

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

Counselling and Psychotherapy

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

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

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

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

Complexity:

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

Demographics:

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

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

Achievements and performance (continued)

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

Outcomes:

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

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

Feedback:

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

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

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

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

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

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

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

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

“My views and worries were taken seriously”

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

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

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

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

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

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

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

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

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

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

Psychotherapy for Care Leavers

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

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

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

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

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

Complexity:

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

Outcomes:

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

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

Achievements and performance (continued)

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

Feedback:

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

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

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

Young people said in their own words:

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

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

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

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

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

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

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

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

Psychotherapy for Young People in Crisis

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

Psychotherapy for LGBTQ+ Young People

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

Mental Health Outreach: Brandon Connect & Arsenal in the Community

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

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

BWell Health and Wellbeing Coaching Service

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

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

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

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

Social Prescribing

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

Feedback on the service includes:

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

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

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

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

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

Achievements and performance (continued)

f. Mental Health & Wellbeing Services for Families

Systemic Integrative Treatment (SIT) Service

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

Key outcomes across the SIT service:

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

The SIT service was externally evaluated by the University of Hertfordshire on behalf of the Youth Endowment Fund (YEF), which published its SIT evaluation report in July 2023.

Key YEF report outcomes:

- 49 families were enrolled over the course of the pilot study (December 2021–April 2022).
- 73% of families completed phase one of SIT, which is the intensive treatment intervention phase.
- 69% of families continued three months into phase two, while 53% of families completed phase two, which is the less intensive aftercare period.
- During phase one, there was a rapid and sustained fall in problem behaviours as measured by the Child Behaviour Checklist (CBCL) from three months, which continued to six months and through phase two, to 12 months, which was clinically and statistically significant.
- There was also a significant improvement in problem behaviours and family functioning by the end of phase one, as measured by the Strengths and Difficulties Questionnaire (SDQ) and the SCORE-15 respectively.
- Change over time indicates that the programme did have a significant positive impact on child behaviour and family functioning, especially during phase one, which is the intensive treatment intervention phase.

Sample stakeholder feedback:

From a social worker: {The young person} was able to articulate how she's seen how the Therapist's work with her mum has really changed things for their relationship. She said that she noticed mum never shouts at her anymore and they are able to have discussions around conflict and that's really helped. Also, she told me that her Dad was texting her and she texted him back a bit about how she was doing and what she wanted for Christmas. We also reflected together on the positive changes of the year and she spoke about how she now has 5 good friends who she actually likes, and thinks are good people. Additionally, she reported that her mental health was good, and she wasn't worried about anything right now.

From CAMHS: Some lovely feedback Mum had about you; she said that she is at a loss for words in describing how helpful you have been. She said that she has had lots of involvement from different CAMHS professionals over the years and you have been so different; she feels like at last someone truly understands their situation and is providing actual strategies that she understands and that are starting to work. She became quite tearful and told me how hard things have been but how grateful she was to have you.

Sample family feedback:

From a mother: I am so grateful for all of the help given by the Brandon Centre (and rave about it given the opportunity)!

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

From a mother: The BC-SIT service has provided me and my family the opportunity to develop a much healthier relationship. The communication between my son and I was deemed impossible. However, as time went on, I have been feeling that there's some understanding/compassion between parent to child and it has been reciprocated.

From a father: BC SIT is an intense process and we were supported every step of the way. I would do it again in a heartbeat if it meant getting to where we are now.

From a young person: "My therapist is a million percent Useful! I wish there were more like these. I feel we are now on the right track".

From parents: Both therapists were very helpful, patient and kind. They went out of their way to attend multi-agency meetings and sent other (fully informed) members of the team when they couldn't go themselves. I found both phases to be very helpful, even towards the end of Phase 2 the therapist suggested a solution to quite a large problem I was having, and it really helped, transformed things even! I very much liked the way the help was phased out from 1 into 2 as it was so intense I wasn't ready for it to just simply stop after 6 months. It all worked really well, and I feel more able to deal with day-to-day problems and the occasional meltdowns.

From parents: We had received 5 years of therapy for our child and things only got worse. With the SIT Therapist, (although the intervention is working with the parents mainly), the treatment has by far been the most effective. The Therapist was very clear on explaining the model, ladders/progress blocks and this made a huge difference and has changed the behaviours of our child. The therapist spoke to the Schools who couldn't comprehend what was going on for our child, she got all services involved to understand our family's situation.

Love and Limits Parent Programme

The Love and Limits parent programme is for parents/carers of teenagers (aged 12-16) with challenging behaviour. The programme has been updated and adapted to be delivered online. 64 parents attended the programme over the last year.

Feedback from parents:

"The programme was very well planned and very well delivered. I liked the emphasis on providing calm parenting and on demonstrating unconditional love. The programme has also helped me to think about setting and maintaining boundaries. It has been good to hear about other parents' experiences and insights."

"It was so helpful, I know now to be clear with communicating what upsets us and what we deem challenging or unacceptable behaviour, not to generalise criticisms, to maintain a positive "bank balance " adding to the bank when behaviour has been positive, not to be unrealistic in my expectations and to follow through and be consistent with consequences and rewards"

"I find it useful and insightful sharing experiences which helped me feel less isolated with the challenges I have with my teen. I found some of the strategies really useful in tackling my son's behaviour and de-escalating arguments"

ADHD Parent Programme

The ADHD Parent Programme is for parents of children and young people (aged 5-12) who have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). The programme offers psychoeducation about ADHD and discipline strategies related to the "1-2-3 Magic" discipline model. 40 parents attended this programme.

Feedback from parents:

"Sharing experiences and listen to the other parents is just a comfort as a parent. We are all going through the same... I feel relieved to understand that is not just with me and that help me to keep my head up"

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

"I learn more about how to set healthy Boundaries for my daughter, and learn about benefit about ADHD and 1-2-3 Magic."

Parent support group for CAMHS waiting list

This is a new 12-month pilot parent programme delivered in partnership with Mind in London. This project was funded by NHS England. Brandon Centre developed this parent programme to support the parents/carers of young people aged 11-16 who are on long waiting lists for treatment from statutory CAMHS services. 57 parents attended the programme. Initial difficulties with gaining enough referrals resulted in lower numbers than expected initially. However, by the last cohort, referral numbers were much higher. Feedback and outcomes from this programme are very positive and bridge funding has now been obtained from national Mind while further ICB funding is sought.

Feedback from Parents:

"Personally, I found it reassuring to meet parents in a similar situation to myself. I thought the programme was well-thought out and facilitated."

"It was really valuable. I found the group so supportive. It's been a lifeline."

"I found the course very useful understanding and supportive which I haven't had anywhere else"

"Firstly, thank you both so much for the course – I've got so much out of it, loved participating and hearing what the other parents have experienced. It was also very heart-warming and reassuring to get your positive feedback – I'm just sad it's finished!"

The Families, Food and Feelings programme

The Families, Food and Feelings programme was delivered to 77 parents. Feedback included:

"Thank you ever so much for this fantastic service... it has really opened by eyes to a whole new way of thinking/parenting."

"A fantastic group that has given me a wealth of new ideas and confidence. It has provided me with new ways of thinking and given me a safe forum to discuss my concerns and worries."

"I enjoyed every bit, I found it very useful and apply it to my everyday life, to all of my children. Very educative."

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

Achievements and performance (continued)

g. Training & Consultancy

Enhanced Healthy Living Service

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

- The Families, Food and Feelings programme was delivered to 77 parents.
- The MDT has supported 170 complex cases,
- A total of 120 professionals attended the quarterly webinars that were run as part of the EHLS training offer.

Ground Up and School Staff Support

The Ground Up service is a service which aims to increase the mental health capacity and staff resilience in third sector organisations in Camden. Ground Up provides supervision, support and training to youth workers. North Central London (NCL) CCG (Camden) are funding this service. Additional funding from Christ Church School enabled Ground Up to extend this offer to their school staff by providing one to one coaching, wellbeing consultations or short- term counselling.

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

Feedback from organisations:

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

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

"Just having a space to discuss professional matters with an unbiased party was very helpful"

Haringey Staff Support

Suicide prevention funding from Public Health England has enabled Brandon Centre to offer clinical group support to social workers and personal advisors working with vulnerable care leavers in Haringey's Young Adults Service. A clinical psychologist meets with the various service teams to discuss cases and challenges in their work.

- 44 support sessions have been offered
- 6 teams have been supported
- Approximately 42 staff social workers, managers and personal advisors have been supported

Feedback from the teams:

"I presented a case I have been feeling stuck on and my colleague was also present who had worked with the same YP previously. We were able to reflect on the lack of movement on the case since the case was transferred to myself. It was good to have other people to discuss it with as a soundboard"

"helpful, practical and useful"

"It was a great space where discussion about complex cases is held. We managed to discuss complex cases and how to tackle situations. I found today's session beneficial"

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

Achievements and performance (continued)

h. Community Outreach Programmes

Arsenal Girls Kicks – Wellbeing Support for Girls Community Football

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

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

Arsenal Girls Kicks in Numbers:

- 138 girls attended at least 1 session (e.g. workshops)
- 82 girls attended 5 or more sessions within a 4-month period.
- 70 girls attended 10 or more sessions across two consecutive 4-month periods.
- 127 sessions were delivered lasting around 1h 15 m each.
- The age range was 8-18, with the majority of the girls aged 11-15
- 62% of the girls came from a Black, Asian and Minority Ethnic background; 31% were White; while 7% did not state their ethnicity.

Minding the Gap and the Hive youth support

The Brandon Centre seconded three young people's workers to provide holistic psychosocial support services at The Hive, a therapeutic youth hub in Camden. The Hive is jointly commissioned by the Camden Clinical Commissioning Group and Camden Council. The Hive is led by Catch-22 and was recently recommissioned for a further 5 years. The Hive offers a free mental health and wellbeing service that supports young people aged 16 to 24 in Camden. The Hive is a youth hub with a warm and welcoming feel to it. The service allows workers to have a unique approach to each young person. This is achieved through 1-1 work and the social hub involving activity group work. This is a unique approach, holistically viewing mental health and creating a service that is non-clinical, accessible, flexible, and creative. We find this approach helps keep each young person at the centre of their journey. In 2022 - 2023 185 young people accessed therapeutic 1:1 support at The Hive.

OnWard: Outreach Service for The Wellbeing of Adolescents

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

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Achievements and performance (continued)

Psychodynamic Counsellor to the service who has been seeing up to 50 young people per year for brief counselling (6 sessions).

Condoms - C-Card collection, advice and information

In February 2023, we secured funding from the local authority to continue the delivery of the Come-Correct (C-Card) scheme by one of our Young Ambassadors. This is to ensure that young people have access to free condoms and have a safe place for advice. It was important for us to continue the C-Card scheme as part of our sexual health history when Faith Spicer founded Brandon Centre.

HandsOn London

Brandon Centre enjoys a collaborative partnership with HandsOn London, a charity that connects volunteers with good causes within the community and other charity projects. The projects get an extra pair of hands, and the volunteers get a great sense of achievement.

It has been amazing to see our garden develop into such a welcoming and mindful space. Young people, staff, partners and our volunteers so enjoy using the space for a variety of services, activities and quiet relaxation.

In 22/23 HandsOn London has been instrumental in overseeing and supporting our environmental garden project. Mobilising and guiding over 50 volunteers from a wide range of local businesses has helped us to transform our outside space into our mindful garden, giving us a lovely reflective space for coaching and other wellbeing activities, and giving our young people even more choice over how they access our services. Baringa, Asante Capital, Wordplay for FIS and Amazon, are just some of the young volunteers who have helped make this possible, and they themselves have benefitted from the experience of gardening, working with nature, engaging with the local community and understanding the inspiring mental health and wellbeing services we deliver.

This environmental project is also helping us to improve and increase habitats that support pollinators. All of this is a key part of our new ESG Strategy.

Volunteering

We encourage members of the community to engage in volunteering with Brandon Centre. Volunteering over this last year has been growing and being embedded in more and more of our Brandon Centre services and development projects. It has been great to see the number of individual and group volunteers contribute and grow in so many ways. Over 22/23 we have provided opportunities for individual and group contributions from corporate and community organisations. Whilst we continue to develop our volunteering and corporate social responsibility offer, some examples of volunteer work available include gardening, reception, finance and HR, work and college experience, student placements and fundraising (university student challenges and events).

CoRe Project

We were fortunate to be accepted for a second time, as part of the Big Alliance CoRe 2023. CoRe has grown out of Macquarie Group's commitment to supporting the local community infrastructure in Islington and beyond, the programme involved a mixed team of Macquarie Group, Slaughter and May and Expedia Group employees utilising their skills, knowledge and expertise to transform the capability, capacity and sustainability of local charities and social enterprises.

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

- Reviewing, testing and developing our Social Media presence on Instagram and Tik Tok and
- Supporting us with our Trustee recruitment (replacement of x3 retiree's (x2 clinical and Honorary Trustee) and 2 new Trustees (EDI and Fundraising)

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

Young Patron

We are so pleased to welcome Grace Campbell as our Young Patron. She's been described as "One of the funniest women in Britain," and "Articulate, witty and very funny...a breath of fresh air."

Grace says *"I have a very fond place in my heart for Brandon Centre. It's a really special place in Kentish Town. It's where I'm from. I needed it when I was a teenager and teenagers still really need it today. It's really important that there's somewhere teenagers can go and talk about mental health or sexual trauma and not feel scared of being accused of things"*.

Grace is helping to organise a comedy fundraiser later in 2023. She is focused to help raise money and social awareness of our Brandon Centre's work.

Young Ambassadors

We have continued to involve our young people in the design, development and improvement of our services. Over this last year, we've worked hard to develop a team of young people and to establish processes that make sure these plans continue to become a reality. An example of this commitment in action, and one of the recent achievements of our Young People's Involvement work has been the funding secured from the National Lottery Reaching Communities fund for the development and delivery of a pilot service providing health coaching to young people – our innovative BWell service.

Members of our Young People's Leadership Board played a key part in the development of the bid with Lillan, our Chair, attending the final interview with the National Lottery. We're also delighted that two of our Young Ambassadors have worked within the new Bwell service undertaking Health Coach training, alongside other members of the Bwell Team.

"Being a Young Ambassador has given me a great opportunity to get into a job that I really enjoy. I started by attending meetings and giving feedback on a range of things including developing projects and tenders. I was later given the opportunity to apply to become a Health and Wellbeing coach for the new Coaching service which I really enjoy and is teaching me so much."

Financial review

a. Going concern

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

b. Reserves policy

As a reserves policy, the Council of Management have agreed there should be 3 months running costs. At 31st March 2023, the Centre had total reserves of £793 (2022: £667k) of which free reserves (excluding restricted funds and funds invested in the Brandon Centre's building) amounted to £383k (2022: £292k). Adjusting for the cost of the discontinued sexual health service, unrestricted reserves currently cover 2.6 months of operating costs. This is a 0.6 months improvement since 2022 but still below the reserve policy of 3 months. Our strategy is to close this gap during the next couple of years.

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c. Finances of the Charity

Brandon Centre's financial position at 31st March 2023 remains sound. As explained below, in 2022/23 the Centre ran a surplus for a second year running after several years of deficits.

As shown by the Statement of Financial Activities, total incoming resources for the year to 31st March 2023 were £1,978k (£131k (6%) higher than in previous year). Excluding our sexual health service which was discontinued during the year, income grew 28% due to additional contracts for our Psychotherapy and Systemic Integrative Therapy services plus new grant income including from the National Lottery, the Henry Smith Charity, and the City Bridge Trust. This was partially offset by the end of our 2-year funding from the Youth Endowment Fund. Adjusting for a £35k increase in restricted reserves due to income received in 22/23 that will be spent in 23/24, income growth was 4%.

Expenditure totalled £1,852k (£55k (3%) higher than in previous year). The growth in expenditure (3%) was slightly lower than the growth in income adjusted for the restricted reserve movement (4%). The difference was primarily due to lower repair costs to our building in Prince of Wales Road.

Net incoming resources during the year amounted to £126k (£76k higher than previous year). As mentioned above, £35k of this relates to restricted income received in 22/23 that will be spent in 23/24. Adjusting for this, the underlying increase in net incoming resources was £91k. As in previous years, the Centre has benefited from the financial support of Health and Local Authorities, Charitable Trusts and Corporate donors.

d. Risk analysis

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

e. Fundraising

Brandon Centre is registered with the Fundraising Regulator and has committed to following the Code of Fundraising Practice and the Fundraising Promise. No complaints were received during the year regarding Brandon Centre's fundraising activity. Expenditure on fundraising in 2022/23 was £47,870 (2021/22: £36,964), which was 2.4% (2021/22: 2.1%) of income.

Structure, governance and management

a. Legal status and constitution

Brandon Centre for Counselling and Psychotherapy for Young People is registered as a charitable company limited by guarantee, number 1830241, and therefore has no share capital, and is also a registered charity, number 290118. The Brandon Centre was formerly The London Youth Advisory Centre, which was founded in 1969. It was registered as a charity and incorporated as a company in 1984. The names of the members of the Council of Management at 31st March 2023 are set out on page 1. The objectives and activities of the company are governed by its Memorandum and Articles of Association.

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Structure, governance and management (continued)

b. Appointment of Council Members

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

c. Organisational structure and decision-making policies

Governance

Brandon Centre's Board enjoys the support of a broad range of experienced Trustees. Our Trustees continue to contribute so much to Brandon Centre. We have been supported by 10 Trustees in 2022/23. The Board has met quarterly, with one Annual General Meeting, Board Development Sessions and a whole Organisational Away Day. The Board ensures Brandon Centre's aims are delivered effectively and sustainably. It has quarterly sub-committees for Finance, Audit & Remuneration, Quality, Safety & Risk, People, Business Development, Information Governance, Fundraising and our newly developed Environmental, Social and Governance Committee.

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

Young People's Board

The Young People's Board reports into the main Board and enables our Young Ambassadors support the Senior Leadership Team in making the best service developments and recommendations for the young people in our community.

d. Policies adopted for the induction and training of Trustees

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

e. Pay policy for key management personnel

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

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Plans for future periods

Brandon Centre plans to continue the successful implementation of our strategy discussed above "Getting Set for Success - Strategy 2021 – 2024" in the forthcoming years. The strategy includes the following key items:

- Objective 1: Continue to develop a compassionate, inspiring and thriving environment for our young people, employees and volunteers.
- Objective 2: Strengthen and grow our specialist services which improve and maintain the health, wellbeing, and independence of our young people.
- Objective 3: Increase research and evidence-based practices throughout our organisation and partnerships.
- Objective 4: Fully integrate diversity, equality, inclusion, and opportunity in our ways of thinking and ways of working.
- Objective 5: Ensure financial sustainability and capacity to grow.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

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Auditors

The auditors, Goodman Jones LLP, have indicated their willingness to continue in office and a resolution to re-appoint Goodman Jones LLP as auditors will be proposed at the next AGM.

Approved by order of the members of the board of Trustees and signed on their behalf by:

Mark Bland
.....
Mark Bland
(Chair of Trustees)
Date: 09-10-23

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

Opinion

We have audited the financial statements of Brandon Centre for Counselling and Psychotherapy for Young People (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and Charities Act 2011.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

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

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

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

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

Responsibilities of trustees

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

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

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

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

Auditors' responsibilities for the audit of the financial statements

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

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

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

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

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

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

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

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

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

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

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

Use of our report

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

Goodman Jones LLP

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

Date: 11-10-23

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

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

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	4	24,170	331,738	355,908	399,767
Charitable activities	5	1,546,891	73,664	1,620,555	1,461,124
Investments	6	1,831	-	1,831	17
Total income		1,572,892	405,402	1,978,294	1,860,908
Expenditure on:					
Raising funds		47,870	-	47,870	36,964
Charitable activities		1,434,016	370,106	1,804,122	1,760,056
Total expenditure		1,481,886	370,106	1,851,992	1,797,020
Net movement in funds		91,006	35,296	126,302	63,888
Reconciliation of funds:					
Total funds brought forward		292,202	374,359	666,561	602,673
Net movement in funds		91,006	35,296	126,302	63,888
Total funds carried forward		383,208	409,655	792,863	666,561

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

The notes on pages 32 to 48 form part of these financial statements.

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

BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	264,801	270,747
		264,801	270,747
Current assets			
Debtors	12	148,878	73,681
Cash at bank and in hand		731,175	771,259
		880,053	844,940
Creditors: amounts falling due within one year	13	(351,991)	(449,126)
Net current assets		528,062	395,814
Total assets less current liabilities		792,863	666,561
Total net assets		792,863	666,561
Charity funds			
Restricted funds	14	409,655	374,359
Unrestricted funds	14	383,208	292,202
Total funds		792,863	666,561

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

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

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

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

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

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

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2023

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

Mark Bland
.....
Mark Bland
(Chair of Trustees)
Date: 09-10-23

The notes on pages 32 to 48 form part of these financial statements.

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

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
Cash flows from operating activities		
Net cash used in operating activities	(32,944)	362,972
Cash flows from investing activities		
Purchase of tangible fixed assets	(8,971)	(6,685)
Investment income	1,831	17
Net cash used in investing activities	(7,140)	(6,668)
Change in cash and cash equivalents in the year	(40,084)	356,304
Cash and cash equivalents at the beginning of the year	771,259	414,955
Cash and cash equivalents at the end of the year	731,175	771,259

The notes on pages 32 to 48 form part of these financial statements

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

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

1. General information

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

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

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

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

2.2 Going concern

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

2.3 Company Status

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

2.4 Fund accounting

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

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

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

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

2. Accounting policies (continued)

2.5 Income

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

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

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

2.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

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

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

All expenditure is inclusive of irrecoverable VAT.

2.7 Interest receivable

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

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

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation

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

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

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

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

Depreciation is provided on the following bases:

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

2.9 Debtors

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

2.10 Cash at bank and in hand

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

2.11 Liabilities and provisions

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

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

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

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

2. Accounting policies (continued)

2.12 Financial instruments

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

2.13 Operating leases

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

2.14 Pensions

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

3. Critical accounting estimates and areas of judgement

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

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

Income recognition:

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

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

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

4. Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Donations	9,970	25,000	34,970	8,529
Grants	14,200	306,738	320,938	391,238
	<u>24,170</u>	<u>331,738</u>	<u>355,908</u>	<u>399,767</u>
<i>Total 2022</i>	<u><u>51,600</u></u>	<u><u>348,167</u></u>	<u><u>399,767</u></u>	

5. Income from charitable activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
London Borough of Camden	518,829	73,664	592,493	518,672
London Borough of Islington	185,446	-	185,446	451,340
NHS North Central London ICB	431,331	-	431,331	308,336
NHS South West London ICB	-	-	-	35,400
Mind in Enfield and Barnet	54,769	-	54,769	-
UCL Training	57,152	-	57,152	29,776
Tavistock and Portman	138,250	-	138,250	-
Catch 22	88,851	-	88,851	83,339
Other charitable activities	39,763	-	39,763	34,261
Camden and Islington Mental Health Trust	32,500	-	32,500	-
	<u>1,546,891</u>	<u>73,664</u>	<u>1,620,555</u>	<u>1,461,124</u>
<i>Total 2022</i>	<u><u>1,387,460</u></u>	<u><u>73,664</u></u>	<u><u>1,461,124</u></u>	

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

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

6. Investment income

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Bank interest receivable	1,831	1,831	17

7. Analysis of expenditure by activities

	Direct costs 2023 £	Support costs 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Charitable activities	1,587,652	216,471	1,804,123	1,760,056
<i>Total 2022</i>	1,492,623	267,433	1,760,056	

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

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

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Charitable activities 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Staff costs	1,385,555	1,385,555	1,240,154
Depreciation	13,359	13,359	-
Advertising and promotion	4,678	4,678	3,793
Books, pamphlets and subscriptions	12,865	12,865	2,609
Computer maintenance	42,122	42,122	42,147
Course and conferences	590	590	2,500
Fundraising	-	-	442
Household expenses and sundries	11,325	11,325	10,997
IG consulting	3,317	3,317	1,818
Insurance	17,686	17,686	15,749
Light, heat and power	2,427	2,427	760
Locums and temporary staff	3,664	3,664	33,331
Medical staff	12,920	12,920	62,751
Printing, postage and stationary	598	598	532
Professional fees	19,606	19,606	33,951
Recruitment	-	-	2,536
Rent and rates	4,177	4,177	5,757
Repairs and maintenance	6,846	6,846	12,148
Staff expenses	-	-	4,380
Telephone and communications	13,375	13,375	12,028
Travel, recruitment and training	29,796	29,796	4,240
Governance costs	2,746	2,746	-
	<u>1,587,652</u>	<u>1,587,652</u>	<u>1,492,623</u>

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

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

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Charitable activities 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Staff costs	128,580	128,580	142,268
Depreciation	1,558	1,558	16,322
Advertising and promotion	7,169	7,169	11,230
Books, pamphlets and subscriptions	3,385	3,385	1,043
Computer maintenance	2,957	2,957	5,836
Courses and conferences	170	170	-
Household expenses and sundries	20,402	20,402	20,469
IG consulting	7,483	7,483	5,382
Insurance	2,063	2,063	1,898
Light, heat and power	5,473	5,473	2,295
Medical supplies	76	76	33
Printing, postage and stationary	1,319	1,319	1,071
Professional fees	7,017	7,017	6,464
Rent and rates	2,494	2,494	2,598
Repairs and maintenance	15,439	15,439	37,029
Telephone and communications	1,560	1,560	1,450
Travel, recruitment and training	3,132	3,132	3,645
Governance costs	6,194	6,194	8,400
	<hr/> 216,471 <hr/>	<hr/> 216,471 <hr/>	<hr/> 267,433 <hr/>

8. Auditors' remuneration

The auditors' remuneration amounts to an auditor fee of £8,620 (2022 - £8,400), and fees for preparation of the charity's corporation tax return of £500 (2022 - £500).

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

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

9. Staff costs

	2023	2022
	£	£
Wages and salaries	1,369,029	1,234,287
Social security costs	137,306	117,683
Contribution to defined contribution pension schemes	34,534	32,226
	1,540,869	1,384,196

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

	2023	2022
	No.	No.
Director	1	1
Psychotherapy	26	19
Contraception and sexual health	2	9
Systemic integrative therapy	9	10
Central administration	15	8
	53	47

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

	2023	2022
	No.	No.
In the band £60,001 - £70,000	1	1
In the band £70,001 - £80,000	-	1

Total expenditure incurred in respect of key management personnel, including employer's national insurance and employer's pension costs, totalled £109,412 (2022: £119,077).

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 March 2023, no Trustee expenses have been incurred (2022 - £NIL).

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

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

11. Tangible fixed assets

	Freehold property £	Plant and machinery £	Total £
Cost or valuation			
At 1 April 2022	252,387	51,788	304,175
Additions	-	8,971	8,971
At 31 March 2023	252,387	60,759	313,146
Depreciation			
At 1 April 2022	-	33,427	33,427
Charge for the year	-	14,918	14,918
At 31 March 2023	-	48,345	48,345
Net book value			
At 31 March 2023	252,387	12,414	264,801
At 31 March 2022	252,387	18,360	270,747

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

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

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

12. Debtors

	2023 £	2022 £
Due within one year		
Trade debtors	77,155	48,302
Other debtors	261	420
Prepayments and accrued income	71,462	24,959
	<u>148,878</u>	<u>73,681</u>

13. Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	5,079	17,656
Other taxation and social security	37,247	31,579
Other creditors	8,341	8,122
Accruals and deferred income	301,324	391,769
	<u>351,991</u>	<u>449,126</u>

	2023 £	2022 £
Deferred income at 1 April 2022	353,399	32,791
Resources deferred during the year	266,612	353,399
Amounts released from previous periods	(353,399)	(32,791)
	<u>266,612</u>	<u>353,399</u>

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

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

14. Statement of funds

Statement of funds - current year

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

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2022 £</i>
Unrestricted funds				
General Funds - all funds	237,278	1,403,506	(1,348,582)	292,202
Restricted funds				
Arsenal Connect	24,635	8,413	(11,867)	21,181
Brandon Connect - Islington	12,700	27,158	(39,858)	-
Brandon Prevent	9,584	-	(9,584)	-
Capital reserve	252,387	-	-	252,387
Coaching	-	8,901	(8,901)	-
Counselling and Psychotherapy for Young Islington Residents	11,900	-	(11,900)	-
Grow Back Greener	-	5,000	-	5,000
Healthy Eating	-	73,664	(51,169)	22,495
Systemic Integrative Treatment	49,189	243,298	(281,487)	11,000
Therapeutic Support/Coping Skills for Young People Waiting for Counselling	5,000	-	(5,000)	-
Therapy for UCL Students	-	35,000	(14,901)	20,099
Therapy Support for Young People with SH Problems	-	31,000	(12,998)	18,002
Walking Project	-	3,000	(773)	2,227
Young Person's Involvement	-	7,000	-	7,000
Young Person's Progression Programme	-	14,968	-	14,968
	365,395	457,402	(448,438)	374,359
Total funds	602,673	1,860,908	(1,797,020)	666,561

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

14. Statement of funds (continued)

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

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

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

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

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

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

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

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

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

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

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

Photovoice - A project supporting young people to tell their stories focusing on emotional wellbeing, mental health and the experience of being a young person today.

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

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

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

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

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

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

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

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

14. Statement of funds (continued)

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

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

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

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

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2022 £</i>	<i>Restricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Tangible fixed assets	18,360	252,387	270,747
Current assets	722,968	121,972	844,940
Creditors due within one year	(449,126)	-	(449,126)
Total	292,202	374,359	666,561

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

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

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

	2023 £	2022 £
Net income for the year (as per Statement of Financial Activities)	126,302	63,888
Adjustments for:		
Depreciation charges	14,918	16,322
Investment income	(1,831)	(17)
Increase in debtors	(75,197)	(22,967)
Increase/(decrease) in creditors	(97,136)	305,746
Net cash provided by/(used in) operating activities	(32,944)	362,972

17. Analysis of cash and cash equivalents

	2023 £	2022 £
Cash in hand	731,175	771,259
Total cash and cash equivalents	731,175	771,259

18. Analysis of changes in net debt

	At 1 April 2022 £	Cash flows £	At 31 March 2023 £
Cash at bank and in hand	771,259	(40,084)	731,175
	771,259	(40,084)	731,175

19. Pension commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund in the year of £34,534 (2022: £32,226). Contributions totaling £7,652 (2022: £6,828) were payable to the scheme at the end of the period and are included in creditors.

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

20. Operating lease commitments

At 31 March 2023 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2023	2022
	£	£
Not later than 1 year	981	981
Later than 1 year and not later than 5 years	1,716	2,697
	<u>2,697</u>	<u>3,678</u>

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.