

REGISTERED COMPANY NUMBER: 03830244 (England and Wales)
REGISTERED CHARITY NUMBER: 1112967

THE CAMDEN PSYCHOTHERAPY UNIT

Unaudited Financial Statements for the Year Ended 31 March 2020

Tudor John Limited
Nightingale House
46-48 East Street
Epsom
Surrey
KT17 1HQ

THE CAMDEN PSYCHOTHERAPY UNIT

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for the year ended 31 March 2020**

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THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

Report of the Trustees for the year ended 31 March 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

CHAIR'S REVIEW

This last year - whose final part has been dominated by the Coronavirus crisis - has been a particularly challenging one. I feel honoured to have been involved with CPU-London (Camden Psychotherapy Unit), whose team seamlessly transferred the service online, without missing one appointment the week of the lockdown.

We have for almost 50 years provided a robust model of clinical excellence, offering psychotherapy to people on the lowest incomes across London. Our most common treatment is two years of once weekly psychotherapy.

We receive no statutory funding, and last year supported around 160 Londoners to improve the quality of their lives at our centre in Camden at a cost of around £1,000 per client. In our latest outcomes study, 70% of clients reported improvements in their health and wellbeing; and 27% said that they were able to return to work, training or studies.

At the core of our service is a team of part-time clinicians with between them 40+ years' experience. We have also benefited hugely from the inputs of 21 volunteer honorary psychotherapists: giving their time for free whilst training towards qualification. This combination of committed professionals and volunteers has kept our costs lower, whilst maintaining the high standard of clinical excellence by which we are known across London.

One of the main features that makes CPU- London a rarity is the long term nature of our support, which has all but disappeared from the NHS. Comparator charities are struggling to survive in the face of a decade of austerity, and new financial pressures brought on by the coronavirus crisis. We collaborate with GPs, social workers, local hospitals and voluntary organisations who refer clients to us. Due to our reputation, other psychotherapists occasionally agree to offer free therapy in their private practice to patients that we cannot accommodate at CPU who need a high level of experience.

We have been careful not to rely overmuch on any one funding source, and in year ending March 2020 our income sources were: 25% from charitable Trusts, 28% National Lottery Community Fund (NLCF), 29% Individual donations and events, 18% income from our partners ScotsCare.

The year ahead looks set to be dominated by COVID-19, and our service will be needed more than ever. 77% of our clients in the last year were on benefits, were students, retired or otherwise on low incomes, so would be unable to afford to pay for the treatment privately. It is well established that this group suffers disproportionately from mental health issues. Our plan – when the lockdown lifts - is to increase our service capacity by moving into the larger ground floor area of our current building. We estimate that this will enable us to increase the numbers of clients supported by 20% by March 2023 (to 190+ clients annually).

To all our supporters – Charitable Trusts, individuals, volunteers and partner charities – thank you. We truly could not survive without you. In this challenging time, we will keep you updated of our progress. Our success would not have been possible without your generosity.

Jonathan Bloch, Chair of Trustees

"I think the service is wonderful - it was an amazing experience for me, and one I would never have been able to afford. It was a life changing experience for me. What was particularly special was that I had to do the work myself - my therapist took quite a hands off approach, which was initially tough but ultimately rewarding. It has definitely made me a more secure, and better person. Thank you so much for this gift." **Feedback from 'Ralph' (name changed to protect identity)**

**Report of the Trustees
for the year ended 31 March 2020**

OBJECTIVES AND ACTIVITIES

Charitable objectives

The objects for which the company is established are: To provide a charitable service for the benefit of people residing principally in London by promoting mental health, the protection of mental health and the relief of mental health sickness and distress.

Delivering public benefit

Our core activity is to provide psychotherapy for those with personal, psychological and emotional difficulties. The Trustees confirm that they have complied with their duty in section 4 of the Charities Act 2006 to have due regard to the public benefit guidance published by the Charity Commission in determining the activities undertaken by the charity. When necessary we have referred to the guidance offered by the Charity Commission on public benefit in reviewing and delivering our objectives.

Background and aim

The Camden Psychotherapy Unit (known as CPU-London) was established in 1969, with the aim of offering free and accessible therapy to those in the community who suffer from psychological and emotional problems which seriously affect the quality of their lives. In particular, to help those on benefits or the lowest incomes, a group whose emotional, social and economic background puts them amongst some of the most deprived in our community.

It is well established that this group suffers disproportionately from mental health issues. Our substantial experience as a charity in this field shows us that it is precisely these people who find it most difficult to access and accept help from governmental health institutions. We were established as a Charity in 1999, and - following the withdrawal of local authority funding we have continued to deliver our service via our own fundraising since then to people from across London.

A unique service

The main features that make CPU-London unique, are:

- The high standard of clinical excellence that we are known for throughout London;
- That people can self-refer to us without having to go through their GP (a requirement in the NHS); and,
- The offer of long term psychoanalytic psychotherapy to our clients, - most of whom are on low incomes - who typically access services from us for up to two years.

NHS approach and availability

For the past decade, the standard NHS offering in terms of talking therapies for adults has come through 'IAPT' (a programme designed to 'improve access to psychological therapies', including local services such as iCope). Although the IAPT system was a welcome attempt to integrate and develop mental health treatment in the UK, it suffers from a number of serious shortcomings, the most prevalent of which are: the limited choice of therapy offered; the usually short term nature of the available treatment; and long waiting times.

Through IAPT's "stepped" approach, the standard initial response to depression, anxiety or obsessional symptoms is self-help, computerised CBT (cognitive behavioural therapy) at home, or taking exercise. It is only if this fails that talking therapy becomes potentially available and in the majority of cases this will be a short course (six sessions) of CBT, or short term counselling.

There is a paucity of longer term, more in depth psychodynamic psychotherapy available through IAPT; less than 10% of NHS services offer it and it is almost never available to any but the most seriously disturbed patients. Whilst cuts to funding have compounded availability limitations, the reasons for this paucity are more complex. Because psychodynamic therapy was slow to embrace the evidence-based approach to evaluation of treatments, a narrative developed that there is no or limited evidence as to its efficacy. This is not true. Over the past 15 years or so, a considerable amount of empirical research as to the effectiveness of this kind of work has been built up.

Clients who have been through IAPT describe with remarkable frequency the experience of short term talking therapy as either initially helpful but not providing them with any lasting recovery; or as simply unhelpful from the outset. The reality is that people with long standing, complex emotional and psychological difficulties need more than a handful of sessions. Therapeutic change takes time and requires lived (rather than intellectual) insight, as well as containment by a sensitive and skilled clinician.

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

Report of the Trustees for the year ended 31 March 2020

The funding environment and demand

The features marking out the last decade - austerity, recession, job insecurity, inadequate social housing provision - are strongly linked with poor mental health. Mental health services were stretched to breaking point by reduced funding. Between 2009 and 2018, 15% of the mental health nurse workforce was lost, and the numbers of doctors in specialist psychiatric training fell by 20%. (NHS).

Londoners, despite having a high number of health services per resident, wait a long time to access services, amongst the most over-subscribed in the country. A survey by Royal College of Psychiatrists of experiences of 500 diagnosed mental health patients found that some had waited 13 years to receive treatment they needed. Rethink research showed that on average people wait 19 weeks to receive treatment for mental health issues.

Alongside the limitations of support from the NHS, and strained even further by the Coronavirus crisis, comparator charities are struggling to survive due to funding cuts. Since 2016, the demand for our service increased by 42%, and there has continued to be an increase in seriously disturbed people seeking our help. We anticipate demand to increase drastically as a result of the lockdown, and due to the job losses, fear and anxiety caused by the crisis.

ACHIEVEMENT AND PERFORMANCE

Key achievements / how we evaluate our work to ensure our work delivers our aims:

We review our aims, objectives and activities each year, considering what was achieved and the outcomes of our work. In 2020 we helped 160 clients overall. 89 clients benefited from weekly individual psychotherapy sessions, which we offer for up to two years. Of this number, 18 were clients who had completed their two year course of treatment, and had returned for their six month follow up session, which we offer to check that outcomes achieved during our therapy have been sustained. 33 clients benefited from up to three assessment sessions and onward referral as our services did not end up being appropriate for them. A further 31 clients engaged with our intake process, but their cases were not suitable for us to help with. Therefore our therapists, in liaison with their GP, or social workers as appropriate, worked hard to find them appropriate alternative support. Finally we had seven new clients who we had started to help as at the end of March. Finally, six of the above clients participated in our group therapy.

Challenges

The key challenge this year was of course the Coronavirus pandemic. In response we very quickly - i.e. the week of the lockdown - adapted our service for clients, with appointments switched over to telephone or video call (as appropriate to the patient's technological capacities and needs).

All bar one of our clients accepted the change to working remotely, and we transferred seamlessly to this new system without missing even one appointment. Therapy continues and staff are working tirelessly to provide support for the clients. A number of therapists opted to reduce the length of their annual leave over Easter to provide more sessions for their clients in this particularly difficult time. From an administrative and managerial perspective there were some challenges as everything went remote.

Of course, remote sessions are not the same as those that take place in the building as face to face, in-person interaction is far richer than telephone or video calls. A strong clinical safeguarding framework was put in place with each client assigned a case manager to be in contact with and take over therapy for clients in the event that their usual therapist fell ill with the virus.

One of our team worked on providing a specific set of information about additional mental health support during the lockdown to go on our website and shared with particularly vulnerable clients, at therapists' instructions.

**Report of the Trustees
for the year ended 31 March 2020**

Our client profile

People can refer themselves directly to CPU-London. Referrals are also made by GPs, social workers, local hospitals and voluntary organisations. The kinds of difficulties that people bring to CPU-London are invariably long term in nature and most of our service users have already tried other options (such as anti-depressant medication, or a short term course of CBT, mindfulness courses, etc.) before they approach us.

Treatment-resistant depression is a very common issue which people present with, as is chronic anxiety. Other people come with a long history of trauma, often going back to childhood or adolescence and many suffer from destructive patterns of behaviour such as self-harm, addiction or eating disorders. People may also have difficulties with their sexual or gender identity. All of these are major, long term challenges which cannot be addressed in a short space of time, which is why our most common form of treatment is two years of once weekly psychotherapy.

In the last year, clients came from 21 London boroughs: 77% of whom were on benefits, or in part time/low paid work, were retired or students. 32% of clients were from Black and Minority Ethnic backgrounds, broadly reflecting the diversity of our capital. The majority (57%) of our clients came to us from 20 London boroughs outside Camden, and the majority (73%) of our clients were of 'prime' working age (25-54), with 79% of working age (25-64).

Cost effective and meeting the highest standards of clinical excellence

CPU-London's service is a rarity, and well-known with stakeholders across London for our high standard of clinical excellence. We have for almost 50 years provided a robust model, offering long term psychotherapy to people on the lowest incomes living across London.

Our model works because it combines the skill of our senior clinicians with the contribution of 21 volunteer trainee (Honorary) Psychotherapists. Our team are all motivated by a commitment to providing access to high quality psychoanalytic work to members of the public with very low incomes. This is possible due to the idealism of our experienced clinicians who accept salaries at the lowest end of the NHS scale; some offer their time for free.

Around 80% of the referrals we receive are offered a therapeutic intervention: others that we are unable to help are referred on to partners as described below. Waiting times are usually about 16 weeks, but we have in place a "triage" system, so that cases are reviewed as they come in and if an application is felt to warrant urgent intervention clients are seen in less than 4 weeks. This helps to prevent a further decline in a client's mental health through delays to treatment and allow quicker assessment of treatment options and signposting as appropriate.

Applications are processed by a senior psychotherapist who decides the triage issue at the outset. For the majority of applicants there is a face to face assessment with a senior clinician, usually lasting between one and four sessions. Decisions about risk, treatment type and treatment length, or any onward referral, are usually made at this stage.

Most of our clients are offered two years of once weekly psychotherapy from one of our Honorary Psychotherapists, all of whom carry out their work with the help of once weekly supervision from our senior psychotherapists. The work takes place at our office base in Camden. People can refer themselves, or be referred from the NHS (psychiatric services, GPs), social workers, and charities like Scotscare. We have a website, regular newsletter and a wide ranging network of referral agencies, established over several decades in order to reach clients in need across London.

The size of our team indicates the proportion of clinical work vis a vis the hours that our staff can offer, on a weekly basis: three senior (paid) staff offer 24 clinical hours altogether, a fourth senior clinician offers 3 clinical hours for free; our paid junior staff offer 21 hours altogether; and 19 honorary therapists offer up to 5 clinical hours each. The service management and administrative hours (3 members of staff) add up to 51 hours per week.

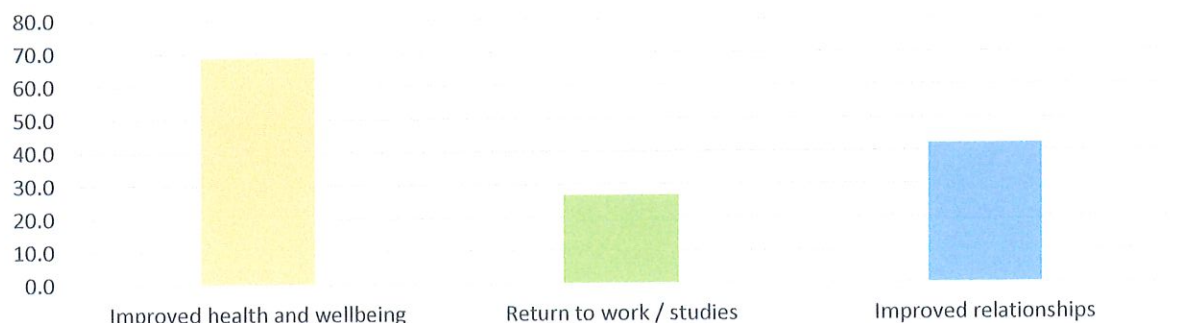
In 2020, we increased the hours of our most senior psychotherapists, took on three assessors, developed the size of our weekly group sessions and recruited two honorary psychotherapists to replace two that left. Our Service Manager Alex Winter, left and was replaced by the very able William Kraemer, who had been with us as an administrator for four years before this promotion.

**Report of the Trustees
for the year ended 31 March 2020**

Outcomes of our work

The below graph shows the results of a study undertaken in 2019, based on client self-evaluation from 2013/14 to 2018/19. The vertical bar shows the percentage of clients reporting a positive change in each of our three main measures of whether our work is helping clients to improve their overall quality of life.

Client self evaluation outcomes 5 years - 2019 study



The graph demonstrates the outcomes of our work for clients following treatment, calculated as an average:

- 70% reported improvements in their health and wellbeing;
- 27% said that they were able to return to work, training or studies; and,
- 43% told us that they had experienced improved family and social relationships and reduced social isolation.

From 2019 we changed our data collecting methodology to focus on a more empirically meaningful system of collecting data as to symptom levels. This is to be achieved by exclusively using the 'CORE' form system, which is a form of questionnaire widely employed in the NHS and other clinical settings. This will underpin a new evaluation framework and reporting system during the next three year strategy period.

Client feedback

"I was referred from my GP so I felt confident that I was going to an organisation which was recognised and evidently had support from the local GPs so it gave me reassurance about the professionalism and integrity of the unit. I had an initial interview to assess my problems and I explained that if I was going to be taken on to have therapy I'd very much like to have a woman therapist and an older woman therapist because I felt that this was the sort of woman I'd find it easier to talk to. And that is exactly the sort of therapist they found me so I can't say that there's anything about the unit that I didn't like."

Feedback from 'Beatrice' (name changed to protect identity)

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

**Report of the Trustees
for the year ended 31 March 2020**

FINANCIAL REVIEW

Financial position

Incoming resources increased to £198,034 (2019: £154,262). Expenditure increased to £171,511 (2019: £147,999). Total Net Assets increased to £334,708 (2019: £308,185). This figure is made up of £2,500 Restricted Funds to be carried forward; alongside Free and Designated reserves as detailed below.

Income sources

In 2020 we raised around £198,000 in total, of which around £35,000 was charitable activities income and £163,000 was voluntary income. We are incredibly grateful to the individuals, Charitable Trusts and Foundations who donate money to us, players of the NLCF; and the individuals raising money for us or donating their time supporting clients. Without them, we simply could not survive.

Our income sources vary from year to year, and Trustees are careful to ensure that we are not over reliant on any single funding source. Our principal funding sources for 2020 were grants made by Charitable Trusts and voluntary donations from individuals. Almost £57,000 was given by generous individuals, £50,000 was raised from generous Trusts, and the NLCF granted us almost £56,000.

Thanks to all the volunteers that made these possible, including all of our valued and eminent speakers who gave their time for free to make the following events possible:

50th Anniversary Conference: on the 26th October we celebrated 50th Anniversary with a conference at Regents College. We called the event On Truth. We would like to formally thank all the speakers who gave their time to speak at this extremely successful event. Thank you to - Adam Phillips, Deborah Levy, Deborah Baum, Juliet Stevenson, Hugh Brody, Mike Brearley, Josh Cohen, and David Bell.

Lunch at the Mews: we would like to thank Abigail Schama, The Makers and Artists at The Mews Coachworks Studio, Rosie Sykes, and Susan Baldock for their contributions in making this event such a success.

Charitable activities income

Almost £35,000 was raised from charitable activities via our partnership with Scotscare. Scotscare is an organisation which helps first- and second-generation Scots in London with advice, support and financial assistance. We offer therapeutic services to their clients both by way of drop in services at Scotscare's premises and via long term therapy at our centre. Our collaboration with them has now been of six years duration. All concerned remain enthusiastic about this partnership, which is becoming more focussed over time.

Investment policy

In line with maintaining reserves we have invested a balance in a high interest deposit account so as to ensure interest is maximised and that the funds can be withdrawn in a timely way.

**Report of the Trustees
for the year ended 31 March 2020**

FINANCIAL REVIEW

Reserves policy

The free reserves balance of £162,208 (2019: £138,185) falls slightly short of the balance Trustees would ideally like to hold being £163,000 or 11 months of the 2020/21 budget (£178,000). The Trustees have agreed this Policy, which will be reviewed annually, to enable the Board to meet CPU-London's obligations to safeguard the wellbeing of clients in the event of an unforeseen drop in income or other catastrophe affecting the organisation.

Trustees have agreed that a Designated Fund is to be held so the charity can realise its long term ambition of replicating its successful model at satellite premises, thereby extending its reach and the number of Londoners supported to improve the quality of their lives. This will entail substantial one off outlay on premises costs including refurbishment of the premises (costs for which are yet to be agreed) alongside associated costs like staffing. The Designated Fund remained at £170,000 (2019: £170k).

CPU-London needs to hold 11 months free reserves for the following reasons:

- a. An essential feature of our service is the offer of long term psychoanalytic psychotherapy. Our clients - most of whom are on low incomes - typically access services from us for up to two years. For prudent clinical reasons we need to keep reasonably substantial reserves so that we can wind down ongoing therapy in an appropriate way should this ever prove necessary. Many of our clients are extremely vulnerable. Ending our clients' treatment will in many cases be a premature and traumatic interruption to their therapy. This could present risks of potential suicide, self-harm and / or breakdown. We therefore need appropriate time to prepare them for premature interruption / ending of therapy with us and transition to a new source of support. We also need time to identify suitable alternative support and treatment and put our patients in touch with such services.
- b. The availability of suitable services in the NHS and the voluntary sector has been drastically diminished in recent years.
- c. Meanwhile the demand for psychological help for the most vulnerable clients has been growing at a dramatic rate: an increase of 50% since 2016 and is set to increase further due to the pandemic

Acknowledgements

We would like to sincerely thank those clients who give what they are able to contribute towards the cost of their sessions, individual donors and all of our volunteers for their generous support during 2018/19.

We would particularly like to thank the following donors who contribute regularly to help keep our free therapy service: Andrew McConnell; John Nickson; Nicola Abel-Hirsch; Eileen McGinley; Shawn Tower; Barry and Janet Peskin; Tracy Chevalier; Warren Colman; David Black; Harriet Thistlethwaite; Rivkie Fried; Cathy Baker; Marion Schoenfeld; Marek Koperski; Nina Wessels; Jean Arundale, and Jessica Kirker.

We would also like to thank players of the National Lottery and all of our organisational donors, in particular: ScotsCare; the Benecare Foundation; the Pixel Fund; the London Community Foundation - Royal London Community Matters and North London Philanthropic Trust funds; the Bluston Charitable Settlement; the Mrs Smith & Mount Trust; the Albert Hunt Trust; the Marsh Christian Trust; the Wakefield and Tetley Trust; the Goldsmiths' Company Charity; and, the William Allen Young Charitable Trust.

Without your generosity we couldn't have achieved so much this year.

**Report of the Trustees
for the year ended 31 March 2020**

FUTURE PLANS

The charity plans to continue the activities stated above in the forthcoming years subject to satisfactory funding arrangements. In addition we will be focusing on the following areas:

Coronavirus response

From May 2020 we plan to look into offering some kind of remote support to new referrals. We also plan to offer support for those suffering in the aftermath of the pandemic, this may involve staff completing extra training or workshops with a specialist in this kind of trauma.

Expansion of Services

In light of the ending of our current lease in August 2020, and to meet increasing demand, we plan to expand our service to new, substantially larger premises in the same building which we currently occupy on the Prince of Wales Road in Kentish Town. In line with prudent forward planning, the Trustees have designated funds from our reserves to enable us to fund this expansion. As soon as possible, and in line with government restrictions, we aim to move forward with this project.

The Trustees have considered ways of increasing income and hired external fundraising support as a strategy to diversify and make sustainable our income sources as a charity during this period of growth.

BAME Community Outreach

We aim to increase the number and proportion of our clients from BAME backgrounds. This work builds on our 2016 research which found that many people from BAME communities do not seek psychotherapy due to the perceived stigma of it being the province of 'white middle class people'. 32% of clients were from Black and Minority Ethnic backgrounds, broadly reflecting the diversity of our capital. The over representation of Arab/Mixed/other clients (10% compared to London average of 3.4%) was balanced by an under representation in clients with Asian heritage (9% compared to 18% London average)

The ongoing National Lottery Community Fund grant is enabling us to work with community groups, including the African Health Forum and other local community organisations to understand and reduce barriers to access to our services for clients from BAME backgrounds.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governance

CPU was established in 1969, with the aim of offering free and accessible therapy to those in the community who suffer from psychological and emotional problems which seriously affect the quality of their lives.

We were established as a Charity in 1999, and the Charity is controlled by its governing documents. These are a deed of Trust, Memorandum and Articles of Association which established the objects and powers of the charitable company which is governed under its Articles of Association. Following the withdrawal of local authority funding in 2010, we have continued to deliver our service via our own fundraising to people from across London.

CPU is also registered as a limited company, limited by guarantee, as defined by the Companies Act 2006, incorporated on 23rd August 1999 and started trading from 1 November 2005. The company is limited by guarantee and does not have a share capital. The liability of the members in the event of the company being liquidated is limited to ten pounds per member.

In furtherance of our objectives, we follow the code of conduct of the British Psychoanalytic Council (BPC), United Kingdom Council of Psychotherapy and British Association of Counselling & Psychotherapy. All of our employed clinical staff are regulated by the BPC. Our previous Service Manager, Alex Winter, left us in January and has been replaced by William Kraemer, who has been with us for four years as an administrator.

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

**Report of the Trustees
for the year ended 31 March 2020**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

Trustees are appointed by a resolution of a meeting of the Trustees as and when appropriate. Trustees form the Management Committee who administer the charity. All new Trustees and staff are inducted as and when appropriate. Most Trustees are already familiar with the work of the charity having been involved with the charity prior to taking up their Trusteeship. The Board meets quarterly. The CEO is appointed by the Trustees to manage the day-to-day operation of the charity. Trustees who served during the year and up to date of this report are set out on the frontispiece.

Management Committee (MC) experience

The MC is made up of six independent trustees, as well as the CEO (who is also the company secretary) and the Service Manager. The Trustees represent a mixture of experience:

The Chair, Jonathan Bloch is a businessman (CEO of Exchange Data International Ltd, a financial data company); the Vice-Chair, Dr Caroline Dickinson is an experienced local GP (The Caversham Group Practice); the Treasurer, Lady Jane Jackling is a retired IT professional and bookkeeper; Alon Gurfinkel is a corporate tax lawyer at Davis Polk; Dr Marek Koperski is another experienced GP; Sarah Jameson is an experienced businesswoman; and, the CEO, Ora Dresner is a senior psychoanalyst.

Risk management

We develop long term strategy and manage risk at CPU-London through a process of reporting by the CEO, the Service Manager and the Treasurer to the MC and regular consideration by the MC of the nature of the opportunities and risks CPU-London faces.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03830244 (England and Wales)

Registered Charity number

1112967

Registered office

1st Floor
87-89 Prince of Wales Road
London
NW5 3NT

Trustees

Lady J Jackling Treasurer
Dr C Dickinson Vice Chair
J Bloch Chair
A Gurfinkel
Dr M Koperski
Ms S Jameson

Company Secretary

Ms O Dresner

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

Report of the Trustees
for the year ended 31 March 2020

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Hazel Day BSc (Hons) FCA DChA

ICAEW

Tudor John Limited

Nightingale House

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Epsom

Surrey

KT17 1HQ

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Approved by order of the board of trustees on 27/10/2020 and signed on its behalf by:



.....
Lady J Jackling - Trustee

**Independent Examiner's Report to the Trustees of
The Camden Psychotherapy Unit (Registered number: 03830244)**

Independent examiner's report to the trustees of The Camden Psychotherapy Unit ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2020.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Hazel Day BSc (Hons) FCA DChA
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Tudor John Limited
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Date: 24 November 2020

THE CAMDEN PSYCHOTHERAPY UNIT

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the year ended 31 March 2020**

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	94,127	68,491	162,618	153,963
Charitable activities					
Psychotherapy care		34,855	-	34,855	-
Investment income	4	<u>561</u>	<u>-</u>	<u>561</u>	<u>299</u>
Total		129,543	68,491	198,034	154,262
EXPENDITURE ON					
Raising funds		16,037	-	16,037	12,496
Charitable activities					
Psychotherapy care		86,983	68,491	155,474	135,503
Total		<u>103,020</u>	<u>68,491</u>	<u>171,511</u>	<u>147,999</u>
NET INCOME		26,523	-	26,523	6,263
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>308,185</u>	<u>-</u>	<u>308,185</u>	<u>301,922</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>334,708</u></u>	<u><u>-</u></u>	<u><u>334,708</u></u>	<u><u>308,185</u></u>

The notes form part of these financial statements

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

**Balance Sheet
31 March 2020**

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
CURRENT ASSETS					
Debtors	8	4,167	-	4,167	1,667
Cash at bank and in hand		<u>351,002</u>	<u>-</u>	<u>351,002</u>	<u>307,987</u>
		355,169	-	355,169	309,654
CREDITORS					
Amounts falling due within one year	9	(20,461)	-	(20,461)	(1,469)
		<u>334,708</u>	<u>-</u>	<u>334,708</u>	<u>308,185</u>
NET CURRENT ASSETS					
		<u>334,708</u>	<u>-</u>	<u>334,708</u>	<u>308,185</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>334,708</u>	<u>-</u>	<u>334,708</u>	<u>308,185</u>
NET ASSETS					
		<u>334,708</u>	<u>-</u>	<u>334,708</u>	<u>308,185</u>
FUNDS					
Unrestricted funds	11			<u>334,708</u>	<u>308,185</u>
TOTAL FUNDS					
				<u>334,708</u>	<u>308,185</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

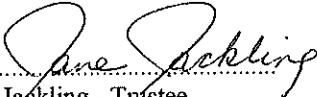
The notes form part of these financial statements

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

**Balance Sheet - continued
31 March 2020**

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

The financial statements were approved by the Board of Trustees and authorised for issue on27/10/2020.....
and were signed on its behalf by:


.....
J Jackling - Trustee

The notes form part of these financial statements

THE CAMDEN PSYCHOTHERAPY UNIT

Notes to the Financial Statements for the year ended 31 March 2020

1. STATUTORY INFORMATION

The Camden Psychotherapy Unit is a private company limited by guarantee incorporated in England and Wales. The registered office address can be found in the Trustees' Report.

2. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared on a going concern basis.

INCOME

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

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

HIRE PURCHASE AND LEASING COMMITMENTS

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

TRADE AND OTHER DEBTORS

Trade and other debtors that are receivable within one year and do not constitute a financing transaction are recorded at the undiscounted amount expected to be received, net of any impairment.

Those that are receivable after more than one year or constitute a financing transaction are recorded initially at fair value less transaction costs and subsequently at amortised costs, net of impairment.

THE CAMDEN PSYCHOTHERAPY UNIT

**Notes to the Financial Statements - continued
for the year ended 31 March 2020**

2. ACCOUNTING POLICIES - continued

TRADE AND OTHER DEBTORS

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the balance sheet, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Trade and other creditors are initially recognised at the transaction price and are thereafter stated at amortised cost using the effective interest method unless the effect of discounting would be immaterial, in which case they are stated at cost.

3. DONATIONS AND LEGACIES

	2020	2019
	£	£
Donations	56,727	80,476
Grants	<u>105,891</u>	<u>73,487</u>
	<u>162,618</u>	<u>153,963</u>

Grants received, included in the above, are as follows:

	2020	2019
	£	£
Beneficientia Stiftung Grant	-	29,123
Big Lottery	55,991	-
Scotscare	-	34,364
Prism the Gift Fund	10,000	10,000
Pixel Fund	10,000	-
Mrs Smith & Mount Trust	5,000	-
London Community Foundation - North London Philanthropic Trust Fund	10,000	-
London Community Foundation - Royal London Community Matters Fund	5,000	-
Goldsmiths' Company Charity	3,000	-
Marsh Christian Trust	400	-
Albert Hunt Trust	3,000	-
William Allen Young Charitable Trust	1,000	-
Wakefield and Tetley Trust	<u>2,500</u>	<u>-</u>
	<u>105,891</u>	<u>73,487</u>

THE CAMDEN PSYCHOTHERAPY UNIT

**Notes to the Financial Statements - continued
for the year ended 31 March 2020**

4. INVESTMENT INCOME

	2020	2019
	£	£
Interest received	<u>561</u>	<u>299</u>

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2020	2019
	£	£
Other operating leases	<u>20,000</u>	<u>20,000</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2020 nor for the year ended 31 March 2019.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2020 nor for the year ended 31 March 2019.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	67,885	86,078	153,963
Investment income	<u>298</u>	<u>1</u>	<u>299</u>
Total	68,183	86,079	154,262
EXPENDITURE ON			
Raising funds	12,496	-	12,496
Charitable activities			
Psychotherapy care	-	135,503	135,503
Total	<u>12,496</u>	<u>135,503</u>	<u>147,999</u>
NET INCOME/(EXPENDITURE)	55,687	(49,424)	6,263
Transfers between funds	<u>(47,917)</u>	<u>47,917</u>	<u>-</u>
Net movement in funds	7,770	(1,507)	6,263

THE CAMDEN PSYCHOTHERAPY UNIT

**Notes to the Financial Statements - continued
for the year ended 31 March 2020**

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued	Unrestricted funds £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	300,415	1,507	301,922
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS CARRIED FORWARD	<u>308,185</u>	<u>-</u>	<u>308,185</u>
8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2020 £	2019 £
Other debtors		2,500	-
Prepayments		<u>1,667</u>	<u>1,667</u>
		<u>4,167</u>	<u>1,667</u>
9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2020 £	2019 £
Trade creditors		5,000	-
Other creditors		81	-
Accruals and deferred income		14,000	-
Accrued expenses		<u>1,380</u>	<u>1,469</u>
		<u>20,461</u>	<u>1,469</u>
10. LEASING AGREEMENTS			
Minimum lease payments under non-cancellable operating leases fall due as follows:			
		2020 £	2019 £
Within one year		<u>6,667</u>	<u>6,667</u>

THE CAMDEN PSYCHOTHERAPY UNIT

**Notes to the Financial Statements - continued
for the year ended 31 March 2020**

11. MOVEMENT IN FUNDS

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	138,185	26,523	164,708
Designated Fund	<u>170,000</u>	<u>-</u>	<u>170,000</u>
	<u>308,185</u>	<u>26,523</u>	<u>334,708</u>
TOTAL FUNDS	<u><u>308,185</u></u>	<u><u>26,523</u></u>	<u><u>334,708</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	129,543	(103,020)	26,523
Restricted funds			
National Lottery Community Fund (Reaching Communities)	55,991	(55,991)	-
Pixel Fund	10,000	(10,000)	-
Wakefield and Tetley Trust	<u>2,500</u>	<u>(2,500)</u>	<u>-</u>
	<u>68,491</u>	<u>(68,491)</u>	<u>-</u>
TOTAL FUNDS	<u><u>198,034</u></u>	<u><u>(171,511)</u></u>	<u><u>26,523</u></u>

Comparatives for movement in funds

	At 1.4.18 £	Net movement in funds £	Transfers between funds £	At 31.3.19 £
Unrestricted funds				
General fund	125,415	55,687	(42,917)	138,185
Designated Fund	<u>175,000</u>	<u>-</u>	<u>(5,000)</u>	<u>170,000</u>
	300,415	55,687	(47,917)	308,185
Restricted funds				
Community Fund	1,507	(49,424)	47,917	-
	<u>1,507</u>	<u>(49,424)</u>	<u>47,917</u>	<u>-</u>
TOTAL FUNDS	<u><u>301,922</u></u>	<u><u>6,263</u></u>	<u><u>-</u></u>	<u><u>308,185</u></u>

THE CAMDEN PSYCHOTHERAPY UNIT

**Notes to the Financial Statements - continued
for the year ended 31 March 2020**

11. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	68,183	(12,496)	55,687
Restricted funds			
Community Fund	86,079	(135,503)	(49,424)
	<u>154,262</u>	<u>(147,999)</u>	<u>6,263</u>
TOTAL FUNDS			

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.18 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	125,415	82,210	(42,917)	164,708
Designated Fund	<u>175,000</u>	<u>-</u>	<u>(5,000)</u>	<u>170,000</u>
	300,415	82,210	(47,917)	334,708
Restricted funds				
Community Fund	1,507	(49,424)	47,917	-
	<u>301,922</u>	<u>32,786</u>	<u>-</u>	<u>334,708</u>
TOTAL FUNDS				

THE CAMDEN PSYCHOTHERAPY UNIT

**Notes to the Financial Statements - continued
for the year ended 31 March 2020**

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	197,726	(115,516)	82,210
Restricted funds			
Community Fund	86,079	(135,503)	(49,424)
National Lottery Community Fund (Reaching Communities)	55,991	(55,991)	-
Pixel Fund	10,000	(10,000)	-
Wakefield and Tetley Trust	<u>2,500</u>	<u>(2,500)</u>	<u>-</u>
	<u>154,570</u>	<u>(203,994)</u>	<u>(49,424)</u>
TOTAL FUNDS	<u><u>352,296</u></u>	<u><u>(319,510)</u></u>	<u><u>32,786</u></u>

Designated Fund

The Designated Fund as at 31 March 2019 represented reserves maintained to enable the charity to move to larger premises. During negotiations with the Landlord, it emerged that the Landlord was prepared to bear all necessary costs of refurbishment of the ground floor premises. During the year the Trustees agreed to release and redesignate £170,000 to be held so that CPU-London can realise its long term ambition of replicating its successful model at satellite premises, thereby increasing the number of Londoners supported to improve the quality of their lives.

Restricted Funds

National Lottery Community Fund (Reaching Communities) relates to funds received for the provision of an easily accessible, non-stigmatising long-term psychotherapeutic service for vulnerable adults experiencing a range of mental health difficulties; and to increase the number of BAME referrals to the service.

Pixel Fund relates to funds received towards the provision of long-term psychotherapy for vulnerable adults aged 18-25 experiencing mental health difficulties.

Wakefield and Tetley Trust relates to funds received towards the provision of long-term psychotherapy for vulnerable adults residing in Tower Hamlets who are experiencing mental health difficulties.

THE CAMDEN PSYCHOTHERAPY UNIT

**Notes to the Financial Statements - continued
for the year ended 31 March 2020**

12. EMPLOYEE BENEFIT OBLIGATIONS

The charity operates a defined contribution pension scheme. During the year the charity made pension contributions of £504. There were £89 outstanding contributions at the balance sheet date.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2020.