

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

(A company limited by guarantee)

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

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

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BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE
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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2025**

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

Brandon Centre for Counselling and Psychotherapy for Young People

Trustees' Report for the year ended 31 March 2025

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Introduction

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

Achievements and Performance

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

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

Our Strategy

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

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

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

Our VISION is to be Here for Young People

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

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

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

Our VALUES:

Compassion

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

Respect

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

Inclusion

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

Environmental, Social and Governance (ESG)

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

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

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

Open House 2024

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

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

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

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

Our Core Services

Mental Health and Wellbeing Services for Young People

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

Mental Health and Wellbeing Services for Families

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

Consultancy and Training for Professionals

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

Community Outreach Programmes

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

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

Mental Health & Wellbeing Services for Young People

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

Counselling and Psychotherapy Service

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

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

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

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

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

Complexity:

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

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

Demographics:

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

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

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

Outcomes:

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

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

Feedback:

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

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

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

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

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

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

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

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

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

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

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

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

Psychotherapy for Care Leavers

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

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

Outcomes:

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

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

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

Feedback:

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

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

Young people said in their own words:

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

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

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

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

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

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

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

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

Psychotherapy for Young People in Crisis

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

Psychotherapy for LGBTQ+ Young People

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

Hostels Psychotherapy Service

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

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

Refugee Psychotherapy Service

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

Mental Health Outreach: Brandon Connect & Arsenal in the Community

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

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

Social Prescribing

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

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

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

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

Referrals made:

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

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

Young Ambassadors

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

Evaluation

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

Some examples of feedback from young people:

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

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

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

Therapeutic Yoga

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

Outcomes:

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

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

Feedback:

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

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

In their own words, young people shared:

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

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

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

Mental Health & Wellbeing Services for Families

Systemic Integrative Treatment (SIT) Service

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

Key outcomes across the SIT service:

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

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

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

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

Sample stakeholder feedback:

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

Sample family feedback:

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

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

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

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

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

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

Love and Limits Parent Programme

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

Feedback from parents

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

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

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

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

ADHD Parent Programme

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

Feedback from parents

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

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

Parent support group for CAMHS waiting list

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

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

Feedback from Parents

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

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

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

The Families, Food and Feelings programme

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

Feedback from Families

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

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

Return to Learn

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

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

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

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

Some feedback from families and staff members:

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

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

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

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

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

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

Training & Consultancy

Enhanced Healthy Living Service

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

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

GroundUp

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

The programme aims to:

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

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

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

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

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

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

GroundUp Summary

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

Selected Feedback Quotes

Supervision

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

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

Reflective Practice

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

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

Training

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

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

Webinar (Trauma-Informed Care)

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

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

Cornerstone Croydon Project

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

This year we supported staff from the following organisations:

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

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

Community Outreach Programmes

She Is Supported (SIS)

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

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

Arsenal Girls Kicks – Wellbeing Support for Girls Community Football

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

These are:

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

Arsenal Girls Kicks in Numbers:

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

Minding the Gap and the Hive youth support

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

Condoms - C-Card collection, advice and information

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

Roche

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

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

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

Volunteering

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

Young Patron

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

Young Ambassadors

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

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

Book a Room

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

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

Organisation and Governance of the Charity

a. Legal Status

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

b. Constitution

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

c. Appointment of Council Members

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

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

d. Brandon Centre Board

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

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

Our governance focus has included ensuring:

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

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

e. Young People's Leadership Board (YPLB)

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

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

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

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

f. Policies adopted for the induction and training of Trustees

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

g. Pay policy for key management personnel

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

h. Parent's Advisory Committee (PAC)

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

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

i. Objectives and Public Benefit

The objectives of the Brandon Centre are:

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

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

Financial review

a. Going concern

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

b. Reserves policy

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

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

c. Finances of the Charity

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

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

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

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

d. Risk analysis

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

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

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

e. Fundraising

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

f. Donors

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

Statement of Trustees' Responsibilities

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

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

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

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

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

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

Small company provisions

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

Approved by the Board and signed on its behalf by:

Mark Bland

Mark Bland

Chair and Trustee

Date: 06-11-25

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

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

Opinion

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

In our opinion the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

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

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

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

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

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

Responsibilities of trustees

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

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

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

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

Auditors' responsibilities for the audit of the financial statements

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

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

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

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

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

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

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

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

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

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

Use of our report

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

Goodman Jones LLP

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

Date: 06-11-25

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

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

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

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

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

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

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

BALANCE SHEET
AS AT 31 MARCH 2025

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

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

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

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

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

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

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

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2025

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

Mark Bland
.....
Mark Bland

Chair

Date: 06-11-25

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

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

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2025

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

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

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

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

1. General information

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

2. Accounting policies

2.1 Basis of preparation of financial statements

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

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

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

2.2 Going concern

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

2.3 Company Status

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

2.4 Fund accounting

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

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

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

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

2. Accounting policies (continued)

2.5 Income

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

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

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

2.6 Expenditure

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

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

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

All expenditure is inclusive of irrecoverable VAT.

2.7 Interest receivable

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

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

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation

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

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

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

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

Depreciation is provided on the following bases:

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

2.9 Debtors

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

2.10 Cash at bank and in hand

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

2.11 Liabilities and provisions

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

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

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

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

2. Accounting policies (continued)

2.12 Financial instruments

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

2.13 Operating leases

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

2.14 Pensions

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

3. Critical accounting estimates and areas of judgement

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

Critical accounting estimates and assumptions:

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

Income recognition:

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

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

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

4. Income from donations and legacies

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

5. Income from charitable activities

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

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

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

6. Income from other trading activities

Income from non charitable trading activities

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

7. Investment income

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

8. Analysis of expenditure by activities

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

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

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

8. Analysis of expenditure by activities (continued)

Analysis of direct costs

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

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

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

8. Analysis of expenditure by activities (continued)

Analysis of support costs

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

9. Auditors' remuneration

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

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

10. Staff costs

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

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

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

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

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

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

11. Trustees' remuneration and expenses

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

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

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

12. Tangible fixed assets

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

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

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

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FOR THE YEAR ENDED 31 MARCH 2025

13. Debtors

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

14. Current asset investments

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

15. Creditors: Amounts falling due within one year

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

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

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16. Statement of funds

Statement of funds - current year

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

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

16. Statement of funds (continued)

Statement of funds - prior year

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

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**NOTES TO THE FINANCIAL STATEMENTS
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16. Statement of funds (continued)

Restricted funds comprise:

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

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

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

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

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

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

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

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

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

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

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

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

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**NOTES TO THE FINANCIAL STATEMENTS
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17. Analysis of net assets between funds

Analysis of net assets between funds - current year

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

Analysis of net assets between funds - prior year

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

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

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

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**NOTES TO THE FINANCIAL STATEMENTS
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19. Analysis of cash and cash equivalents

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

20. Analysis of changes in net debt

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

21. Pension commitments

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

22. Operating lease commitments

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

	2025	2024
	£	£
Not later than 1 year	-	757

23. Related party transactions

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