Foreword

The Brent Centre helps over 600 young people each year, responding to the diverse needs and backgrounds of the local community.

Unlike some other services we don’t discontinue treatments when young people reach the age of 18, neither do we transfer them to adult services. We continue to provide treatment and support to young people for as long as they need us.

We have been campaigning for further funding to be able to respond to the rising demand for its services. Referrals to the Centre have increased by 157% over the last two financial years.

At the beginning of December 2014, Deputy Prime Minister Nick Clegg and Minister of State for Care and Support Norman Lamb MP visited the Brent Centre for Young People to announce a £150m investment in mental health services, with a focus on the treatment of eating disorders.

Following a report published by the Health Select Committee, concerning serious and deeply ingrained problems with the commissioning and provision of children’s and adolescent’s mental health services, the Brent Centre featured on a BBC news piece in response to the report.

It is our mission to continue to provide psychodynamic therapies to a wide range of young people across the London Borough of Brent and beyond, and to make a real difference in their lives.

I hope you enjoy reading our annual review.

With thanks and best wishes,

Dr Maxim de Sauma
CEO and Clinical Director
The Brent Centre for Young People is a leading mental health charity for young people.

We provide services for young people with emotional and mental health difficulties.

Our services are provided at our Centre, Laufer House, in North West London, as well as in local schools and the Brent Youth Offending Service.

The Brent Centre has an international reputation of clinical excellence, based upon more than 48 years of experience and the pioneering work of our founders and staff.

Our History

The Brent Centre for Young People was founded in June 1967 by a group of Psychoanalysts led by Dr Moses Laufer and Mrs Egle Laufer. Together they recognised that adolescents had distinct needs to those of children and adults, and therefore would benefit from specialist mental health services. The Laufers were pioneers of age appropriate and tailored support, and the Centre was one of the first in the UK to cater specifically to adolescents.

Since 1967 the organisation has grown and developed to become the leading provider of psychotherapeutic services in our community. The psychoanalytic therapies we provide today are still firmly rooted in the Laufers’ philosophy of giving young people an element of shared control over their treatment, and providing a space for them to think about their worries in a safe and protected environment.
During 2014-15, we helped 676 young people who were experiencing a range of emotional and mental health difficulties.

The most common difficulties young people presented with were depression (79% of young people) and anxiety (74% of young people). However other difficulties included:

- family problems
- confusion
- social isolation
- difficult relationships with peers
- sleep disturbance
- suicidal ideas
- self-harm
- relationships problems
- school problems
- anxiety about future
- alcohol misuse
- eating disorders
- somatic symptoms
- developmental issues
- exam difficulties
- anxiety about sexuality
- domestic violence

During 2014-15, 55% of the young people we helped accessed our services in schools, 33% accessed services at The Brent Centre and 12% accessed services at the Brent Youth Offending Service.

We provided mental health support to young people in 12 locations during 2014-15:

- The Brent Centre, Laufer House
- Brent Youth Offending Service
- Alperton Community School
- Brent Key Stage 4 Pupil Referral Unit
- The Crest Boy’s Academy
- The Crest Girl’s Academy
- Kingsbury Green Primary School
- Kingsbury High School
- Newman Catholic College
- Preston Manor School
- Queens Park Community School
- St Augustine’s CE High School
In-house Services

Jeff’s story

Jeff*, a 20 year old Black British boy, was referred to the Brent Centre by his GP. He had experienced severe low mood and anxiety for around 9 months following a major stressful event the previous year. Prior to his referral to us, he’d had a short course of CBT which the GP suggested had been helpful, but which Jeff himself said made little difference – the “failure” of CBT prompted Jeff to seek out different therapeutic help.

When he came to the Brent Centre, Jeff had just dropped out of university, where he had been studying Pharmacology. His parents were both doctors and his elder sisters had achieved top grades from good Universities. Jeff felt under great pressure from his parents to study for a “proper” degree that offered strong job prospects. His dream was to study Journalism, but he was unable to secure his parents’ support for this.

Jeff’s trauma, a girlfriend’s secret abortion and the subsequent breakup of their relationship, had led him to feel anxious and depressed, and he struggled to keep up with his studies. He withdrew from friends, and felt he could not trust anyone with his problems.

At the start of therapy, Jeff struggled to open up, but he gradually developed trust in his therapist and was able to talk about the traumas and the effect they’d had on his life.

Jeff made excellent use of therapy, and re-gained his old self-confidence. Most importantly, he was able to convince his parents about the futility of returning to his Pharmacology degree and, gained their support to study for a degree in Journalism. He also found a part-time job to finance himself during his studies.

After 12 months, Jeff and his therapist decided he was ready to end treatment. Jeff had made good progress, was feeling much happier, and had achieved his goals.

* Jeff’s name, and some details, have been changed to protect his identity.

We provide different types of talking therapies at our Centre, located at Laufer House. Our in-house services provide the most intensive support to young people, including effective therapies unique to the Brent Centre.

During 2014-15 we helped 221 young people at Laufer House.

Adolescent Exploratory Therapy (AET) is a short to medium term talking therapy that combines prolonged assessment, treatment, and support. Sessions are usually offered on a weekly or fortnightly basis, and there is no specific time limit; allowing treatment to be tailored to each young person. AET is flexible, and designed specifically for young people. This unique therapy was developed at the Brent Centre.

1,326 sessions of AET to 142 young people

Our Family Services engage parents and carers to be involved in supporting the young person, by helping them to understand their difficulties, and to work together to build a better future. We offer Therapeutic Consultations for young people and their families/carers, which are particularly effective for young people experiencing difficulties at home, as well as support for parents/carers to help understand their child’s needs.

125 Family Therapy sessions to 11 families

Adolescent Psychotherapy is a more intensive and longer term treatment, with sessions offered up to three times a week for up to three years. Psychotherapy is offered to young people who have had AET but require further support for their more complex difficulties. It’s a process that helps young people to develop a better understanding of their situation, feelings, thoughts and behaviours, empowering them to implement changes that are needed in their lives.

842 sessions of Psychotherapy to 22 young people

Our Group Psychotherapy sessions are a place for young people struggling with similar issues to one another, such as anxiety or depression, to share their difficulties and concerns in an accepting group environment.

54 Group Psychotherapy sessions to 13 young people

Practical support and engagement sessions help young people with emotional and mental health difficulties to access the services they need but may find difficult to deal with. The service supports them alongside their therapy for as long as necessary. It provides young people with help to overcome practical issues such as entering education or finding housing, so that they are better able to address their mental health difficulties. The Brent Centre offers practical support sessions to any patients seen at the Centre who need them, and are made available for as long as necessary.

112 Practical support sessions to 9 young people

Parent support sessions give parents and carers the opportunity to discuss their concerns and to think about the best way to help their child.

66 Parent support sessions to the parents and carers of 24 young people

Young people accessing our services at Laufer House this year were experiencing:

<table>
<thead>
<tr>
<th>Concern</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>74%</td>
</tr>
<tr>
<td>Confusion</td>
<td>79%</td>
</tr>
<tr>
<td>Depression</td>
<td>80%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>74%</td>
</tr>
<tr>
<td>Suicidal ideas</td>
<td>39%</td>
</tr>
<tr>
<td>Self-harm</td>
<td>33%</td>
</tr>
</tbody>
</table>

After receiving support from the Brent Centre therapists, these young people made significant improvements on their lives.

Around three-quarters of those with symptoms of depression, confusion, and anxiety had improved and half of those with suicidal thoughts at the start of treatment no longer did so.
The Schools Service

One in ten children of school age suffers from a diagnosable mental health difficulty. Early intervention has proved to be very effective in avoiding more serious emotional difficulties.

The Brent Centre has provided mental health support in schools since 1999, and has developed longstanding relationships with schools in Brent.

During 2014-15, we helped 370 young people across 9 schools, and the Brent Key Stage 4 Pupil Referral Unit.

Young people have been helped through the following services:

- 1,801 sessions of Adolescent Exploratory Therapy (AET) to 159 young people
- 43 support sessions to parents and carers of 27 young people
- 124 Group Psychotherapy sessions to 77 young people
- 60 sessions of Sport and Thought to 107 young people

Young people who accessed our services in schools this year were experiencing a range of emotional difficulties.

Over half had difficulties with peers and difficulties at school and 1 in 5 had exam anxieties. After receiving support from Brent Centre therapists, 65% of young people had improved relationship with their peers, 64% had fewer problems at school, and 63% felt less anxious about exams.

The Brent Centre also offered support consultations for staff working with these young people.

We provided 393 individual consultations, and 11 regular group consultations which helped the staff to think about the mental health needs of pupils and develop strategies to support them.

Jay’s story

18 year old Jay* was referred to our service by his Head of Year, suffering with exam anxiety. Though initially reluctant, Jay agreed to meet with a Brent Centre therapist for a short term therapeutic intervention aimed at helping young people deal with stress during their exams.

After a slow start, Jay managed to open up, talking about the stress he felt under to do well in his upcoming exams. It was clear, however, that exams were not the only worry for him, and he eventually disclosed that his mother had been very ill for the past year. The previous summer, a couple of weeks before he took his AS-level exams, Jay’s mother had unexpectedly fallen seriously ill and the family feared she would die. Jay talked of how difficult it had been to stay focused on his revision, and how he had bottled up his feelings, not wanting to be a burden on his friends or family.

Fortunately, his mother’s condition had improved in recent months, but her recovery had been very slow and she continued to rely heavily upon the help of extended family and nurses to look after her. The experience of his mother’s illness had placed a great deal of stress on the whole family, and there was a lingering anxiety that his mother would again fall ill. For Jay, however, the experience had been especially difficult, coming at a time when he needed to focus and work towards good exam results.

Feeling undeserving of any “preferential treatment”, Jay hadn’t told anyone at school about his mother’s illness. Now it was exam time again, and difficult memories of the previous year had resurfaced.

During his four sessions, Jay and his therapist spent time thinking about the shock of his mother’s illness, the emotional and financial stress the family was under, his fear of moving away to university, and the pain he felt in relation to potentially losing the mother he had always relied heavily upon for support and understanding.

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After 4 sessions of therapy, Jay’s anxiety had lessened and he felt more prepared to take his exams. During his review appointment later in the summer, Jay met with his therapist again, and entered the room smiling. He felt he’d done well in his exams, and he had also begun to talk more openly with friends and family about his difficulties. He was also starting to feel excited about starting his course at university, and had a more positive outlook on life.

* Jay’s name, and some details, have been changed to protect his identity.
Adnan’s story

Adnan*, from Iraq, was just 8 years old when he was sent to England. While the move was in his best interest, in order to receive treatment for his life-threatening illness, his new life in London was terrifying - living without his parents, and with too much change for him to assimilate. Many months passed before his family could join him and he struggled greatly to adjust to life in a country so different from home.

At 14, Adnan was referred to a Brent Centre therapist by his YOT officer, after he and a friend had cornered some girls in school and forced their hands inside their clothes.

Adnan, a polite young man with a distinctively edgy yet vulnerable face, settled into the therapy quickly. He told his therapist about his difficult early life, when he had been gravely ill but unable to access appropriate treatment in his native Iraq. He also described the support and care he received from his loving family. Afraid of losing him, his parents sent him to England for treatment. He described in detail the scene of his departure: the tears and the anguish, hiding from his family so as not to be sent away, and the lies he was told about being ‘home in two weeks’ when in truth his parents didn’t know when they would see him again, if at all.

Adnan was able to use the therapy to make connections between his past experiences and how he meets the world now. Every new phase in his life, every separation, worries him a great deal, as a result of the trauma he experienced as a young child.

Change was in the air when he committed his offence. On the cusp of puberty, and about to move schools, his teachers reported that his behaviour had become manic and out of control. Looking back, he was able to see that he had been incredibly anxious. Anxious about moving schools but also anxious about adolescence and his changing body - another big change to assimilate.

In different ways, Adnan behaved intrusively towards his therapist, or found ways to unsettle him. This behaviour seemed to be an important communication that could be described and thought about. In his therapy sessions, Adnan was able to use the work to link this behaviour to his offence, and realised how the terror of moving schools was related to his attack on the girls. Together with his therapist, he thought about how he often felt overwhelmed at times of change, and acted out to release his feelings.

Adnan has made significant improvements since starting therapy. He has settled down at his new school, where he is regarded as well behaved and conscientious, and is predicted good grades in his GCSEs. He has formed strong relationships with peers, and is managing his medications more responsibly. He has also become more aware of his fragility, and his therapist has been able to liaise with his parents and his school in order to help them to keep in mind his difficulties with change, and how these anxieties may make him behave in confusing ways. At the end of his therapy, he asked for the details of the Brent Centre for Young People and was pleased to hear that he could re-engage with our service if ever felt he needed it.

* Adnan’s name, and some details, have been changed to protect his identity.
Sport and Thought

During 2014-15, we ran the project at St. Augustine’s C of E High School and at Preston Manor School. We offered 60 sessions of Sport and Thought to 107 young people.

Research shows very positive outcome for the young people taking part in our Sport and Thought sessions.

Sport and Thought Evaluation

- 100% Improved social functioning in both the classroom and in S&T sessions
- 100% Improved Behaviour in both the classroom and in S&T sessions
- 100% Improved Attendance

Feedback from teachers was very positive. At the end of the intervention, the link person who referred boys to Sport and Thought said that all but one of the boys were no longer of great concern.

“Sport and Thought is different from other clubs because they want you to be good at football but they want to make you think about how you are in school, to keep you focused, to concentrate better. If I’m doing something bad in class I always remember Sport and Thought.”

Brent Centre Service client

“Sport and Thought is different from my usual work. This project works with challenging kids, with lots of emotions and energy, which has often left me surprised. I found it very hard to keep them motivated at first. However, as the year progressed, I noticed that the boys matured and started to use their energy positively. The Brent Centre therapists are doing a fantastic work with these kids. I have seen them enjoy the challenges of the work and being very committed to this work and the kids we’ve worked with.”

QPR Football coach, present in one school on a weekly basis

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QPR Football coach, present in one school on a weekly basis
In 2014-15 we offered 87 practical support sessions to 8 young Irish people, 7 of them intensively.

Our Irish Project Officer has also established regular outreach work with the Irish Traveller community.

Young Irish people who were supported by their own Irish Project Officer achieved over 60% of their practical Goals and Aims. The graphs show the achievements of two young people over a five month period during their engagement with the project. The project is supported by the Irish Youth Foundation, and the Irish Government – Emigrant Support Programme.

Caoimhín’s Story

Caoimhín* was referred to the Centre following a childhood marked by serious sexual abuse and neglect. He had no qualifications, was unemployed, rarely left the house, and was too terrified of professionals to claim the benefits he was eligible for.

Whilst Caoimhín began intensive psychotherapy to address his significant emotional difficulties, the Irish Project Officer engaged him in a practical and motivational way, to explore his education and future employment options. With sometimes daily support and encouragement, Caoimhín made plans to enrol in a course helping young people to be ready for employment. This course marked an important opportunity for Caoimhín to meet other young people of a similar age, to learn about working together as a team, and to develop skills relevant to the modern working environment, as well as to feel supported and motivated to get out into the world.

His therapist reported significant changes in his confidence, and his ability to acknowledge his own skills, experiences and qualities. His self-esteem and self-belief have been very much supported by the Irish Project Officer.

Caoimhín’s progress over this period is epitomised by him being selected to give a speech to 80 people at his course Graduation Ceremony, and meeting with the Deputy Prime Minister, Nick Clegg MP, to discuss the importance of good investment in appropriate mental health services and talking therapies; on behalf of the Brent Centre. Caoimhín is now studying for his GCSEs.

* Caoimhín’s name, and some details, have been changed to protect his identity
Measuring our Impact

Since the Centre was founded in 1967 one of our key objectives has been to further our understanding of adolescent development.

One way we achieve this is through research, and the Centre’s founders Mo and Egle Laufer have written extensively on adolescent breakdown and therapeutic approaches to working with young people. Our staff continue to research the impact of our services; writing academic papers, and presenting at conferences around the world.

During 2014-15, research into our services has shown that most of the difficulties patients presented with at the beginning of treatment were addressed effectively.

Adolescent Exploratory Therapy (AET)

The graph shows the percentage of young people whose difficulties improved through Adolescent Exploratory Therapy from April 2014 to March 2015. Some of the most common difficulties experienced were feelings of confusion, depression and anxiety about future. Our research demonstrates that 80% of patients showed reductions in their levels of ‘internalising’ problems such as low mood and anxiety, as measured by the Achenbach (1991) Youth Self Report Questionnaire.

Brent Youth Offending Service

After seeing Brent Centre therapists, all those young people who misused alcohol, and all those who self-harmed, had improved. Two-thirds were no longer considered to be out of parental control. According to therapist-reported ‘Total Problem scores’ (Achenbach, 1991), 68.4% of all patients showed reductions in their difficulties, or did not worsen.

**Degree of improvements in Mental Health difficulties in patients following AET**

<table>
<thead>
<tr>
<th>Difficulties</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feelings of confusion</td>
<td>80%</td>
</tr>
<tr>
<td>Feelings of depression</td>
<td>74%</td>
</tr>
<tr>
<td>Anxiety about future</td>
<td>72%</td>
</tr>
<tr>
<td>Family Problems</td>
<td>71%</td>
</tr>
<tr>
<td>Social Isolation</td>
<td>70%</td>
</tr>
<tr>
<td>Feelings of anxiety</td>
<td>68%</td>
</tr>
</tbody>
</table>

*Data was collected using our Clinic Audit Form. Graph shows six of the most common difficulties young people presented with in 2014-2015.

**Degree of improvements in Mental Health difficulties in Young Offenders**

<table>
<thead>
<tr>
<th>Difficulties</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boyfriend/Girlfriend Problems</td>
<td>80%</td>
</tr>
<tr>
<td>Alcohol misuse</td>
<td>78%</td>
</tr>
<tr>
<td>Self-harm</td>
<td>77%</td>
</tr>
<tr>
<td>Exam difficulties</td>
<td>76%</td>
</tr>
<tr>
<td>Emotional difficulties regarding adolescent bodily changes</td>
<td>75%</td>
</tr>
<tr>
<td>Delinquency</td>
<td>74%</td>
</tr>
<tr>
<td>Violence towards others</td>
<td>73%</td>
</tr>
<tr>
<td>Out of parental control</td>
<td>72%</td>
</tr>
</tbody>
</table>

*Data was collected using our Clinic Audit Form. Graph shows the eight problems behaviours that showed greatest improvements in this Young Offending cohort.

**Significant life events experienced by School patients in 2014-2015**

<table>
<thead>
<tr>
<th>Event</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immigration</td>
<td>34%</td>
</tr>
<tr>
<td>Social Services Involvement</td>
<td>25.3%</td>
</tr>
<tr>
<td>Bereavement</td>
<td>18%</td>
</tr>
<tr>
<td>Domestic violence</td>
<td>17%</td>
</tr>
<tr>
<td>Neglect</td>
<td>14.3%</td>
</tr>
<tr>
<td>Severe Illness in the family</td>
<td>11.7%</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>11.7%</td>
</tr>
<tr>
<td>Refugee</td>
<td>10.6%</td>
</tr>
</tbody>
</table>

*Data was collected using our Clinic Audit Form. Graph shows the eight most prevalent significant life events experienced by School patients in 2014-2015.
This year we were delighted to have four volunteers running the Virgin London Marathon in support of the Brent Centre. On a sunny Sunday in April, Laura Evans, Jemma Swift, Gary Farnsworth, and Joss Smale all finished the London Marathon - raising £9,500 for the Brent Centre. We are immensely grateful to our runners for raising funds and raising awareness of our work!

The Health Select Committee published a report on November 5th, 2014, stating that there were serious and deeply ingrained problems with the commissioning and provision of children’s and adolescent’s mental health services. In response to the report, the Brent Centre for Young People appeared in a BBC news piece, featuring a young person who used our services, and Sebastian Kohon, one of the Brent Centre’s Child and Adolescent Psychotherapists.

In May 2014, James Rhodes, a classical pianist and a Brent Centre supporter, performed an exclusive concert to raise funds for our work. The fundraising concert was held at the London Jewish Cultural Centre, and over 80 people attended to support the Centre and enjoy an evening of classical music. The event raised £10,000, and all the money raised was used to help young people in distress to receive mental health support at the Brent Centre. Thank you to everyone who helped make the concert such a great success!

More funds for the Brent Centre were raised by Danny and Rutti Goldberger, as they took part on the Prudential Ride London-Surrey 100. Cycling from Central London to Surrey and back, Danny and Rutti raised over £1,600 for the Brent Centre, and the funds raised went a long way to helping young people in need this year. We are very grateful for all their support.

The Brent Centre received a large amount of support this Christmas. We would like to thank the Highgate Choral Society for choosing the Centre as one of two charities benefitting from their charity collection at their carol concert in Highgate Village on 6th December 2014. The concert was a fun and festive evening, and the audience gave a generous £646. Thank you to the volunteers and friends who helped to make the evening collection a success.

At the end of January 2015, the Brent Centre welcomed 12 members of the ‘Be Healthy’ network, part of an EU-funded initiative to boost health, wellbeing, and mental health in young people across the EU. During the visit we discussed the best ways to evaluate the outcomes of mental health services for young people, the different ways of working effectively with young people individually and in groups, and the cultural backgrounds and differences of young people accessing each of our services. The Brent Centre is pleased to be building links with other mental health professionals across the EU, and sharing knowledge about the best ways to support vulnerable young people.

Research carried out by the Brent Centre has been published in a new book entitled ‘Social Defences Against Anxiety: Explorations in the Paradigm’, edited by David Armstrong and Michael Rustin. Brent Centre CEO and Clinical Director, Dr Maxim de Sauma, and Specialist Mental Health Worker, Sarah Fielding, wrote a chapter for the book with Professor Michael Rustin, from the University of East London. The chapter, entitled ‘Unconscious Defences against Anxiety in a Youth Offending Service’, explores the anxieties experienced both by young offenders and the staff who work at the Brent Youth Offending Service.
The Brent Centre would like to thank the following people and organisations for their support this year. We couldn’t do it without you.

Partner Organisations
- Alperton Community School
- Brent Key Stage 4 Pupil Referral Unit
- Brent Youth Offending Service
- The Crest Boy’s Academy
- The Crest Girl’s Academy
- Kingsbury Green Primary School
- Kingsbury High School
- Newman Catholic College
- Preston Manor School
- Queens Park Community School
- St Augustine’s C of E High School

Public Authorities
- Brent Council
- Irish Government - Department of Foreign Affairs and Trade: Emigrant Support Programme
- NHS Brent CCG

Trusts and Foundations
- The Albert Hunt Charitable Trust
- BBC Children In Need
- Beatrice Laing Trust
- Bernard Sunley Charitable Foundation
- Big Lottery Fund: Awards for All
- Centre for the Study of Adolescence
- Chesterhill Charitable Trust
- Clayton Charitable Will Trust
- Clothworkers’ Foundation
- Dana and Allan Morgenthau Charitable Trust
- Disability Sports Development Trust
- Edward Harvist Trust Fund
- Evan Cornish Foundation
- Field Family Charitable Trust
- The Henry Smith Charity
- Hyde Park Place Estate Charity
- Irish Youth Foundation
- John Lysons Charity
- Lloyds Bank Foundation
- Mike Ockrent Charitable Trust
- Mr and Mrs J A Pye’s Charitable Settlements
- Pears Family Charitable Foundation
- Schroder Charity Trust
- The Sir Sigmund Sternberg Charitable Foundation
- The Sobell Foundation
- Souter Charitable Trust
- Steven Bloch Image of Disability Charitable Trust
- St James’s Place Foundation
- The Syder Foundation
- Tesco Charity Trust Community Awards Scheme
- Wembley National Stadium Trust

Companies
- 23red
- 7 Therapies
- Kitchen W8
- Net-a-Porter
- Queens Park Books
- Sainsbury’s Queens Park Local
- Synthesio
- TTG Architects
- Waitrose John Barnes

James Rhodes
Highgate Choral Society

Our many individual donors
Virgin London Marathon runners, April 2014
- Laura Evans
- Gary Farnsworth
- Joss Smale
- Jemma Swift

Prudential RideLondon-Surrey 100 cyclists, August 2014
- Danny Goldberger
- Rutti Goldberger

President
- Egle Laufer

Trustees
- Carole Amobi
- Robin Anderson
- Jeremy Bard
- Julian Hale
- Tara Naidoo
- Deborah Perlin
- Bernard Roberts
- Janine Sternberg

Brent Centre Staff Team

Volunteers
- Joey Greenberg
- Matt Leidecker
- Ramsey Pietro Nasser (thesearchforangik)
- Aysha Talhouni

Research Support
- Michael Austin

All the young people who have used our services

Statement of financial activities

<table>
<thead>
<tr>
<th>Income</th>
<th>2014-15</th>
<th>2013-14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voluntary income</td>
<td>£709,016</td>
<td>£588,648</td>
</tr>
<tr>
<td>Activities for generating funds</td>
<td>£12,599</td>
<td>£736</td>
</tr>
<tr>
<td>Investment income</td>
<td>£174</td>
<td>£196</td>
</tr>
<tr>
<td>Total income</td>
<td>£721,789</td>
<td>£589,580</td>
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</table>

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>2014-15</th>
<th>2013-14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charitable activities</td>
<td>£558,024</td>
<td>£568,456</td>
</tr>
<tr>
<td>Fundraising costs</td>
<td>£102,208</td>
<td>£48,353</td>
</tr>
<tr>
<td>Governance costs</td>
<td>£33,292</td>
<td>£32,299</td>
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<tr>
<td>Total expenditure</td>
<td>£693,524</td>
<td>£649,108</td>
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</table>