

Company registration number: 01830241
Charity registration number: 290118

BRANDON CENTRE FOR COUNSELLING AND PSYCHOTHERAPY FOR YOUNG PEOPLE

(a company limited by guarantee)

Annual Report and Financial Statements

for the year ended
31 March 2021

Field Sullivan Limited
70 Royal Hill
Greenwich
SE10 8RF

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COMPANIES HOUSE

Brandon Centre for Counselling and Psychotherapy for Young People

Reference and administrative details

Company registration number 01830241

Charity registration number 290118

Registered Office: 26 Prince of Wales Road
Kentish Town
NW5 3LG

Trustees Mark Bland - Chair
Jennifer Cantor - Treasurer (appointed 1 April 2020)
Temitope Ademosu (appointed 18 March 2021)
Simon Boddis (resigned 1 April 2020))
Victoria Corbishley
Dolores Currie
Michael Davis
Terry Heller (appointed 24 September 2020)
Dr Lucy Moore (appointed 18 March 2021)
Nicola Moore (appointed 24 September 2020)
Joanna Stronach (appointed 18 March 2021)
Professor Richard Taffler (resigned 24 September 2020)
Jonathan Tait (appointed 1 April 2020)
Basil Tyson (resigned 1 April 2020)

Auditors: Field Sullivan Limited
Statutory Auditor
Chartered Accountants
70 Royal Hill
London
SE10 8RF

Bankers: Barclays Bank plc
Leicester
LE87 2BB

CCLA
Senator House
85 Queen Victoria Street
London
EC4V 4ET

Brandon Centre for Counselling and Psychotherapy for Young People

Trustees' Report
for the year ended
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The Council of Management, who are the directors for Companies Act purposes and trustees for Charities Act purposes, have the pleasure in submitting the trustees' report for 2020/21. This is a Directors' Report required by s417 of the Companies Act 2006. The financial statements comply with current statutory requirements and the requirements of the Memorandum and Articles of Association.

Achievements and Performance

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

Overview of our Strategy

Over 2020/21 we developed our new Strategy – 'Getting Set for Success' 2021 – 2024

While our mission was clear we recognised that its success depends upon us effectively combining our knowledge and expertise and working together towards common goals. We know that when we are successful, we can help bring about extremely positive change in the lives of the families and young people we serve.

"It gave me confidence and hope"

We believe that our strategy should help us achieve this success, but that it should also identify ways of working that keep us inspired, motivated and satisfied. We do not take this lightly, in fact here's what we did to get to our new strategy:

- Brandon Way interviews with our team members
- Brandon Way interviews with our young people
- Internal meetings
- Board, Senior and Team Leadership Away Days
- Meetings with Pilotlight
- Service transformation and Brandon Way workshops
- Marketing and website development workshops

We reviewed our Vision, Mission, Values and Strategic Objectives:

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

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

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

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

Our **Values**:

Compassion

We provide a welcoming and non-judgemental environment for young people to access support that helps them live healthy and fulfilled lives.

Brandon Centre for Counselling and Psychotherapy for Young People

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Respect

We serve our diverse community, and work with our partners, with a willingness to collaborate, adapt, and recognise the importance of choice.

Inclusion

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

Our Core Services:

Specialist Contraception & Sexual Health Services

- Contraception including implants and coils
- All forms of emergency contraception
- Diagnosis, treatment and support with STIs
- Pregnancy testing
- Advice and information
- Counselling and wellbeing support including pregnancy choices
- Community outreach programmes

Specialist Mental Health & Wellbeing

- Counselling & Psychotherapy 1-1 sessions
- Systemic Integrative Treatment for young people & their families
- Suicide Prevention Project (starting in 21/22)
- Mental Health Outreach: Brandon Connect and Arsenal in the Community youth projects

Clinical Training & Consultancy – Specialist Programmes

- Mental Health & Wellbeing (being developed in 21/22)
- Sexual Health & Relationships (part of Contraception and Sexual Health project)
- Enhanced Healthy Living
- Ground Up Youth Consultancy (incl. training for professionals and partner organisations)
- Training and support for parents, carers, and families
- Leadership & Coaching (being developed in 21/22)

Community Engagement, Outreach & Partnerships

- Arsenal Youth Sports & Wellbeing
- The Hive Minding the Gap youth support (lead provider is Catch 22)
- Youth Hubs and Ambassadors (developed as part of Young People's Involvement Strategy)

Young People's Involvement Strategy

Following the Brandon Way Young People's Survey in the autumn 2020, we identified key actions to take forward as part of this important development work. In line with our overall Brandon Centre Strategy 'Getting Set for Success', one of the key areas highlighted is the development of a Young People's Involvement Strategy.

Working with Angela Newton, from Lived Experience Matters, we held two facilitated workshops where young people who access our services met with some of our staff to begin the co-development and co-design of this new strategy.

To ensure the delivery of this strategy and associated actions, the first step has involved developing the launch of the Young People's Leadership Board. With Brandon Centre staff support, the principles, purpose, presence, process, and impact of this Board are being developed and produced by the young people who will sit on the Leadership Board.

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Covid-19

All our services have been maintained during the pandemic including the lockdown periods and we did not suffer any loss of income as a result of Covid. We reacted quickly to the social distancing needs with the majority of services moving to homebased, virtual, online and telephone delivery. We have established protocols for a safe return to the office and are now progressively restoring face-to-face services. In future, we envisage a mixed provision of online and face-to-face services as we have learned that to receive support online is preferable in some circumstances for the young people we support.

Contraception and Sexual Health Services

The Contraception and Sexual Health Services went through a restructure in 2020. David Ritchie was appointed in November 2020 as Head of Sexual Health. David has 14 years' experience of reproductive and sexual health care, and 5 years leading public/private/charity healthcare teams. He is starting a PhD at Oxford Brookes University in September 2021. The Sexual Health Support and Wellbeing roles were adapted to include Workforce Development, Relationship and Sex Education, Condom-Card (C-Card) Coordination and Clinical Work.

During the Covid-19 Pandemic, the Brandon Centre underwent many changes to adapt the clinic service delivery to ensure our young people's needs were met in line with Covid-19 regulations.

We offered telephone-based consultations, prioritising under 18s and more vulnerable young people (i.e. booked face-to-face appointments instead of telephone triage), provided a full long acting reversible contraception (LARC) service, changed the number of days the service was open in accordance with staffing levels, building/individual risk assessments, lockdowns etc., and were flexible, increasing the clinic service when needed via telephone consultation's, email response and text message services.

Our Sexual Health Service (2020/21)

Throughout the pandemic we continued to support and provide services to our young people:

- 1,486 young people used the sexual health clinic attending 2,370 consultations
- 916 prescriptions for hormonal or emergency contraception were supplied to young women: 17% were for LARC methods (long-acting reversible contraception)
- 234 pregnancy tests were performed, and 17 young women supported as a result of positive tests
- 399 chlamydia/gonorrhoea screening tests and 118 point of care (instant result) HIV/syphilis tests were performed
- 139 treatments for sexually transmitted infections (STIs) were supplied, and 155 treatments for non-STI genitourinary infections
- Now offering Hepatitis A and B vaccinations to those eligible
- Now offering all contraception services with vaginal rings and coils popular amongst young people

Our Network and Relationships and Sex Education (RSE)

Our sexual health team continued to be part of the Camish Network of sexual health providers (including for example, Brook and Homerton NHS Trust) who collaborate to deliver education on sexual health and healthy relationships in mainstream secondary schools and colleges across Camden and Islington. We also supported teachers in the planning and delivery of Personal Social Health and Education (PSHE) lesson plans. Due to the pandemic, relationships, and sex education sessions (RSE) were limited, however they are being re-introduced again with regular topics which include the: Introduction to safer sex; Contraception; STI's; and access to services.

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C-Card (Condom Card Scheme)

Brandon Centre coordinates the C-Card Scheme across Camden and Islington. Young people aged 13-24 can receive free condoms and lubricant across London when they sign up to the C-Card scheme. They can access condoms and lubricant from participating pharmacies, youth groups, sexual health clinics and young people's services in most London boroughs. Despite the impact of the Covid-19 pandemic on the delivery of the C-Card Scheme, a total of 8,046 condoms were distributed throughout 2020/21 during a total of 797 C-Card encounters.

Training for Professionals

Brandon Centre delivered 20 training sessions in 2020/21 to 176 professionals including bespoke training on topics including, C-Card, 'Introduction to talking to young people about Sexual Health', 'Young People and Sexual Health during Covid-19', 'Introduction to Sexual Health', 'C-Card Database training', 'Young People and LGBTQ+', 'Young People and Pornography' and 'Talking to Young People about Relationships'. Bespoke training can be requested, and training can be conducted face to face and virtually. Feedback from our sessions include:

"I have one-to-one sessions with young people daily, a lot of these young people are around 16 years of age or below. Thus, I will be able to share some of the knowledge gained today with them and promote safe sex."

"I will continue to keep young people updated and informed with all the information I have learnt."

Inclusivity

The Camish Inclusivity Outreach Pilot Project commenced in September 2020 with the aim of promoting and providing sexual health services, information and sexual health advice to hard-to-reach groups, e.g. LGBTQ+, males and disabled young people through a combination of partnership working, a digital offering and the Outreach Worker being active in the community. As well as linking up with other partners/organisations, the Inclusivity Outreach Worker provided street outreach to our hard-to-reach young people who may not traditionally access our services. Additionally, we worked with local charities such as St John's Deaf Youth Club, whose young people reviewed the networks materials to offer helpful and actionable advice.

Sexual Health Service Patient Feedback

"You guys are my favourite place to go to. I always feel most safe with you".

"Welcoming and confidential"

"You guys are amazing! I prefer to get in touch with you than any of the other services because you are just so much more present and there for people."

"I've left my appointment with a big smile on my face and feeling 100% better."

Mental Health & Wellbeing Services

Counselling and Psychotherapy

The Counselling and Psychotherapy Service operates across the London Boroughs of Camden and Islington. The service offers a range of therapeutic interventions to young people aged 16 to 25 years old. Interventions offered range from structured (CBT informed) to exploratory (psychoanalytically informed) psychotherapy. The team is comprised of 4 Clinical Psychologists, 6 Psychotherapists, 1 Assistant Psychologist, 1 Referrals Coordinator and several Trainee Psychodynamic Psychotherapists and Trainee Clinical Psychologists.

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In Camden, a total of **183** young people were assessed, and **1,805** therapy appointments took place during the financial year 2020-2021. In Islington, **102** young people were assessed, and **1,041** therapy appointments took place. In total, across both Boroughs, we assessed **285** young people and **2,846** therapy appointments took place.

Across all appointments offered, our attendance rate averaged at over 80% (note that the above figures reflect appointments attended), which is a high rate for engaging adolescents and young adults in a therapy service.

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

At the end of treatment, the service routinely collects CHI-ESQ feedback questionnaire (which consists of a mix of questions answered on a Likert scale, as well as open ended questions) to provide young people with the opportunity to share anonymously their experience at the Brandon Centre. This is useful as it helps us identify areas of strength and improvement needed at Brandon Centre.

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

“I feel that the people who saw me listened to me”
“It was easy to talk to the people who saw me”
“I was treated well by the people who saw me”
“My views and worries were taken seriously”

98% of young people answered certainly true or partly true to the statement: “If a friend needed this sort of help, I would suggest to them to come here.”

The feedback below was gathered from open ended questions answered by young people who used the service in 2020-2021:

“I looked forward to my appointments each week with [Therapist]. My moods were improving, and I could see the difference in myself from when I first started my sessions. [Therapist] was amazing and really helped me with my progression to become more confident and a better version of myself.”

“This was the sort of help I deeply needed but wasn’t aware how useful and needed it was.”

“[Therapist] was very attentive and caring, made me feel supported and good about myself again.”

“[They] were very kind, understanding and patient. I felt like I was being truly listened to for the first time.”

The psychotherapy service has operated remotely throughout the coronavirus pandemic and related lockdown. We are working at full capacity, offering assessment and treatment appointments via telephone and/or video calls. None of our staff have taken any extended sick leave. Our team meetings, external meetings, supervisions, and other meetings are also taking place remotely via telephone or video calls. We are pleased that all our clinicians are now fully vaccinated, and we are exploring ways of hybrid working in 2021-2022.

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Systemic Integrative Treatment (SIT)

Brandon Centre's Systemic Integrative Treatment (BC SIT) team works with the families of young people displaying a range of problem behaviours and aims to prevent these young people entering costly out-of-home care.

This year the BC SIT team expanded from one to two teams which has enabled us to successfully treat families across five London boroughs as well as delivering treatment to a target age range of 10-14yrs old within a project funded by the Youth Endowment Foundation (YEF). This is a Home Office backed charity investing in projects which showed the most potential to reduce violence and criminality in young people. Initial analysis of outcomes from this project are expected to be completed by March 2022.

Key outcomes:

- 46 families were enrolled in BC SIT treatment from 2020-2021
- 6 of the 46 families treated had children in care at the start of treatment and 5 of these 6 children had returned home by 6 months of treatment
- 96% of children treated within BC SIT were living at home after receiving 6 months of treatment and of families who had received 12 months of treatment (by Apr 21) 100% of children were living at home

Stakeholder feedback:

"The SIT Therapist working with this family has made more progress than any other professional involved with this family and they have had a long history of professional involvement. Because of the trusting relationship built, mum has now taken her daughter home and is advocating on her behalf – something I never thought was possible". (stakeholder from Wandsworth)

Family feedback for BCSIT:

"Things are still going so well. I am using all the strategies the therapist gave me and have seen such a change in (child's) behaviour" (parent of child 6 months after BC SIT treatment had finished).

"The SIT Therapist has done by far more for us than any other support provided by any professionals. She understands and she is accurate with her recommendations. The support has been AMAZING thus far! Thank you."

"If it was not for you, my grandson would not have been where he is today. You have helped so very, very much and I could not have done it without you. I am so, so grateful from the bottom of my heart."

Mental Health Outreach: Brandon Connect & Arsenal in the Community

In 2020-2021, the Brandon Connect service and Arsenal in the Community Partnership service were provided remotely due to the lockdown regulations resulting from the pandemic. The total number of appointments offered for both services was 540 of which 447 (83%) were attended. The number of young men seen in the Brandon Connect service in 2020-2021 was 23 and the number of young people seen in the Arsenal in the Community Service was 7.

There was a successful funding application for a two-year grant from Islington Giving which is due to commence on 1 September 2021. Please see below some comparative data with NHS mental health services. Comparisons are indicative.

These results demonstrate favourably achievements compared to IAPT services:

- The number of young men attending 10 or more sessions was 26 out of 41 (63%) and 80% of the total number of sessions offered were attended (701/874). In comparison, for IAPT 60% of all the referrals that ended in 2017-2018 did not 'complete' treatment; given the definition of treatment completion by IAPT is 2 sessions or more, the cited figures likely mask higher rates of dropout'.

Brandon Centre for Counselling and Psychotherapy for Young People

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- The number of young men who made a reliable improvement from pre-treatment to follow-up: 15/29 (52%) measured by PHQ-9 (measures depression) and the number of young people who made a reliable improvement from pre-treatment to follow-up: 18/29 (62%) measured by GAD-7 (measures anxiety). These numbers are similar to IAPT where 63.7% of patients showed reliable improvement on the combination of PHQ-9 and GAD-7.
- The number of young men who improved by five or more points (reliably improved) from pre-treatment to follow-up: 18/29 (62%) measured by the Outcome Rating Scale. In comparison, an analysis of child reported CYP (child and young person) IAPT data by Child Outcome Research Consortium (CORC) showed 1 in 4 (25%) children reliably 'recovered', and 1 in 10 reliably deteriorated.

A tentative conclusion is that Brandon Connect and Arsenal in the Community Partnership services are effective in terms of their recovery and rate of attendance, especially when the characteristics of the population treated are considered: mainly male (all male in Brandon Connect), NEET and from deprived backgrounds.

Training & Consultancy

Enhanced Healthy Living Service

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

- The Families, Food and Feelings 6-week programme was delivered to 85 parents
- The MDT has supported 107 complex cases
- A total of 221 professionals attended the quarterly webinars that were run as part of the EHLS training offer

The service has been delivered online which seems to have improved engagement with both families and professionals. However, many parents have fed back that they would like the group to run face to face which will be offered within the next year. However, if attendance rates drop, the group will return online.

Feedback from the parent programme:

"I would recommend it. Fantastic group facilitators."

"I think that both trainers were excellent and empathetic. The course was well structured and well organised. Everything was run very efficiently!"

"It's really good - keep it going!"

"I would recommend this group to any parents who are struggling with their child's eating or any other behaviour."

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Consultancy to other organisations – Ground Up

The Ground Up service is a youth consultancy service which aims to increase the mental health capacity and staff resilience in third sector organisations in Camden. The Camden Giving funding for Ground Up came to an end in September 2020 and so the service is currently delivering a reduced service with the remaining funding from Camden Clinical Commissioning Group (CCG). Ground Up has supported 12 organisations over the last year.

- 198 1:1 supervision sessions
- 27 group supervision sessions
- 13 training sessions
- 19 reflective group practices
- 8 consultations
- 100 individual staff members have been supported by Ground Up

The goal for the next year is to increase the amount of delivery that is directly paid for by organisations, schools, or businesses.

Feedback from organisations:

"Through clinical supervision, staff have been provided with space away from their colleagues to express how they have been feeling in response to potentially traumatic events. This has ultimately supported them to continue to deliver an effective service to young people."

"Thank you so much for this service. We are so grateful for everything we have been able to access and definitely see the huge impact of all the interventions, both on the team and the service we deliver."

"Sessions have really helped support the organisation in ways we couldn't have imagined. In the few sessions X has delivered for us, she's helped members of staff reflect on the impact of their work, she has helped us prioritise mental health and wellbeing, and she has built our skills in various ways."

"We left the training session feeling equipped and positive about helping the young people we work with. "

Parent Groups

Love and Limits

The Love and Limits parent programme is for parents of teenagers (aged 12-16) with challenging behaviour. There was a gap in funding for this programme over 2020, however new funding has now been secured and delivery has been able to restart from March 2021. The programme has been updated and adapted to be delivered online. This appears to be a very popular parent offer.

ADHD parent programme

The ADHD parent programme is for parents of children and young people (aged 5-12) who have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). The programme offers psychoeducation and strategies related to the "1-2-3 Magic" discipline model. There was a gap in delivery due to the Covid-19 pandemic but the programme has since been updated and adapted to be delivered online. This programme is currently only available in Camden, one of the aims is to expand this offer across more London boroughs.

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Community Engagement

Arsenal Girls Kicks – Wellbeing Support for Girls Community Football

The Arsenal Girls Kicks programme offers community sport to girls aged 8-16. It is part of the Premier League Kicks initiative, which aims to inspire young people by engaging them in meaningful activities, especially community football. The Brandon Centre has been providing emotional wellbeing support to the Arsenal Girls Kicks programme, thanks to generous funding provided to us via Islington Giving. This has been delivered by a Young People's Wellbeing Worker, with experience in Sport & Exercise Psychology and Youth Engagement Work. Our offer ranged from "light touch", pitch side, emotional wellbeing conversations on a 1:1 or group basis during football practice, to a series of online workshops that took place at times on a weekly basis during lockdown. Topics covered in workshops included: mindfulness meditation practice, racial identity (following Black Lives Matter), and sleep hygiene. The topics covered during workshops were developed in consultation with the girls: Primary and Secondary school aged girls were seen in two separate groups.

Due to the ongoing coronavirus pandemic, the delivery of the football practice sessions was interrupted, moving to an online youth programme. As a result, there was a higher-than-expected attrition. However, at present the sessions have returned to in-person football practice sessions.

Arsenal Girls Kicks in numbers:

- 231 girls attended at least 1 session (e.g. workshops)
- 52 girls attended 10 or more sessions across at least two quarters
- 96 sessions were delivered lasting around 1h 15 m each.
- Age range 8-16, with the majority (116 girls) aged 11-13
- 66% of the girls who declared their ethnicity came from a BAME background; 33% were White.

Organisation and Governance of the Charity

Trustees' Report

The Brandon Centre was formerly The London Youth Advisory Centre, which was founded in 1969. It was registered as a charity and incorporated as a company in 1984. The names of the members of the Council of Management at 31st March 2020 are set out on page 1. The objectives and activities of the company are governed by its Memorandum and Articles of Association.

Legal status

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

Objectives and public benefit

The objectives of the Brandon Centre are:

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

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

Brandon Centre for Counselling and Psychotherapy for Young People

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Appointment of council members

Members of the council must be members of the company and shall be elected either by the members of the company in general meeting or by the council. At each AGM one-third of the members of the council are required to retire from office by rotation however are eligible for re-election. Trustees are selected on the basis of skills and relevant experience. Factors taken into account include experience and skills in the following areas: charity management and operations, relevant clinical expertise, business development and fundraising, commissioning, finance, legal and human resources. The council may appoint someone to be a member of the council, either to fill a casual vacancy or as an addition to the existing membership, and anyone so appointed holds office only until the next AGM but is eligible for re-election. No Director shall serve for more than nine consecutive years, unless the Directors consider it would be in the best interests of the Charity for a particular Director to continue to serve beyond that period and that Director is reappointed in accordance with the Articles.

Last year the council met for five ordinary meetings and one AGM. In line with our Board Development plans we welcomed three new trustees: Temitope Ademosu, Lucy Moore and Joanna Stronach.

Brandon Centre thanked and said a fond farewell to Dolores Currie as Chair of Trustees at the end of March 2021 and welcomed Mark Bland as a new Chair of Trustees and Victoria Corbishley as Vice Chair.

Finances of the Charity

The Brandon Centre's financial position at 31 March 2021 remains sound, however the funding environment remains challenging. As explained below, in 2020/21 the Centre ran a deficit largely due to the costs of a restructure. The cost of the management has been reduced and the lease of the office at Royal College Street has been terminated. The outcome of these changes has been to improve the Centre's finances by £120k per year from 21/22 onwards. The benefits of this change are showing in 21/22 and the trustees project an underlying surplus in this year with unrestricted reserves growing although reported results are projected to show breakeven due to spending on restricted reserves.

As shown by the statement of financial activities, total incoming resources for the year to 31 March 2021 were £1,705k (£130k higher than in 2020) primarily due to grant income from the Youth Endowment Fund (YEF). Expenditure totalled £1,780k (£161k higher than in 2020). The change resulted from additional expenditure funded by the YEF grant, redundancy costs and higher service provision costs due to using external consultants to assist with the restructure and improve the quality of services. These increases were partially offset by lower medical costs which were inflated in the prior year due to some unexpected invoices from the previous year. Net outgoing resources during the year amounted to £75k (vs. net outgoing resources of £44k in 2020).

As in previous years, the Centre has benefited from the financial support of health and local authorities, charitable trusts and corporate donors. At 31 March 2021, the Centre had total reserves of £603k (2020: £678k) of which free reserves (excludes restricted funds and funds invested in the Brandon Centre's building) amounted to £237k (2020: £323k). Unrestricted reserves currently cover 1.6 months of operating costs which is below the reserve policy of 3 months but in 21/22 they are projected to rise by 0.5 months and the strategy is bring them into line with reserves policy over a 3-year period.

During the year, £800k of the Brandon Centres income contracts are being re-tendered in two tender processes. We believe we are well positioned to succeed in these tenders. However, the trustees have prepared scenarios to manage a possible loss of this income. We believe that we could maintain a going concern even if we lose this income as it would free up rental space in our building and the months of unrestricted reserves would increase above the reserves policy due to having lower operating costs.

Brandon Centre for Counselling and Psychotherapy for Young People

Trustees' Report for the year ended 31 March 2021

Risk analysis

To comply with the Statement of Recommended Practice for Charity Accounts (SORP 2005) a review of the major risks to which the charity is exposed and the systems that have been established to mitigate those risks was carried out by the Honorary Treasurer and Director, in consultation with the auditor. The review initially considered external factors. Changes in social policy, overall public spending, the standing of child and adolescent mental health services and legislation were identified as potential areas of risk. Potential human resources and infrastructure problems at the centre were also considered. However, the review conducted found that there were already systems in place to mitigate the possible impact of the main risks identified. Based on the report's recommendations, areas of potential vulnerability identified were rectified. Formal risk analysis is being conducted on a continuing basis and any new areas of risk will be addressed.

Reserves Policy

As a reserves policy, the Council of Management have agreed there should be 3 months running costs.

Auditors

Field Sullivan Limited having acted for ten years will stand down from their role as auditor, and a resolution to appoint Goodman Jones LLP as the auditor of the company will be proposed at the next AGM.

Statement of Trustees' Responsibilities

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

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

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

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

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

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

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31 March 2021

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:


M.B. (s) 14, 2021 (2021 GMT+1)

Mark Bland
Chair and Trustee

11 October 2021

Brandon Centre for Counselling and Psychotherapy for Young People

Independent Auditor's Report to the Members of Brandon Centre for Counselling and Psychotherapy for Young People

Opinion

We have audited the financial statements of Brandon Centre for Counselling and Psychotherapy for Young People (the 'charity') for the year ended 31 March 2020, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2020 and of its results for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

We have nothing to report in this regard.

Independent Auditor's Report to the Members of Brandon Centre for Counselling and Psychotherapy for Young People

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for company law purposes, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.
- the trustees' were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 12 the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

Auditor's responsibilities for the audit of the financial statements

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

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

Discussions were held with the management committee with a view to identifying those laws and regulations that could be expected to have a material impact on the financial statements.

Brandon Centre for Counselling and Psychotherapy for Young People

Independent Auditor's Report to the Members of Brandon Centre for Counselling and Psychotherapy for Young People

The following laws and regulations were identified as being of significance to the entity:

- Those laws and regulations considered to have a direct effect on the financial statements include UK financial reporting standards, Companies Act 2006, and The Charities Act 2011.
- It is considered that the laws and regulations for which non-compliance may be fundamental to the operating aspects of the business or to avoid material penalty include regulations that apply under the CQC in relation to sexual and mental health.

Audit procedures undertaken in response to the potential risks relating to irregularities (which include fraud and non-compliance with laws and regulations) comprised of: inquiries of management and those charged with governance as to whether the entity complies with such laws and regulations; enquiries with the same concerning any actual or potential litigation or claims; inspection of relevant legal correspondence; review of board minutes; testing the appropriateness of entries in the nominal ledger, including journal entries; reviewing transactions around the end of the reporting period; and the performance of analytical procedures to identify unexpected movements in account balances which may be indicative of fraud.

No instances of material non-compliance were identified. However, the likelihood of detecting irregularities, including fraud, is limited by the inherent difficulty in detecting irregularities, the effectiveness of the entity's controls, and the nature, timing and extent of the audit procedures performed. Irregularities that result from fraud might be inherently more difficult to detect than irregularities that result from error. As explained above, there is an unavoidable risk that material misstatements may not be detected, even though the audit has been planned and performed in accordance with ISAs (UK).

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

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Timothy Sullivan FCA (Senior Statutory Auditor)
for and on behalf of Field Sullivan Limited, Statutory Auditors

70 Royal Hill
Greenwich
SE10 8RF

3/11/21

Brandon Centre for Counselling and Psychotherapy for Young People

Statement of Financial Activities
(including Income and Expenditure Account)
for the year ended
31 March 2021

	Note	Restricted Funds £	Unrestricted Funds £	Total Funds 2021 £	Restricted Funds £	Unrestricted Funds £	Total Funds 2020 £
Income and endowments from:							
Donations and legacies	3	354,784	35,811	390,595	260,308	37,059	297,367
Charitable activities	4	-	1,313,734	1,313,734	-	1,275,723	1,275,723
Investment income		-	346	346	-	1,570	1,570
Total income		354,784	1,349,891	1,704,675	260,308	1,314,352	1,574,660
Expenditure on:							
Raising funds	5	-	27,938	27,938	-	20,181	20,181
Charitable activities	6	344,354	1,407,284	1,751,638	253,193	1,345,414	1,598,607
Total expenditure		344,354	1,435,222	1,779,576	253,193	1,365,595	1,618,788
Net movement in funds		10,430	(85,331)	(74,901)	7,115	(51,243)	(44,128)
Reconciliation of funds							
Total funds brought forward		354,965	322,609	677,574	347,850	373,852	721,702
Total funds carried forward		365,395	237,278	602,673	354,965	322,609	677,574

All of the charity's activities derive from continuing operations during the above two periods.

Brandon Centre for Counselling and Psychotherapy for Young People

Company registration number: 01830241

Balance sheet
as at
31 March 2021

	Note	2021		2020	
		£	£	£	£
Fixed assets					
Tangible assets	9		280,384		277,923
Current assets					
Debtors	10	50,714		121,884	
Cash at bank and in hand		414,955		455,944	
Total current assets		465,669		577,828	
Creditors: amounts falling due within one year	11	(143,380)		(178,177)	
Net current assets/(liabilities)			322,289		399,651
Net assets	12		<u>602,673</u>		<u>677,574</u>
The funds of the charity:					
Restricted funds			365,395		354,965
Unrestricted funds:					
General fund		237,278		322,609	
Total unrestricted funds			237,278		322,609
Total charity funds	13		<u>602,673</u>		<u>677,574</u>

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

The financial statements on pages 14 to 28 were approved by the trustees, and authorised for issue on 9 September 2020 and signed on their behalf by:


Und. [Doc 14, 2021 (223 GMT+1)]

Mark Bland
Chair and Trustee

11 October 2021


Jennifer Cantor (Doc 1, 2021 17:10 GMT)

Jennifer Cantor
Trustee

11 October 2021

Brandon Centre for Counselling and Psychotherapy for Young People
Company registration number: 01830241

Cash flow statement
for the year ended
31 March 2021

	2021		2020	
	£	£	£	£
Net cash flow from operating activities				
Net outgoing resources	(74,901)		(44,128)	
Depreciation charges	13,300		3,805	
Less investment income	(346)		(1,570)	
Decrease/(increase) in debtors	71,170		(9,069)	
(Decrease)/increase in creditors	<u>(34,797)</u>		<u>77,130</u>	
Net cash outflow from operating activities		(25,574)		26,168
Cash flows from investing activities				
Purchase of property, plant and equipment	(15,761)		(29,340)	
Investment income	<u>346</u>		<u>1,570</u>	
Net cash outflow from investments		(15,415)		(27,770)
(Decrease)/Increase in cash		<u>(40,989)</u>		<u>(1,602)</u>
Opening cash position		455,944		457,546
Closing cash position	16	<u>414,955</u>		<u>455,944</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

1 Charity status

The charity is limited by guarantee, incorporated in , and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The address of its registered office is:

26 Prince of Wales Road
Kentish Town
NW5 3LG

These financial statements were authorised for issue by the trustees on 11 October 2021.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

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

Statement of compliance

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

Basis of preparation

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

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income and endowments

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Freehold land and buildings	Not depreciated, see note 9
Fixtures, fittings and equipment	33% straight line

Impairment

Assets are tested for impairment whenever there is any objective evidence or indication that these assets may be impaired.

For the purpose of impairment testing, the recoverable amount (i.e. the higher of the fair value less cost to sell and the value-in-use) is determined on an individual asset basis unless the asset does not generate cash inflows that are largely independent of those from other assets. If the recoverable amount of the asset is estimated to be less than its carrying amount, the carrying amount of the asset is reduced to its recoverable amount.

The difference between the carrying amount and recoverable amount is recognised as an impairment loss in profit or loss, unless the asset is carried at revalued amount, in which case, such impairment loss is treated as a revaluation decrease.

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

3 Income from donations and legacies

	Restricted Funds £	Unrestricted Funds £	Total Funds 2021 £	Total Funds 2020 £
BBC Children in Need	-	-	-	10,000
BUPA	-	10,000	10,000	-
Camden Giving	20,833	-	20,833	54,167
The Charles Hayward Foundation	10,000	-	10,000	16,500
Charities Trust	-	3,000	3,000	-
The City Bridge Trust	9,918	-	9,918	37,000
Cripplegate Foundation	23,700	-	23,700	36,166
Islington Giving	58,333	-	58,333	50,475
The Lambert Charitable Trust	3,000	-	3,000	3,000
Oakdale Trust	-	10,000	10,000	10,000
Peter Stebbings Memorial Charity	-	3,000	3,000	-
The Rhododendron Trust	-	1,000	1,000	500
The Sir Mark and Lady Turner Charitable Settlement	-	500	500	-
The Vandervell Foundation Limited	-	3,000	3,000	3,000
Young Camden Foundation	5,000	-	5,000	-
Youth Endowment Fund	224,000	-	224,000	56,000
Other grants, donations and community events	-	5,311	5,311	20,559
	<u>354,784</u>	<u>35,811</u>	<u>390,595</u>	<u>297,367</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

4 Income from charitable activities

	Restricted Funds £	Unrestricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Catch 22: Axis	-	79,297	79,297	81,000
NCL CCG Enfield	-	70,800	70,800	54,000
NCL CCG Haringey	-	110,400	110,400	67,500
NCL CCG Islington	-	85,529	85,529	98,892
SWL CCG Wandsworth	-	35,400	35,400	50,000
London Borough of Camden	-	475,412	475,412	508,664
London Borough of Islington	-	433,399	433,399	371,240
UCL Training	-	1,200	1,200	9,360
Westminster Kingsway College	-	-	-	1,500
Tavistock and Portman	-	17,700	17,700	32,819
Other	-	4,597	4,597	748
	<u>-</u>	<u>1,313,734</u>	<u>1,313,734</u>	<u>1,275,723</u>

5 Expenditure on raising funds

	2021 £	2020 £
Fundraising	20,872	20,181
Wages and salaries (note 7)	6,830	-
Social security costs (note 7)	236	-
Pension costs (note 7)	-	-
	<u>27,938</u>	<u>20,181</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

6 Expenditure on charitable activities	2021	2020
	£	£
Wages and salaries (note 7)	1,189,329	1,107,861
Social security costs (note 7)	114,148	104,496
Pension costs (note 7)	28,831	27,549
Redundancy	25,056	-
Recruitment	15,217	3,997
Staff training	12,074	7,886
Service provision fees	70,921	23,336
GDPR implementation	7,720	7,080
Medical supplies	31,481	67,702
Courses and conferences	500	971
Subscriptions, books and pamphlets	2,670	3,121
Travel and subsistence	3,523	10,682
Rent and rates	30,056	40,722
Repairs and renewals	15,019	6,750
Light, heat and power	4,262	5,569
Insurance	17,121	17,090
Telephone and fax	17,711	17,200
Household expenses and sundries	22,750	23,149
Computer supplies and maintenance	48,166	57,770
Printing, postage and stationery	2,637	8,100
Sundries	(412)	3,288
Auditor remuneration - Audit	3,862	3,575
- Non-audit	1,100	1,105
Legal and professional	59,689	40,465
Advertising	14,451	4,810
Bank charges	456	528
Depreciation	13,300	3,805
	<u>1,751,638</u>	<u>1,598,607</u>
Expenditure by services	2021	2020
	£	£
Development Project	-	22,638
Arsenal Connect	5,365	-
Brandon Connect - Camden	-	7,500
Brandon Connect - Islington	38,433	36,118
Brandon Prevent	-	26,721
Centre manager	-	37,000
Contraception and Sexual Health	410,583	379,038
Counselling Support for 16-24 year olds with mental health problems	-	5,833
Counselling and psychotherapy for young Islington residents	23,600	24,366
Governance and fundraising	29,369	28,680
Ground Up	23,708	55,704
Systemic Integrative Treatment (Restricted)	233,840	23,471
Systemic Integrative Treatment (Unrestricted)	364,606	413,186
Photovoice	1,270	8,730
Psychotherapy	641,669	544,690
Youth ambassadors	7,133	5,113
	<u>1,779,576</u>	<u>1,618,788</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

7 Staff costs and numbers

	2021	2020
	£	£
Staff costs were as follows:		
Salaries and wages	1,196,159	1,107,861
Social Security costs	114,384	104,496
Pension costs	28,831	27,549
Total	<u>1,339,374</u>	<u>1,239,906</u>

The average number of employees during the year was as follows:

	2021	2020
	No.	No.
Director	1	1
Psychotherapy	18	17
Contraception and sexual health	7	8
Systemic Integrative Therapy	7	5
Central Administration	10	9
Total	<u>43</u>	<u>40</u>

Pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £27,549 (2019 - £31,650).

Contributions totalling £5,638 (2019 - £4,382) were payable to the scheme at the end of the period and are included in creditors.

Senior employees

During the year, the number of senior employees who received emoluments falling within the following ranges were:

	2021	2020
	No.	No.
£60,000 to £70,000	-	2
£70,001 to £80,000	1	-
	<u>1</u>	<u>2</u>

During the year, defined contributions on behalf of these staff amounted to £1,875 (2019: £3,248).

Key management personnel

During the year the charity made the following transactions with key management personnel:

The Chief Executive Officer received remuneration of £75,000 (2020: £62,500).

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

8 Trustee remuneration and expenses

No trustees received any remuneration or expenses during the year (2020: £nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2020: nil).

9 Tangible fixed assets

	Freehold properties £	Fixtures, fittings and equipment £	Total £
Cost			
At 1 April 2020	252,387	94,773	347,160
Additions	-	15,761	15,761
Disposals	-	(65,432)	(65,432)
At 31 March 2021	<u>252,387</u>	<u>45,102</u>	<u>297,489</u>
Accumulated depreciation			
At 1 April 2020	-	69,237	69,237
Charge for the year	-	13,300	13,300
Disposals	-	(65,432)	(65,432)
At 31 March 2021	<u>-</u>	<u>17,105</u>	<u>17,105</u>
Net book value			
At 31 March 2021	<u>252,387</u>	<u>27,997</u>	<u>280,384</u>
At 31 March 2020	<u>252,387</u>	<u>25,536</u>	<u>277,923</u>

Revaluation of fixed assets

As the Council of Management consider that any depreciation charge on the freehold property would be immaterial on the grounds that the estimated residual value is not materially different from the carrying value which is the cost of acquisition, no depreciation has been provided.

The freehold property, 26 Prince of Wales Road, London NW5, was acquired in April 1983 at a cost of £35,559. Donations were received for the cost of the premises and a capital reserve fund was established for these funds. An extension to the building was subsequently added and further donations were received and placed to the credit of the capital reserve. In 2009, building works were carried out to convert the top floor flat into offices for the use of the Centre. This was funded from the development fund set up for this purpose. An amount equal to the cost has been transferred from the development fund to the capital reserve fund. The balance on the capital reserve fund equals the cost of the property.

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

10 Debtors

	2021	2020
	£	£
Trade debtors	25,387	79,100
Other debtors	-	2,493
Prepayments and accrued income	25,327	40,291
	<u>50,714</u>	<u>121,884</u>

11 Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	38,569	25,296
Taxation and social security	32,637	31,475
Other creditors	7,455	5,961
Accruals and deferred income	64,719	115,445
	<u>143,380</u>	<u>178,177</u>

Creditors amounts falling due within one year includes deferred income:

At 1 April 2020	72,242	30,500
Amounts released to income	(72,242)	(30,500)
Amounts deferred in year	32,791	72,242
At 31 March 2021	<u>32,791</u>	<u>72,242</u>

12 Analysis of net assets between funds

	General Funds £	Restricted Funds £	Total Funds £
2021			
Tangible fixed assets	27,997	252,387	280,384
Current assets	352,661	113,008	465,669
Current liabilities	(143,380)	-	(143,380)
Net assets at 31 March 2021	<u>237,278</u>	<u>365,395</u>	<u>602,673</u>
2020			
Tangible fixed assets	25,536	252,387	277,923
Current assets	475,250	102,578	577,828
Current liabilities	(178,177)	-	(178,177)
Net assets at 31 March 2020	<u>322,609</u>	<u>354,965</u>	<u>677,574</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

13 Movements in funds

	At 1 April 2020 £	Incoming resources £	Outgoing resources £	At 31 March 2021 £
2021				
Restricted funds:				
Arsenal Connect	10,000	20,000	(5,365)	24,635
Brandon Connect - Islington	12,800	38,333	(38,433)	12,700
Brandon Prevent	9,584	-	-	9,584
Capital reserve	252,387	-	-	252,387
Counselling and psychotherapy for young Islington residents	11,800	23,700	(23,600)	11,900
Covid response	-	12,918	(12,918)	-
Ground Up	2,875	20,833	(23,708)	-
Photovoice	1,270	-	(1,270)	-
Systemic Integrative Treatment	49,029	234,000	(233,840)	49,189
Support for young people waiting for therapy	-	5,000	-	5,000
Youth Ambassadors	5,220	-	(5,220)	-
	<u>354,965</u>	<u>354,784</u>	<u>(344,354)</u>	<u>365,395</u>
Unrestricted funds				
General fund	322,609	1,349,891	(1,435,222)	237,278
	<u>322,609</u>	<u>1,349,891</u>	<u>(1,435,222)</u>	<u>237,278</u>
	<u>677,574</u>	<u>1,704,675</u>	<u>(1,779,576)</u>	<u>602,673</u>
	At 1 April 2019 £	Incoming resources £	Outgoing resources £	At 31 March 2020 £
2020				
Restricted funds:				
Arsenal Connect	-	10,000	-	10,000
Brandon Connect - Camden	7,500	-	(7,500)	-
Brandon Connect - Islington	11,643	37,275	(36,118)	12,800
Brandon Prevent	36,305	-	(26,721)	9,584
Capital reserve	252,387	-	-	252,387
Centre Manager	-	37,000	(37,000)	-
Counselling and psychotherapy for young Islington residents	-	36,166	(24,366)	11,800
Counselling for 16 to 24 year olds with mental health problems	5,833	-	(5,833)	-
Development fund	22,638	-	(22,638)	-
Ground Up	4,411	54,167	(55,703)	2,875
Photovoice	-	10,000	(8,730)	1,270
Systemic Integrative Treatment	-	72,500	(23,471)	49,029
Youth Ambassadors	7,133	3,200	(5,113)	5,220
	<u>347,850</u>	<u>260,308</u>	<u>(253,193)</u>	<u>354,965</u>
Unrestricted funds				
General fund	373,852	1,314,352	(1,365,595)	322,609
	<u>373,852</u>	<u>1,314,352</u>	<u>(1,365,595)</u>	<u>322,609</u>
	<u>721,702</u>	<u>1,574,660</u>	<u>(1,618,788)</u>	<u>677,574</u>

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
31 March 2021

13 Movements in funds - continued

Purposes of restricted funds:

Arsenal Connect

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

Brandon Connect - Camden and Islington

A project supporting young people in Camden and Islington to engage in education, employment or training who have been restricted from doing so due to mental health problems. The project is linked with the Spear Programme which helps young people facing disadvantage into work or education.

Brandon Prevent

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

Capital reserve

As described in note 12 this fund equals the cost of the freehold property.

Centre Manager

The purpose of the post is to ensure delivery of a high quality service to young people, by providing leadership and support to, and engagement with, the Centre's clinical and non-clinical teams.

Counselling and psychotherapy for young Islington residents

A psychotherapy service for 16 to 21 year olds based in Islington.

Counselling for 16 to 24 year olds with mental health problems

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

Covid response

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

Development fund

The extension to the property had been fully funded in previous years and on completion Brandon Cadbury and associated trusts generously agreed that sums previously earmarked for the extension could be retained to create a Development fund for the longer term benefit of the Centre. In line with this, the policy of the Brandon Centre is to reserve this fund firstly for any major capital works that may arise, secondly as a contingency fund to enable the Centre to continue to meet existing commitments at times of shortfall in income and thirdly to pump prime innovative projects, but this only to the extent that the fund will still be able to meet the two previously mentioned objectives. The money is invested and the interest accruing thereon is added to the fund on a year - year basis. The balance at year end is available to be spent in the future.

Ground Up

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

Photovoice

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

Systemic Integrative Treatment

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

Brandon Centre for Counselling and Psychotherapy for Young People

Notes to the accounts
for the year ended
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13 Movements in funds - continued

Therapeutic Support / Coping Skills for Young People waiting for counselling

A project to provide support and coping skills for young people on the waiting list for psychotherapy.

Youth Ambassadors

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

14 Members' liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

15 Covid-19

All services have been maintained during the Covid period and we are in process of a safe transition back to face-to-face support for clients who need it. Funding has been maintained during the Covid period.

16 Analysis of cash and cash equivalents

	2021	2020
	£	£
Bank accounts	340,702	281,360
Deposit fund	74,237	174,033
Cash in hand	16	551
	414,955	455,944

Signature:

Email:

Signature:

Email: