



Open Door, Young People's Consultation Service

Trustees Annual Report and Unaudited Financial Statements Year ended 31 March 2023

Charity registration - 299707

Company number - 02270443

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Legal and administrative information

Charity name

Open Door, Young People's Consultation Service

Charity registration no.

299707

Company registration no.

02270443

Registered office and contact details

12 Middle Lane
Crouch End
London
N8 8PL

Trustees

Karen Simmons	Chair
Jacqueline Tefoglou	Treasurer
Claire Lindfield	Vice Chair (resigned as trustee September 2022)
Angela Alabi	
Alex Ramos Boylan	
Scarlett MccGwire	
Judith Shuttleworth	
Janine Sternberg	
Alejandro Boylan	
Catherine Cavanagh	(appointed July 2023)

Director

Julia Britton	(resigned September 2022)
Ruth Glover	(appointed March 2023)

Interim Co-Directorships

Ruth Glover	Clinical Director (September 2022 to March 2023)
Clare Jebson	Interim Business Director (September 2022 to December 2022)

Bank

Barclays Bank Plc
Crouch End Branch
8 The Broadway
London
N8 9SX

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Independent examiner

Andy Nash Accounting & Consultancy Ltd
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Trustees annual report

The Board of Trustees, who are also directors of the Charity for the purposes of the Companies Act, and trustees for charity law purposes, submit their annual report and the financial statements of Open Door, Young People's Consultation Service for the year ended 31 March 2023.

The Board of Trustees confirms that the annual report and financial statements of the Charity comply with current statutory requirements, including the Charity Act 2011, as well as the requirements of the Charity's governing document and the provisions of 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) second edition (effective 1 January 2019)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Overview

This past year - with the ongoing fallout from health and economic crises - has been one of the most challenging periods that we have faced in our 46 year history. The communities that we serve across Haringey and beyond have been hit hard, with a marked deterioration in the mental health of many young people and those struggling to support them. As an organisation delivering counselling and psychotherapy to young people in desperate need, we have felt the impact too.

The trends that we have seen at Open Door include record numbers of referrals of 12-18-year olds, and exceptionally high levels of complexity and severity. As we have confronted this new reality, we have also had to be mindful of the impact that this had on our own staff.

Across 2022/23, we were able to support about 900 young people, parents and carers, and to offer over 9000 clinical appointments. We developed and strengthened partnerships to support more young people in particular need, including care leavers, autistic young people and those impacted by health inequality and multiple deprivation.

We also continued to think extremely hard about the impact of the work that we do with young people and their parents. This report goes into some detail about the way that we measure outcomes and effectiveness, and the difference that we make to young people's lives. This focus lies at the heart of all that we do. It's how we learn and improve, building on evidence that we've gathered across the decades.

We are extremely grateful for the firm support that we have received from partners and funders over the year. This support allowed us to grow and strengthen the service at a time of great need. We were able to maintain record high levels of service delivery, and provide specialist initial assessments within 4 weeks of referral. But it is also important to acknowledge the challenges that we faced, where funding did not keep pace with demand for our services. In August 2022, we took the difficult decision to pause admissions to the waiting list for over-18s as there was a funding gap for this age segment. This was a particularly painful decision for a service that aspires to be genuinely 'open' with as few exclusion criteria as possible, and we campaigned for the full re-opening of this list throughout the period. Escalating demand also put pressure on waiting lists and waiting times across the service.

2022 saw the departure of our highly-respected CEO, Julia Britton, who had nurtured and developed the service over many years. She is replaced by Ruth Glover, who previously had the role of Clinical Director at Open Door, and brings both senior clinical and management experience to the role.

Open Door remains a pivotal and popular service within the community. Despite challenges, in 22/23 we again made a significant impact on improving the mental health and lives of 12-24-year-olds in Haringey. Our evidenced outcomes remained strong within a local, national and international context.

Objectives and activities

Based in Haringey, North London, Open Door was founded in 1976 and incorporated as a registered charity on 21 July 1988 and a company limited by guarantee on 23 June 1988.

Open Door aims to improve the life chances and mental health of young people in Haringey aged 12-24 by providing an accessible and effective psychotherapy service. The transition through adolescence to adulthood is a key period, often defined by huge challenges but where the right interventions can achieve real and enduring change.

We are dedicated to helping young people feel more in control of their lives, make positive choices, fulfil their potential and prevent social exclusion. We aim to reduce the risk of self-harm of different kinds and alleviate the effects of abuse, trauma and mental ill health.

We also recognise the need to support parents and carers to better understand their adolescent and young adult children, improve relationships and prevent family breakdown.

To fulfil our objectives, Open Door undertakes the following activities:

- **Service provision** – Open Door provides a range of psychological therapies to young people aged 12-24 experiencing difficulties including: depression, anxiety, self-harm, sexual abuse and exploitation, bullying and violence, drug and alcohol misuse, problematic internet use and gender identity issues. We also offer specialist support for parents and carers facing the particular challenges of parenting teenagers and young adults.

Our service includes:

- Specialist assessment within 4 weeks of referral with an experienced therapist
- Evidence-informed, culturally-sensitive therapy and support including Psychoanalytic/ Psychodynamic Psychotherapy, Cognitive Behavioural Therapy (CBT), Trauma Focussed Therapies - offered on a brief, medium and longer-term basis
- Co-production with young people and families. All therapy and care plans are co-produced. We have strong and well-used feedback mechanisms for our service users which inform service development
- Consultation, reflective practice and supervision to other professionals and partners in Haringey to support developmental and trauma informed work for young people outside of therapy
- An innovative parent support service
- **Research, Evaluation and Dissemination** – Open Door undertakes comprehensive evaluation of all its therapeutic interventions as well as specific clinical research projects and disseminates findings in published papers, media reports and conference presentations.
- **Engagement in service improvement and training** – Open Door actively participates in local and national networks on behalf of its beneficiaries in order to improve service provision and raise awareness of adolescent mental health more widely. Open Door also supports professional trainings.

Our ambition is to make high quality, relevant and effective talking therapies as accessible as possible to all young people in Haringey.

Delivering Public Benefit

Open Door's objectives and activities fully reflect the purposes that the Charity was set up to further.

75% of adult mental health problems emerge by the age of 24. However, young people battling with their mental health find it exceptionally hard to access the right support. They may struggle to engage with statutory services, either because they do not meet stringent criteria, or because available services are experienced as stigmatising and not in tune with their developmental needs.

Open Door has a vital role to play in meeting the needs of local vulnerable young people aged 12-24. By intervening early, our work helps prevent lifelong difficulties which can have profound and sometimes tragic consequences.

The Trustees have followed the guidance issued by the Charity Commission with regards to the public benefit arising from the activities undertaken by Open Door. The Trustees are satisfied that the services provided by Open Door fully meet the principles of public benefit as set out in the Charity Commission Guidance.

Delivering Accessibility

It is exceptionally hard for a young person to ask for help when they face mental health problems, and often even harder to find a service that will accept them and provide the right support.

From our launch, we have focussed on being as accessible as possible to those who need help.

We believe that asking for help should be as simple as possible for young people in need, and that it is important to remove as many barriers as possible.

Young people and parents/carers can refer themselves to the service. We also take professional referrals, but most referrals are self-referrals.

We are a service that has as few 'exclusion criteria' as possible. The majority of those who contact us will be accepted on to our waiting list.

We focus on creating a service that is welcoming, both in terms of how we treat young people, but also where we see them, in settings that are non-stigmatising and community-based. We deliver work in our base in Crouch End, in our rooms at the Tramperry in Tottenham, as well as the Haringey Autism Hub and at Mulberry Woodside Academy, also based in Tottenham.

We work collaboratively and in partnership with others to enable access to help for some of Haringey's most vulnerable groups.

We deliver some appointments on-line, but by far the majority are in-person, because this is what young people want. Appointments are offered Monday-Friday, including sessions after school/work.

Delivering Effectiveness

We have a responsibility to ensure that our work makes a real difference to the lives of the young people we serve, and – by extension – their families and the communities around them.

We take this responsibility exceptionally seriously.

The 2019 NHS Improvement Review identified Open Door's commitment to evidence-based and outcome-driven practice as "exceptional within a national context".

Later in this report, we describe some of the measures that we use, qualitative and quantitative, to assess the impact of our work on young people. We have systems and processes that ensure that young people's voices are at the heart of all that we do.

Effectiveness also demands an uncompromising commitment to recruiting and retaining the best staff. The work that we do is sensitive, complex and challenging. There are no shortcuts.

Our team is highly-trained and professionally-accredited, with specialist expertise in working therapeutically with adolescents, young adults and their parents and carers. Most have trained to Masters and Doctoral level. They work at Open Door because they are passionate about improving the mental health of young people and want to reduce barriers to talking therapy.

Achievements and performance in the year

Open Door Service Activity 2022/23

Open Door maintained high levels of service delivery in 2022/23. We worked with 889 young people, parents and carers and offered 9072 clinical contacts. This was despite having closed the waiting list for over-18s (except for small specific projects) during this time period.

Number of patients seen	2022/23
Under-18s (core service)	524
Under-18s schools	98
Over-18s	147
Parent service	120
WHOLE SERVICE	889

Clinical Contacts offered	2022/23
Under-18s (core service)	5,340
Under-18s schools	972
Over-18s	1,922
Parent service	838
WHOLE SERVICE	9,072

Clinical contacts included specialist initial assessments within 4 weeks of referral (7%); treatment appointments (83%), and essential professional or network meetings needed to support the patient holistically, eg meetings with social care, health, education etc (10%).

Referrals

The charts below show the changes in numbers of referrals pre and post covid 2019/20 vs 22/23, and across the last year.

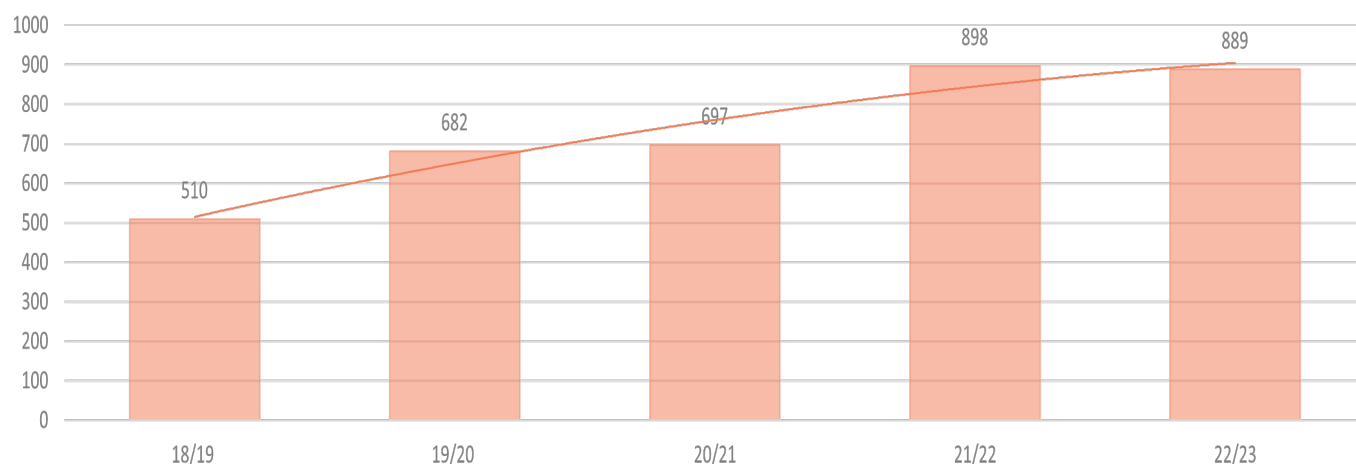
Comparison in referral numbers pre/post pandemic by year

Number of referrals received	12 months to March 2020	12 months to March 2023	% Change
Under-18s	231	410	77%
Over-18s	72	55	-24%
Parent service	84	75	-11%
WHOLE SERVICE	387	540	40%

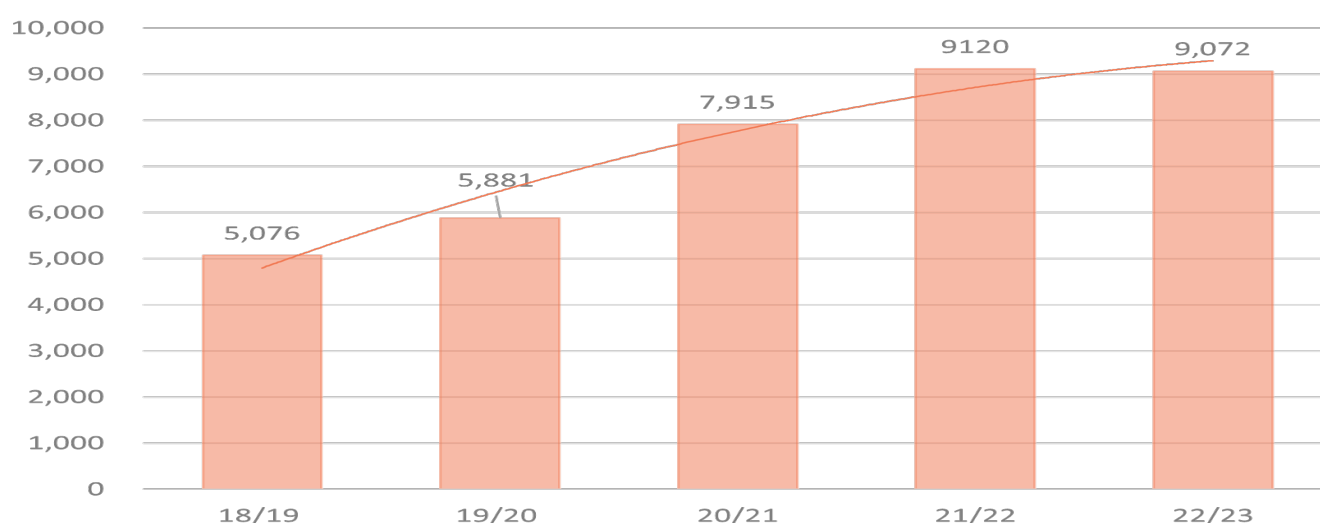
Open Door referrals by year

Number of referrals	2021/22	2022/23
Under-18s	384	410
Over-18s	137	55
Parent service	92	75
WHOLE SERVICE	613	540

Number of patients seen



Clinical contacts offered by year



The charts show the sharp rise in referrals of under-18s year on year, with a 77% increase compared to the pre-pandemic period, and a 7% increase compared with 21/22.

The decline in referrals of over-18s is due to the closure of the young adult waiting list in August 2022. (If the list had remained open and the rate of referrals had continued to grow in line with previous growth, we would have expected 156 new referrals for this older age group in 2022/23, and 640 total referrals to the whole service).

Engagement

Open Door maintained high attendance rates and engagement with young people, parent/carers.

79% of appointments offered were attended. Just 9% were missed without cancellation.

Waiting lists and waiting times

The increased demand since pre-pandemic has not been matched by increased funding. This continues to impact on waiting times.

Young people were seen by a therapist within 4 weeks of referral for a specialist initial assessment. But the average waiting time from initial assessment to treatment was 9.3 months for under-18s and 10 months for our young adults.

At the end of 22/23, there were 238 people on our waiting list; the majority of these were under-18s.

Life experiences of our service users

We are an 'Open Door'. Access to Open Door is easy, but the difficulties young people are facing are often serious.

Our most recent 6-year audit of complexity and severity shows:

- More than 50% of young people across our services reported suicidal thinking
- Over a third of young people were neurodivergent
- 39% of young people had experienced abuse or neglect, rising to 51% of 18–24-year-olds
- 46% of parents of young people accessing Open Door had 1 or more physical/mental health difficulties and/or misused alcohol or drugs
- 1 in 5 of the under-18s had had social care input and 1 in 10 of the over-18s were care experienced
- 16% of under-18s and 24% of over-18s had experienced domestic violence

If not addressed during these crucial years, such childhood experiences put children and young people at significant risk in terms of future mental ill health, substance misuse, social exclusion, conduct and relationship difficulties.

Our own evidence from many years of clinical practice and evaluation suggests that whilst adolescence and early adulthood are periods of greater vulnerability, they are also periods when significant positive psychological change can occur. With the right approach, in the right setting, the outcomes and life chances of young people can be significantly enhanced.

Reaching young people who often miss out on mental health support

In 22/23 we developed our reach to make therapy available to even more young people in need.

Of the 769 young people who attended Open Door:

- 56% were from global majority backgrounds (non-white UK)
- 55% were from the East of the Borough
- 31% of the young people who completed treatment in 22/23 were living in the 20% most deprived postcodes in the country (index of multiple deprivation- quintile one)
- This increased to 34% of new referrals
- 25% of new referrals were male

Our specialist projects and partnerships focused additionally on supporting:

- Autistic young people
- Care leavers
- Young people who have experienced inequality and multiple forms of deprivation
- Young people at risk of school exclusion
- Young people in the East of the Borough

Assessment of Need and Outcomes for Young People who Completed Therapy in 22/23

How does Open Door measure change?

Open Door's therapy services are fully evaluated using a comprehensive system of clinically validated, standardised, and bespoke measures. We aim to capture holistic needs and progress for young people worked with.

To understand impact we need to know: What do young people tell us? What do therapists see? What do clinically validated measures and professional assessments show?

We gather a combination of:

- Young person self-reported, clinically validated mental health measures
- Therapist assessed, standardised, and bespoke measures about areas of concern and progress
- Co-produced 'Goal based outcomes' for therapy, decided by the young person, in discussion with their therapist and rated by the young person
- Feedback from young people about their experience of Open Door (quantitative and qualitative)

Presentations: Life impacting mental health difficulties

The young people we worked with last year had multiple difficulties impacting their lives and development. Starting severity levels of mental health problems were high.

(Clinically validated and standardised assessment and outcome measures used include PHQ-9, SDQ, CORE, CGAS, GAF, CVT, Goal Based Outcomes, CHI-ESQ)

- 75% of over-18s and 63% of under-18s came with moderate to severe levels of depression
- 77% experienced anxiety
- 42% were struggling with self-harm
- 96% had difficulties in their relationships (family and peers)
- 81% experienced social isolation
- 19% were struggling with violent/aggressive behaviour
- 75% struggled with self-care
- 16% had difficulties with drug/alcohol use
- 10% were not in education or training (NEET)

Outcomes: Beyond therapy and into the community

The table below summarises the assessed impact at the end of therapy at Open Door, for young people in areas of particular need. In addition to demonstrating progress in mental health difficulties, it highlights improvements beyond diagnostic criteria and shows how young people left Open Door with more hopeful developmental trajectories and life chances.

Area of Need	% Improvement
Depression	78%
Anxiety	77%
Self-harm	78%

Area of Need	% Improvement
Drugs/alcohol	86%
Relationships	78%
Independence	76%
Self-care	87%
Social isolation	75%
Violence/aggressive behaviour	63%
NEET (Not in education, employment or training)	88% who started NEET, left Open Door engaged in Education or Training

- ♦ 95% of young people reported progress in their individual therapeutic goals
- ♦ 89% showed improvement in overall functioning
- ♦ 99% said that the help they had received had been good

What is expected change?

A recent international and systematic review, and meta-analysis of change in self-reported measures for depressed and anxious young people accessing specialist mental health services, found that **'The individual-level change on measures of self-report was 38% reliable improvement, 44% no reliable change, and 6% reliable deterioration'**. Bear et al (2020) J Am Acad Child Adolesc Psychiatry;59(7):810-841.

Self-rated, validated clinical outcome measures for depression (PHQ-9)

The PHQ9 is a widely used clinically validated measure to assess depression and we find it helpful clinically and on a service level to measure areas of difficulty, risk and change. It is the validated measure that can be used with under and over-18s in the service. In addition to rates of overall depression, it is another way that young people can tell us about thoughts about hurting themselves.

This measure is completed by young people.

Most young people came to Open Door with serious levels of depression.

- 75% of over-18s scored in the clinical range for depression and most of those (88%) were in the highest severity thresholds (moderately severe-severe depression)
- 63% of under-18s scored in the clinical range for depression and nearly half (44%) were in the highest severity thresholds (moderately severe-severe depression)

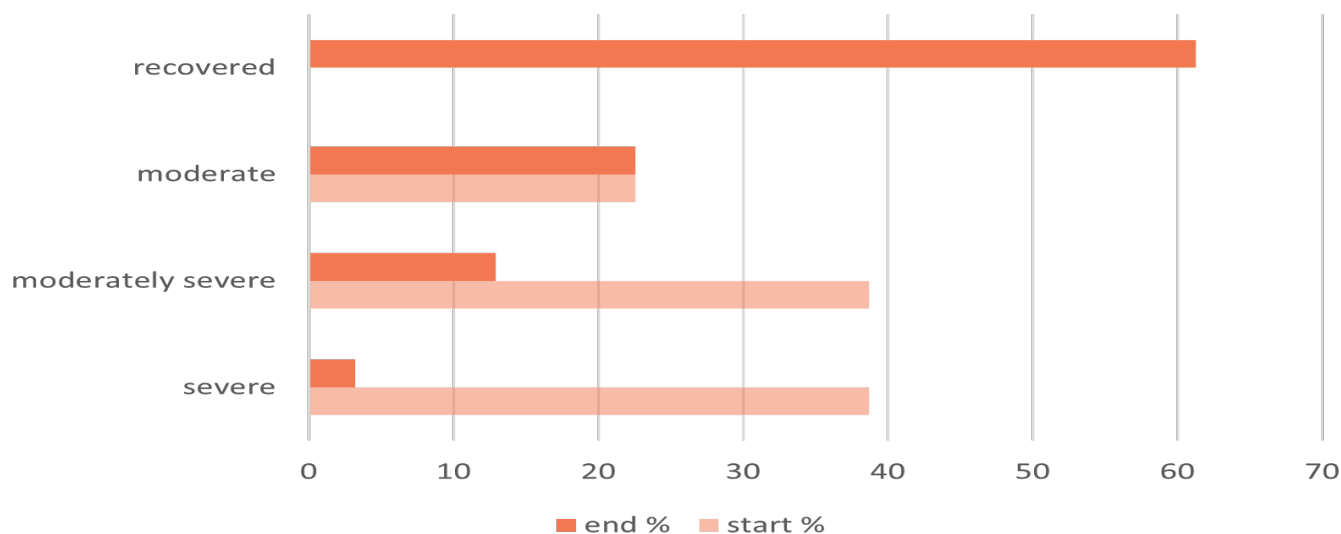
Most young people who started in the clinical range for depression, showed improvement at the end of treatment. Over-18s started with higher rates and severity of depression. They also made more significant progress.

- 79% of over-18s showed improvement (63% significant improvement)
- 78% of under-18s showed improvement (44% significant improvement)
- Across the age ranges, 78% showed improvement (51% significant improvement)

The young people who started in the most severe ranges made most significant progress. The graph below shows what significant progress looked like in depression severity for young people at Open Door. The majority not only showed reduction in depression severity but no longer scored in the clinical range at all.

Children's Global Assessment Scale (CGAS)

Change in PHQ9 severity start at end (significant improvement)



The Children's Global Assessment Scale is a standardised rating of functioning aimed at children and young people aged 6-17. It is clinically assessed and rated by clinicians.

- **89% showed improvement in functioning (CGAS scores)**

Goals Based Outcomes (individualised and co-produced measures of change)

In addition to the validated clinical measures like the PHQ-9 above, young people complete their own personal hopes and goals for what they hope will change through coming to therapy at Open Door.

These individual goals add meaning and depth to the outcome picture that can't be captured by numbers alone. They tell something of the real lives and struggles of each young person and the bravery with which they come to Open Door. They decide them with their therapist at the start and score them at the beginning. They then review them together during and at the end of therapy and the young person rates progress.

- **95% of young people reported progress in their goals for therapy**

What progress looks like: Examples of Goals

Hope to reduce

- "I want to be less destroyed by the past and my memories"
- "I want to feel less dissociated"
- "I want to stop self-harming"

Hope to understand

- "I want to understand where my anger comes from and not be controlled by it"
- "I want to understand why I push for rejection"
- "I want to understand more about the downward spiral and how to stop it"

Hope to develop

- "I want to have a better relationship with my mum"
- "I want to feel more comfortable in my body"
- "I want to have a voice and use it"

Young People's Voice: listening to feedback

All young people are asked to complete an Experience of Service Questionnaire (CHI-ESQ) at the end of therapy. It gives an opportunity to feedback their experience of Open Door in their own words, as well as in numbers. In 22/23 young people gave overwhelmingly positive feedback about their experience at Open Door

Statement	% Certainly/Partly True
I feel the people who saw me listened to me	98%
I was treated well by the people who saw me	99%
Overall the help I received here is good	99%
If a friend needed this kind of help, I would suggest them to come here	92%

Young People's Voice: Examples of feedback

What was really good about your care?

Themes: Building Trust, Taking Time, Being Listened to

"I feel/felt trust."

"I felt listened to and was able to talk about my issues at my own pace."

"They listened to me and saw my views of my life."

Themes: Development and Feeling Better

"It is the most helpful therapy I have received in terms of helping me to begin to understand how I am feeling and why and to make actual changes in my life."

"Before I felt alone, anxious and like I was in a dream world. Now things feel easier."

"It is helpful - I feel a lot better now compared to before."

"The help I have received has had a tangible, consistent and positive impact on my emotional stability."

We also received some helpful thoughts about what could be improved. This included ideas about furnishing, some aspects of communication and advice. We appreciate all the responses and ideas and will be developing aspects of the service in response.

Open Door's Parent/Carer Service

We know that parenting adolescents and young adults can be challenging for all parents. When parenting/caring for a young person who is struggling with their mental health, it is significantly harder.

In addition to direct work with young people, we offer parent work to parents/carers of 12–21-year-olds. Parent work is developmentally informed and focuses on supporting the relationship and communication between parent and young person. The service is available to all parents/carers and not just those with young people in the service.

- In 22/23 we worked with 120 parents/carers within the parent service
- 43% were from global majority backgrounds

Recent parent/carer outcomes and feedback from our 6-year audit (includes parents/carers of young people not in therapy)

- 100% of parents/carers said that they would recommend the service to other families
- 83% agreed they could deal with things (with their adolescent) more effectively
- 87% agreed that the service helped them to think about the situation in new ways
- 67% reported emotional and behavioural improvement in their teenagers with 94% attributing this to the help they had received

Feedback examples: What was good about your care?

- "Trying to see things more from our son's point of view. Also setting more boundaries"
- "The ease of communication with Open Door made everything easier because I knew that help was available to my daughter or to me. The support for the whole family"
- "Listening & understanding with compassion & humour"
- "Discussing out loud, being listened to, some great advice and self-learning"
- "The way the therapist placed everything in context and gave specific suggestions of how to approach things"
- "Having a regular space to talk with someone who understands adolescents"

Projects

In addition to our core service, Open Door delivered seven funded projects during 2022/23.

Open Door has developed partnerships and projects in line with our strategy to support communities where access to mental health support has been historically low.

Open Door Tottenham

Now in its eleventh year, our Tottenham service remains key to achieving this ambition and to improving the mental health of young people in the East of the Borough. We lease two rooms managed by The Tramperry, a social enterprise specialising in shared workspaces across London promoting entrepreneurship, creativity, and community development. Open Door receives funding from several charitable trusts/funds to support its work in Tottenham:

- BBC Children in Need is funding under-18s treatment with a grant of £104,081 over a three year period (running October 2021 to September 2024);
- A grant from the Drapers Charitable Fund for £15,000 is funding the Young Adult Service (Oct21-Sept22);
- A grant from the National Lottery Communities Fund for £9,989 is also funding the Young Adult Service (Sept 21-Aug22) and a further £9,966 will fund core work in Tottenham from April 2023;
- A grant from the Youth Futures fund for £60,000 is also funding the Young Adult Service over a three year period (April 22-March25);
- A grant from the Inequalities Fund distributed by Compass Wellbeing to the value of £50k is funding 12 months core work across the service, including Tottenham, from February 2023.

This has helped fund 1,718 appointments for young people, parents, and carers in our Tottenham Service.

Inequalities Fund

In October 2021, Open Door was part of Haringey's successful Inequalities Bid to secure funding from North Central London ICB. This multi-agency bid focuses on engaging children and young people who have experienced multiple deprivation and to reduce the impact of inequality on child and adolescent mental health. The funding was to support young people who do not ordinarily access statutory CAMHS by funding a combination of sports, creative arts, and other activities provided by partner organisations alongside therapy provided by Open Door.

In 2022-23, Open Door received £130k for this work. We delivered direct clinical work, consultation with partner organisations and secured a partnership with Tottenham Hotspur Foundation to deliver Open Door's innovative Therapeutic Football Group, 'Finding Your Feet' in Mulberry Woodside Academy in Tottenham.

The success of this work meant that Open Door was asked to take on the Lead provider role for this work in 23/24. The other partners are The Tottenham Hotspurs Foundation and Deep:Black

Haringey Autism Hub

During 2021/22 Open Door developed a close partnership with #ActuallyHaringey Autism Hub and were commissioned to deliver a one day per week clinical service for 16–24-year-olds alongside social, educational, and training activities in a newly refurbished and co-designed hub for autistic adults. This is an important development given our commitment to health equality and the high numbers of autistic young adults we work with who need holistic support in their transition to adulthood. Our work in the Hub started in September 2022.

Homecooked Fund

We received £7,457 for 9 months (Oct22-June23) from the Homecooked Fund. This money is ringfenced to provide direct therapy for young people aged 12-24 and parents/carers living in Tottenham Hale Ward.

Sister System

During 2022-23 we started a partnership with Sister System, a voluntary sector organisation who we are co-located with in Tottenham; this is work with care-experienced girls and young women mainly from black and global majority communities. This work consisted of direct therapy sessions to Sister System service users and consultation work with Sister System mentors. Work began in October 2022 and the first 12 months was funded by a £16k grant received by Sister System from the UK Youth Fund Thriving Minds towards a partnership with Open Door. Continuation of the direct therapy work into 2023-24 has been funded by a grant received by Open Door from the Mrs Smith & Mount Trust.

Care Leavers

In November 2022 we received £28,285 from NCL ICB for 12 months funding of a project in partnership with Tavistock and Portman First Step and the Haringey Young Adult service (Haringey Leaving Care Team) to provide a joined-up offer of support to Haringey Care Leavers. Open Door has been providing assessment and psychotherapy to 16-24 year olds who are leaving the care system.

Autism Diagnostic Support

In November 2022 we received £36k from NCL ICB for 12 months funding of a project in partnership with the Markfield Project to provide therapeutic support to young people and parents during the autism diagnostic process

Open Door Schools Service

In 2022/23 our service delivery remained consistent with 2021-22, representing a 12% increase on pre-covid levels.

Our school service in Woodside High School ran 5 days/week. Woodside High is an outstanding community-oriented school serving an area of high need and deprivation encompassing Wood Green and Tottenham. Our work in Newman Catholic College (Brent) also expanded with the appointment of a third clinical trainee.

In 2022/23 we worked with 98 students and offered 984 appointments across the two schools.

Trainees/training

In 2022/23 we provided training placements to three NHS funded, ACP accredited Child and Adolescent Psychotherapy trainees in partnership with the Tavistock and Portman NHS Foundation Trust, IPCAPA (Independent Psychoanalytic Child and Adolescent Psychotherapy Association) and Barnet and Enfield NHS Mental Health Trust. Our school service in Brent was delivered by trainees from the Tavistock Clinic. The clinical team has also benefitted from training in EMDR (a trauma intervention) and Autism.

Volunteers

Over the year, one volunteer therapist contributed to our clinical service. We had further voluntary input to the non-clinical aspects of the service including research, data analysis and evaluation for which we are extremely grateful.

Research

We continued work on our Randomised Controlled Trial (RCT) research project into the efficacy of Open Door's manualised parenting intervention – the Open Door Approach to Parenting Teenagers (APT). We aim to conclude this research in 2023/24.

Partnerships, Collaborations and Networks

In addition to our training partnerships, Open Door recognises the importance of participating in and developing networks in order to ensure that the mental health needs of young people continue to be represented in service development in the statutory and voluntary sectors.

During 2022/23, Open Door remained a central member of the Haringey Children and Young People's Mental Health and Wellbeing Executive, the NCL 16-25 year old Mental Health Steering and Strategy Group, the Haringey SEND Health Reference Group, the Haringey Child in Care Steering Group, the Haringey Autism All Age Strategy Group (2021-2031) and the North Central London Mental Health Service Review Programme Board, overseeing the Strategic Review of Mental Health Services across Barnet, Enfield, Haringey, Camden, and Islington.

Throughout the year, Open Door continued to participate in the Haringey Suicide Prevention Group and the Borough's Voluntary and Community Sector Forum.

Facilities Improvement

We were the grateful recipients of a grant from the Clothworkers' Foundation in February 2023 which allowed us to install a new bay window and glass roof in the Crouch End building. This will improve the energy efficiency of the building.

Fundraising/donations

In March 2023 we were awarded a grant of £100k over four years from the Leathersellers Foundation.

We were the grateful recipients of a bequest to the value of £22,675.05 from a previous Trustee

A local fundraiser, Rachel Speed, has run yoga sessions raising just over £2,000. An appeal to raise money for the Young Adult Service (over-18s) raised £2,733.95. £500 was raised by U3A quilters who made a quilt from local Haringey materials which was then raffled off. Total donations (individual and corporate) were made to the value of £26,794, bringing total fundraising activity above the target of £10,000.

A very generous donation of £198,000 was awarded to Open Door in May 2018. The donor, who wishes to remain anonymous, stipulated that the money be spent within a maximum time frame of 5 years and that it be used to directly benefit the young people, parents and carers who access Open Door. Of this total amount, £42,000 was committed during 2018/19 and 2019/20 to support the continuation of the service provided to parents. The remaining amount was placed into a designated fund to support development of the service. £109,000 remains committed to the Young Adult Service (18-24 year olds). Higher than anticipated income generation in 2022/23 enabled us to carry forward all of the big donation funds allocated to that year into

2023/24 which has meant that once again, we are able to sustain the service expansion of the last 3 years. We have received confirmation from the donor that we can carry the donation into future years.

The donor recognises that there may be indirect costs associated with building clinical capacity and organisational sustainability and recognises that it is for Open Door to make this judgement within the spirit of the gift, that it is used to give the maximum help it can to young people through increasing access to therapy. We are extremely grateful to all our local fundraisers and donors.

Structure, governance & management

Open Door is registered under the Companies Act 2006 as a company limited by guarantee and not having a share capital.

Open Door is a registered charity constituted as a Limited Company under its Memorandum and Articles of Association. The charity registration number is 299707 (England and Wales) and the company registration number is 02270443 (England and Wales).

Organisational Structure

Open Door's Board of Trustees meets 4 times per year and is responsible for the strategic direction and policy of the Charity, as well as oversight of the Charity's operations.

Board sub-committees are set up as required to consider specific issues. The day to day running of the Charity is delegated to the Director/CEO who is supported by a 2.6 FTE Senior Clinical Management Team and a 0.8 Operations Manager who report to the Director/CEO. The Director/CEO in turn reports to the Chair of Trustees.

Selection and appointment of Trustees

As set out in the Articles of Association, the Chair of Trustees is nominated at the Annual General Meeting.

The Trustees are directors of Open Door for the purpose of company law. Open Door Articles of Association require a minimum of 5 Trustees. Trustees meet at least 4 times per year with a quorum of 3 trustees.

Trustees who have served for more than three consecutive years in office must stand for re-appointment. Trustees can serve up to a maximum of three consecutive terms before they must stand down for at least 12 months before being eligible to stand for office again.

The objective is to have a range of skillsets and experiences across fields that are relevant to the Charity's objectives. Their appointment is by resolution of the Board of Directors/Trustees following which the required legal documentation is completed.

Trustee Induction and Training

On their appointment, new Trustees are provided with information, in the form of an induction pack, on their role as a Trustee. Ongoing training is provided as required. All Trustees are DBS checked and undertake a Data Security Awareness training at induction. Those who do not have a current Safeguarding training, also undertake Level 2 Safeguarding training at induction.

Staff remuneration

Staff salaries are set and reviewed by the Board in line with other internal roles and similar organisations in the charitable and public sector. The board agreed to a staff salary increase in 2023 in line with this.

Risk management

The Trustees have conducted their own review of the major risks to which the Charity is exposed, and systems and processes have been established to mitigate those risks.

Key risks under review for this period included:

1. Organisational stability

Over recent years, Open Door has enjoyed a relatively stable workforce and culture, with a long-serving CEO and reported high levels of staff satisfaction. In 2022/23, that stability could not be taken for granted. Firstly, Covid burnout and the cost of living crisis hit every sector of the clinical industry, creating recruitment and retention challenges. Secondly, our long-serving and widely respected CEO, Julia Britton, had announced her intention to leave Open Door after 17 years with the organisation, including a decade as its leader.

The risk of destabilisation was taken extremely seriously, and measures were put in place to protect the organisation. Julia left in September 2022. Following an interim period of co-directorship (which combined Clinical and Business Directorships), Ruth Glover took over as Director/ CEO in March 2023. Ruth knows the organisation, its people and its stakeholders very well, having worked at Open Door for 6 years, latterly as Clinical Director. Ruth worked with the management team to focus on staff retention, reviewing not just salaries against relevant benchmarks, but also workplans and working practices.

2. Income generation

The ability to maintain and increase income to meet the demand for our services is an ongoing challenge and risk. We took a decision to expand the service significantly in 2020/21 following a large donation and additional NHS funding, and we have managed to maintain those higher service levels.

However, the sustainability of this expanded service beyond 2023/24 is by no means assured. We are heavily dependent on NHS funding, and the lack of longer-term contracts remains a challenge for all areas of service planning and staffing. We have also been advised that there may be a tender for our contract in the next year or so. In tandem with this uncertainty, the competition for charitable funding is more acute since the pandemic and cost of living crisis.

We worked hard in 2022/23 to put ourselves in the strongest position to protect and grow income, firstly by prioritising relationships with existing funders, reporting in full and on time the impact that their contributions have made to the service and its beneficiaries.

The Director/CEO remained very involved in high level networking, actively collaborating with relevant Haringey NHS and Local Authority bids and seeking every opportunity to build relationships across NCL ICS (North Central London Integrated Care System).

We remained committed to building diversified income streams. We worked with an external fundraising consultant to scope appropriate opportunities and recruited a new trustee with specialist fundraising expertise. We continued to achieve good success rates with Trusts and Foundations, and to build community support.

Looking ahead to a possible tender, the Board of Trustees, Director/CEO and Operations Manager are ensuring that we are 'tender ready' – reviewing data quality, governance, financial management, etc.

3. Clinical risk

Throughout 2022/23, the complexity and severity of needs in the young people we are working with increased significantly. This led to the need for more joined-up working and liaison with other professionals. In response, we took the decision to adapt our therapists' workplans to enable more time for complex liaison work to be built in. This includes work with social care, education and health colleagues, among others. We also reviewed policies and protocols to ensure that they were appropriate for the higher levels of severity.

We also improved Open Door's processes for communication with GPs and other relevant professionals. An important message is that Open Door is not a crisis service, and does not have psychiatry.

Financial review

During the current financial year the Charity achieved a surplus of £73,445 (2022: £8,236). This resulted in total reserves increasing in the year to £843,758 (2022: £770,313).

The Trustees are satisfied with the financial performance of the Charity throughout the year.

Of the total reserves held at year end £814,618 (2022: £759,063) were unrestricted as to use, although only £345,355 (2022: £289,800) was available as general funds as a result of designations made to cover the net book value of fixed assets and to cover future development of the service.

Reserves policy

The Trustees have set a reserves policy that the Charity should hold a minimum unrestricted general reserve equivalent to three months salary and overhead expenditure - approximately £210,000. The current level of £345,355 is safely above this level, but not deemed to be excessive.

Statement of Board of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' 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 they are required to prepare the financial statements in accordance with UK Accounting Standards and applicable law (UK Generally Accepted Accounting Practice), including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

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 excess of expenditure over income for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue its activities.

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 have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the charitable company and to prevent and detect fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. In addition, the Trustees confirm that they are happy that the content of the annual review on pages 6 to 22 of this document, as well as the legal and administrative information on pages 4 and 5, meet the requirements of both the Trustees' Annual Report under charity law and the Directors' Report under company law.

They also confirm that the financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Charity's governing document, the Charities Act 2011, 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) second edition (effective 1

January 2019)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Trustees confirm that:

- so far as each Trustee is aware, there is no relevant information of which the Charity's independent examiner is unaware; and,
- each Trustee has taken all the steps that they should have taken as a Trustee/Director in order to make themselves aware of any relevant independent examination information and to establish that the Charity's independent examiner is aware of that information.

Preparation of the report

This report has been prepared taking advantage of the small companies exemption of section 415A of the Companies Act 2006, and the exemptions available for smaller charities under the Statement of Recommended Practice.

This report was approved and authorised for issue by the Board of Trustees on 15 December 2023 and signed on its behalf by:



[Karen Simmons](#) (Dec 15, 2023 16:01 GMT)

KAREN SIMMONS

CHAIR

Independent examiner's report

I report to the Trustees on my examination of the accounts of Open Door, Young People's Consultation Service (charity number 299707, company number 02270443) for the year ended 31 March 2023 which are set out on pages 25 to 42.

Respective responsibilities of trustees and examiner

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 ('the 2011 Act') nor under Part 16 of the 2006 Act, and that an independent examination is needed.

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and,
- to state whether particular matters have come to my attention.

This report, including my statement, has been prepared for and only for the Charity's Trustees as a body. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body for my examination work, for this report, or for the statements I have made.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or,
- the accounts do not accord with those records; or,
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or,
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities

preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

A handwritten signature in black ink, appearing to read 'APNash', followed by a long horizontal line extending to the right.

ANDREW PHILIP NASH ACA

MEMBER OF THE INSTITUTE OF CHARTERED ACCOUNTANTS IN ENGLAND AND WALES – 2461833

DATED: 15 DECEMBER 2023

Andy Nash Accounting & Consultancy Ltd
Units 24 & 25
Goodsheds Container Village
Hood Road
Barry
CF62 5QU

Statement of financial activities**Incorporating the Income and Expenditure Account & Statement of Realised Gains and Losses**

For the year ended 31 March 2023

		Unrestricted funds	Restricted funds	Total funds	Total funds
		Year ended 31 Mar 2023	Year ended 31 Mar 2023	Year ended 31 Mar 2023	Year ended 31 Mar 2022
	Notes	£	£	£	£
Income from:					
Donations and legacies	3	49,469	106,475	155,944	53,341
Charitable activities	4	752,539	-	752,539	780,054
Investments		2,953	-	2,953	196
Total income		804,961	106,475	911,436	833,591
Expenditure on:					
Raising funds	5 & 6	72,521	-	72,521	8,221
Charitable activities					
Psychotherapy services	5 & 7	678,135	87,335	765,470	817,134
Total expenditure		750,656	87,335	837,991	825,355
Net income/(expenditure)		54,305	19,140	73,445	8,236
Transfer between funds	12	1,250	(1,250)	-	-
Net movement in funds		55,555	17,890	73,445	8,236
Reconciliation of funds:					
Total funds brought forward	12 & 13	759,063	11,250	770,313	762,077
Total funds carried forward	12 & 13	814,618	29,140	843,758	770,313

The notes on pages 28 to 42 form part of the financial statements.

Balance sheet

As at 31 March 2023

	Notes	£	Total funds 31 Mar 2023 £	Total funds 31 Mar 2022 £
Fixed assets:				
Tangible assets	9		327,852	342,624
Current assets:				
Debtors & prepayments	10	319,229		115,823
Cash at bank and in hand		377,182		399,832
		<u>696,411</u>		<u>515,655</u>
Liabilities:				
Creditors:				
amounts falling due within one year	11	(180,505)		(87,966)
Net current assets/(liabilities)			<u>515,906</u>	427,689
Net assets/(liabilities)			<u>843,758</u>	<u>770,313</u>
The funds of the charity:				
Restricted funds	12 & 13		29,140	11,250
Unrestricted funds				
General funds	12 & 13	345,355		289,800
Designated funds	12 & 13	469,263		469,263
Unrestricted funds			<u>814,618</u>	759,063
Total charity funds			<u>843,758</u>	<u>770,313</u>

The notes on pages 28 to 42 form part of the financial statements.

The financial statements have been prepared in accordance with section 415A of the Companies Act 2006 relating to small companies and FRS 102 Section 1A.

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31 March 2023, and the members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2023 under section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

They were approved and authorised for issue by the Board of Trustees on 15 December 2023 and signed on their behalf by:

Karen Simmons
Karen Simmons (Dec 15, 2023 16:01 GMT)

KAREN SIMMONS

CHAIR

Statement of cash flows

For year ended 31 March 2023

	Total Funds Year ended 31 Mar 2023 £	Total Funds Year ended 31 Mar 2022 £
Cash flows from operating activities:		
Net income/(expenditure) for period (as per SOFA)	73,445	8,236
Adjustments for:		
Depreciation charges	15,822	15,120
Loss on disposal of fixed assets	-	-
Investment income	(2,953)	(196)
(Increase)/decrease in accounts receivables	(216,070)	(83,000)
(Increase)/decrease in accrued grant income	-	336
(Increase)/decrease in prepayments and other debtors	12,664	(10,488)
Increase/(decrease) in accounts payables	(31,204)	22,479
Increase/(decrease) in accruals	(799)	(2,763)
Increase/(decrease) in deferred income	121,046	32,759
Increase/(decrease) in HMRC & pension payable	2,100	1,033
Increase/(decrease) in other creditors	1,397	-
	(97,997)	(24,720)
Net cash used in operating activities	(24,552)	(16,484)
Cash flows from investing activities:		
Purchase of fixed assets	(1,051)	(2,449)
Investment income	2,953	196
Net cash used in investing activities	1,902	(2,253)
Net cash used in financing activities	-	-
Change in cash and cash equivalents in period	(22,650)	(18,737)
Cash and cash equivalents at the beginning of the period	399,832	418,569
Cash and cash equivalents at the end of the period	377,182	399,832

The notes on pages 28 to 42 form part of the financial statements.

Notes to the financial statements

1. Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with '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) second edition (effective 1 January 2019)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), including Update Bulletin 2, and the Companies Act 2006.

The effect of any event relating to the year ended 31 March 2023, which occurred before the date of approval of the financial statements by the Board of Trustees has been included in the financial statements to the extent required to show a true and fair view of the state of affairs at 31 March 2023 and the results for the year ended on that date.

The functional currency of the Charity is sterling and amounts in the financial statements are rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Going concern

The financial statements have been prepared on the going concern basis as the Board of Trustees is confident that future reserves and future income is more than sufficient to meet current commitments. There are no material uncertainties that impact this assessment, and the ongoing global economic uncertainty and subsequent financial challenges have had no material impact on this assessment.

Legal status

Open Door, Young People's Consultation Service is a charitable company registered in England & Wales and meets the definition of a public benefit entity. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member. The registered address is 12 Middle Lane, Crouch End, London, N8 8PL.

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.

Designated funds are unrestricted funds which have been designated for a specific purpose by the Trustees. The aim and use of each designated fund is set out in note 12 of the financial statements.

Restricted funds are funds that are to be used in accordance with specific restrictions imposed by donors or that have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in note 12 of the financial statements.

Income

Income is recognised when the Charity has entitlement to the funds, any performance indicators attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Donations are recognised in full in the Statement of Financial Activities when entitled, receipt is probable and when the amount can be quantified with reasonable accuracy. Gift aid receivable is included when claimable.

1. Accounting policies (continued from previous page)

Income (continued from previous page)

Grant income is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless the grant relates to a future period, in which case it is deferred.

Income from charitable activities, including contract income and client fees, is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless it relates to a specific future period or event, in which case it is deferred.

Interest is recorded when it is receivable.

Expenditure and irrecoverable VAT

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities.

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated proportionate to total direct costs allocated to each project area, as outlined in note 5 of the financial statements.

Irrecoverable VAT is charged against the category of expenditure for which it was incurred.

Tangible fixed assets and depreciation

All assets costing more than £500 are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their residual value, over their useful life, on the following basis:

Computer equipment	4 years
Fixtures & fittings	5 years

Freehold property is not depreciated.

Cash at bank and in hand

Cash at bank and in hand includes cash in hand, deposits with banks and funds that are readily convertible into cash at, or close to, their carrying values but are not held for investment purposes.

Debtors and prepayments

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

Creditors and accruals

Creditors are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party, and the amount due to settle the obligation can be measured or estimated reliably.

Critical estimates and judgements

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The annual depreciation charge for tangible fixed assets is sensitive to changes in useful economic lives and residual values of assets. In the view of the Trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

1. Accounting policies (continued from previous page)

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Pensions

The Charity operates a defined contribution pension scheme which is administered by an external independent pension provider. Contributions are recognised in the Statement of Financial Activities as they fall due.

2. Comparative statement of financial activities

	Unrestricted funds	Restricted funds	Total funds
	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022
	£	£	£
Income from:			
Donations and legacies	14,738	38,603	53,341
Charitable activities	780,054	-	780,054
Investments	196	-	196
Total income	794,988	38,603	833,591
Expenditure on:			
Raising funds	8,221	-	8,221
Charitable activities			
Psychotherapy services	774,531	42,603	817,134
Total expenditure	782,752	42,603	825,355
Net income/(expenditure)	12,236	(4,000)	8,236
Transfer between funds	165,215	(165,215)	-
Net movement in funds	177,451	(169,215)	8,236
Reconciliation of funds:			
Total funds brought forward	581,612	180,465	762,077
Total funds carried forward	759,063	11,250	770,313

3. Income from donations and legacies

	Unrestricted funds Year ended 31 Mar 2023 £	Restricted funds Year ended 31 Mar 2023 £	Total funds Year ended 31 Mar 2023 £
Grants			
BBC Children in Need	-	35,043	35,043
Drapers Charitable Trust	-	7,500	7,500
London Community Foundation	-	20,000	20,000
National Lottery Community Fund	-	14,961	14,961
The Bridge Renewal Trust	-	4,971	4,971
The Clothworkers Foundation	-	24,000	24,000
Grants	-	106,475	106,475
Donations	26,794	-	26,794
Legacies	22,675	-	22,675
	49,469	106,475	155,944

	Unrestricted funds Year ended 31 Mar 2022 £	Restricted funds Year ended 31 Mar 2022 £	Total funds Year ended 31 Mar 2022 £
Grants			
BBC Children in Need	-	17,108	17,108
Drapers Charitable Trust	-	7,500	7,500
National Lottery Community Fund	-	4,995	4,995
Peter Stebbing Charitable Trust	-	9,000	9,000
Grants	-	38,603	38,603
Donations	14,156	-	14,156
Coronavirus Job Retention Scheme	582	-	582
	14,738	38,603	53,341

4. Income from charitable activities

	Unrestricted funds	Restricted funds	Total funds
	Year ended 31 Mar 2023	Year ended 31 Mar 2023	Year ended 31 Mar 2023
	£	£	£
Grants and contracts with statutory bodies			
Barnet, Enfield & Haringey NHS	130,000	-	130,000
NHS North Central London	536,202	-	536,202
Grants and contracts with statutory bodies	666,202	-	666,202
Charges and fees	86,337	-	86,337
	752,539	-	752,539

	Unrestricted funds	Restricted funds	Total funds
	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022
	£	£	£
Grants and contracts with statutory bodies			
Barnet, Enfield & Haringey NHS	86,667	-	86,667
Department of Health & Social Care	143,671	-	143,671
NHS North Central London	474,473	-	474,473
Grants and contracts with statutory bodies	704,811	-	704,811
Charges and fees	75,243	-	75,243
	780,054	-	780,054

5. Total expenditure

	Direct staff costs	Direct other costs	Indirect costs	Total costs
	Year ended 31 Mar 2023	Year ended 31 Mar 2023	Year ended 31 Mar 2023	Year ended 31 Mar 2023
	£	£	£	£
Raising funds	58,904	6,205	7,412	72,521
Charitable activities				
Psychotherapy services	662,678	24,555	78,237	765,470
	721,582	30,760	85,649	837,991

	Direct staff costs	Direct other costs	Indirect costs	Total costs
	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022
	£	£	£	£
Raising funds	-	7,201	1,020	8,221
Charitable activities				
Psychotherapy services	635,641	80,094	101,399	817,134
	635,641	87,295	102,419	825,355

Indirect costs, including governance costs, which cannot be directly attributed to activities, were allocated between cost centres proportionate to the direct staff and other costs allocated to those activities.

An analysis of costs of raising funds split between restricted and unrestricted funds can be found in note 6.

An analysis of charitable activities split between restricted and unrestricted funds can be found in note 7.

An analysis of staff costs can be found in note 8.

Indirect costs includes:

	Total costs	Total costs
	Year ended 31 Mar 2023	Year ended 31 Mar 2022
	£	£
Other staff costs	9,126	5,934
Premises costs	24,186	28,257
Administrative costs	12,479	11,417
IT and other professional services	14,857	19,978
Rebrand work	1,135	13,993
Governance costs	23,866	22,840
	85,649	102,419

5. Total expenditure (continued from previous page)

Governance costs includes:

	Total costs Year ended 31 Mar 2023 £	Total costs Year ended 31 Mar 2022 £
Insurance	4,989	4,352
Independent examination	2,205	2,100
Depreciation	15,822	15,120
Training expenses	454	786
Other	396	482
	23,866	22,840

6. Expenditure on raising funds

	Unrestricted funds Year ended 31 Mar 2023 £	Restricted funds Year ended 31 Mar 2023 £	Total funds Year ended 31 Mar 2023 £
Direct staff costs	58,904	-	58,904
Direct other costs	6,205	-	6,205
Indirect costs	7,412	-	7,412
	72,521	-	72,521

	Unrestricted funds Year ended 31 Mar 2022 £	Restricted funds Year ended 31 Mar 2022 £	Total funds Year ended 31 Mar 2022 £
Direct other costs	7,201	-	7,201
Indirect costs	1,020	-	1,020
	8,221	-	8,221

7. Expenditure on charitable activities

	Unrestricted funds	Restricted funds	Total funds
	Year ended 31 Mar 2023	Year ended 31 Mar 2023	Year ended 31 Mar 2023
	£	£	£
Direct staff costs	587,071	75,607	662,678
Direct other costs	21,753	2,802	24,555
Indirect costs	69,311	8,926	78,237
	678,135	87,335	765,470

	Unrestricted funds	Restricted funds	Total funds
	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022
	£	£	£
Direct staff costs	602,501	33,140	635,641
Direct other costs	75,918	4,176	80,094
Indirect costs	96,112	5,287	101,399
	774,531	42,603	817,134

8. Staff costs

	Total costs	Total costs
	Year ended 31 Mar 2023	Year ended 31 Mar 2022
	£	£
Gross salaries	648,272	575,772
Employer's NIC	55,104	44,521
Employer's pension	18,206	15,348
	721,582	635,641

The average headcount during the period was 27 persons (2022: 25 persons).

One employee received employee benefits of between £60,000 and £69,999 (2022: 1 employee between £70,000 and £79,999).

The total employee benefits paid to key management personnel during the year was £104,648 (2022: £80,701).

9. Tangible fixed assets

	Freehold property £	Computer equipment £	Fixtures & fittings £	Total £
Cost				
At 1 April 2022	305,457	48,704	17,078	371,239
Additions in the year	-	1,051	-	1,051
At 31 March 2023	305,457	49,755	17,078	372,290
Accumulated depreciation				
At 1 April 2022	-	25,060	3,555	28,615
Charge for the year	-	12,406	3,417	15,823
At 31 March 2023	-	37,466	6,972	44,438
Net book value				
At 1 April 2022	305,457	23,644	13,523	342,624
At 31 March 2023	305,457	12,289	10,106	327,852

10. Debtors and prepayments

	Total costs Year ended 31 Mar 2023 £	Total costs Year ended 31 Mar 2022 £
Accounts receivable	316,255	100,185
Prepayments	-	12,604
Other debtors	2,974	3,034
	319,229	115,823

11. Creditors: amounts falling due within one year

	Total costs	Total costs
	Year ended	Year ended
	31 Mar 2023	31 Mar 2022
	£	£
Accounts payable	869	32,073
Accruals	3,271	4,070
Deferred income	153,805	32,759
HMRC payable	17,490	15,872
Pension payable	3,673	3,192
Other creditors	1,397	-
	180,505	87,966

Deferred income consists of the following deferred grants:

	Total costs	Total costs
	Year ended	Year ended
	31 Mar 2023	31 Mar 2022
	£	£
Brought forward at 1 April 2022	32,759	-
Released in year	(32,759)	-
Deferred in year	153,805	32,759
Carried forward at 31 March 2023	153,805	32,759

12. Analysis of charity funds

	Balance brought forward Year ended 31 Mar 2023 £	Income for the period Year ended 31 Mar 2023 £	Expenditure in the period Year ended 31 Mar 2023 £	Transfers between funds Year ended 31 Mar 2023 £	Balance carried forward Year ended 31 Mar 2023 £
Unrestricted funds					
Designated funds					
Capital - equipment	37,167	-	-	-	37,167
Capital - buildings	305,457	-	-	-	305,457
Property maintenance reserve	17,250	-	-	-	17,250
Development of the service	109,389	-	-	-	109,389
Designated funds	469,263	-	-	-	469,263
General fund	289,800	804,961	(750,656)	1,250	345,355
Unrestricted funds	759,063	804,961	(750,656)	1,250	814,618
Restricted funds					
Parent peer support/parenting teenagers	1,250	-	-	(1,250)	-
Triple Track Treatment Project 2	10,000	-	(10,000)	-	-
Tottenham	-	7,500	(7,500)	-	-
Counselling	-	70,004	(60,038)	-	9,966
Home cooked	-	4,971	(4,971)	-	-
Clothworkers	-	24,000	(4,826)	-	19,174
Restricted funds	11,250	106,475	(87,335)	(1,250)	29,140
Total funds	770,313	911,436	(837,991)	-	843,758

Capital – equipment and buildings

To assist in calculation of the available reserves, and due to the large balance of assets on the balance sheet, the Trustees have set aside the net book value of the fixed assets within a designated fund.

Historically there was also a restricted fund balance for the buildings as a result of funding received to fund significant building improvements including an extension in prior periods. During the current period clarification was sought from the funders to establish if they held a restriction over future use of the extension. As the funders do not hold any covenant or restriction over the building the buildings have now been treated as unrestricted in their entirety, represented by the transfer from restricted to designated funds above.

Property maintenance reserve

This reserve was created in 2013/14 with the intention of increasing the amount over the forthcoming years to make sure the Charity has sufficient reserves for internal and external redecoration in the short term, and replacement of roof, windows, central heating and other significant repairs in the long term.

12. Analysis of charity funds (continued from previous page)

Development of the service

A very generous donation of £198,000 was awarded to Open Door in May 2018. The donor, who wishes to remain anonymous, stipulated that the money be spent within a maximum time frame of 3-5 years and that it be used to directly benefit the young people, parents and carers who access Open Door. The Trustees have prudently set this aside as a designated fund for development of the service over the next few years.

Parent peer support

This is funding received from three smaller grants to help establish parent peer support as part of the wider work with parents. During the prior year several funders who had contributed to this fund agreed, in light of the ongoing COVID-19 pandemic, for the funds to be transferred to core costs.

Triple Track Treatment Project

This is a multi-year project funded by comic Relief that has now ended working with depressed 16-24 year olds at risk of social exclusion.

Tottenham

This is funding from the Drapers Charitable Trust to develop the clinical service for young people aged 12 – 24 in Tottenham.

Counselling

This is funding from a number of grant funders to develop the clinical service for young people aged 12 – 24.

12. Analysis of charity funds (continued from previous page)

	Balance brought forward Year ended 31 Mar 2022 £	Income for the period Year ended 31 Mar 2022 £	Expenditure in the period Year ended 31 Mar 2022 £	Transfers between funds Year ended 31 Mar 2022 £	Balance carried forward Year ended 31 Mar 2022 £
Unrestricted funds					
Designated funds					
Capital - equipment	49,838	-	(15,120)	2,449	37,167
Capital - buildings	140,242	-	-	165,215	305,457
Property maintenance reserve	17,250	-	-	-	17,250
Development of the service	109,389	-	-	-	109,389
Designated funds	316,719	-	(15,120)	167,664	469,263
General fund	264,893	794,988	(767,632)	(2,449)	289,800
Unrestricted funds	581,612	794,988	(782,752)	165,215	759,063
Restricted funds					
Capital - buildings	165,215	-	-	(165,215)	-
Parent peer support/parenting teenagers	5,250	-	(4,000)	-	1,250
Triple Track Treatment Project 2	10,000	-	-	-	10,000
Tottenham	-	7,500	(7,500)	-	-
Counselling	-	31,103	(31,103)	-	-
Restricted funds	180,465	38,603	(42,603)	(165,215)	11,250
Total funds	762,077	833,591	(825,355)	-	770,313

COVID-19 response

This was funding received to support the organisation adapt to new ways of working during the COVID-19 pandemic.

Tottenham 2

This was funding from City Bridge Trust to develop the clinical service for young people aged 12 – 24 in Tottenham.

Youth Violence

This was a small 2-year grant from the Evening Standard Dispossessed Fund Saving London Lives to pilot a therapy project for young people and families affected by serious youth violence. We aim to work with 34 young people each year and their parents/carers as appropriate.

12. Analysis of charity funds (continued from previous page)

Ventilation system

This was a small grant received to support purchase of a new ventilation system for the offices. This was purchased in year and capitalised onto the balance sheet and so the grant was released to unrestricted reserves to reflect this.

13. Analysis of net assets

	Unrestricted funds	Restricted funds	Total funds
	Year ended 31 Mar 2023	Year ended 31 Mar 2023	Year ended 31 Mar 2023
	£	£	£
Fixed assets	327,852	-	327,852
Current assets	513,466	182,945	696,411
Current liabilities	(26,700)	(153,805)	(180,505)
	814,618	29,140	843,758

	Unrestricted funds	Restricted funds	Total funds
	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022
	£	£	£
Fixed assets	342,624	-	342,624
Current assets	471,646	44,009	515,655
Current liabilities	(55,207)	(32,759)	(87,966)
	759,063	11,250	770,313

14. Analysis of net debt

	As at 1 Apr 2022 £	Cash flows £	Other movements £	As at 31 Mar 2023 £
Cash and cash equivalents				
Cash at bank	399,832	(22,650)		377,182
	399,832	(22,650)	-	377,182

	As at 1 Apr 2021 £	Cash flows £	Other movements £	As at 31 Mar 2022 £
Cash and cash equivalents				
Cash at bank	418,569	(18,737)	-	399,832
	418,569	(18,737)	-	399,832

15. Trustee remuneration

During the year, no trustee received any remuneration (2022: £Nil). No members of the Board of Trustees received reimbursement of expenses (2022: £Nil).

16. Related party transactions

During the year there were no related party transactions (2022: £Nil).



open door

Better mental health
for young people










OPE001 - Final Accounts - 31 March 2023

Final Audit Report

2023-12-15

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