



Bromley Y



Annual Report 2016/17

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Who are we?

Bromley Y is a charity that delivers free psychological interventions to children, young people and their families. We work in schools throughout the borough and deliver the Bromley Community Wellbeing Service for Children and Young People. We are the single point of access for all referrals concerning the emotional wellbeing of young people in Bromley. We offer interventions and referrals onwards as appropriate.

Chairman's Report

This has been a year of consolidation after the expansion and changes since 2015. However, my first and sad priority, is to announce the departure of Claire Ely, our Director, who has decided to move on from Bromley Y and accept on opportunity elsewhere which we fully understand. Claire has been our Director since 2014 and has made such an enormous contribution. Her passion and commitment have been a key element in our expansion and success in the last few years so we are sorry to see her go. On behalf of all of us; volunteers, staff and trustees a big 'thank you' to Claire for the last 18 years of service that has benefited Bromley Y and the children and young people so much. You will be missed.

At the time of writing our search for a new Director is underway and hopefully I shall be able to name a replacement before very long.

I also have to thank our long serving trustee Peter Coling who has resigned from the board due to taking on the chairmanship of a governing body that demands a huge amount of his time and energy. Peter has served Bromley Y as a trustee for 38 years, an extraordinary commitment over such a long period. He has advised the board and Director wisely, in particular in property matters and thanks to Peter we own our building in Ethelbert Road that is the foundation of our success. We are all extremely sorry to see him go but as he puts it 'all good things must come to an end'. He has

helpfully committed to giving us advice on property matters in the future so I'm sure our paths will cross again!

I would like to welcome two new trustees to the board who are already making a significant contribution; Catherine Kane and Alan Beattie. Catherine brings invaluable experience as a commissioner for Children's services and has a wide experience in local Government. Alan is a retired consultant paediatrician and is deeply committed to mental health services and brings with him an understanding of the issues facing mental health services for children and young people. We welcome you to the board and look forward to working with you in the years to come.

We continue to deliver a great service for the Borough, the Clinical Commissioning Group and Bromley schools and are looking to develop our model outside of Bromley. I said in my previous report that we would be drawing up a new strategic plan as we cannot rest on our laurels and we have achieved this. We have also introduced a finance subcommittee chaired by our treasurer to ensure greater scrutiny and accountability as our turnover increases, along with several policy documents covering important areas such as HR, health and safety etc. All trustees have been given guidance concerning governance, the law, responsibilities and ensure that the Board acts in Bromley Y's and its clients best interests.

We also welcome the inclusion of representatives of young people onto the board to ensure our thinking is relevant and up to date with what our service users expect and are looking for. The introduction of key performance indicators (KPI) is an important step forward to ensure scrutiny and accountability as we progress.

This has certainly been a year of improvement and a greater compliance by the board to ensure we are familiar and compliant with the Charity Commission rules and guidance.

Finally, the trustees send their thanks and appreciation to everybody at Bromley Y for making such a difference to so many children and young people in the Borough. This will also impact on the parents and carers of these youngsters too, making the service so holistic for families and the community.

Hon. Alderman Ernest Noad

Director's Report

This year has witnessed further growth at Bromley Y. We have continued to develop our services to ensure that more young people have access to help when they need it. The feedback from young people, Carers and professionals has been overwhelmingly positive. As such, we have been commissioned to work with young people beyond our early intervention remit to include those with more complex, enduring difficulties and those who are attending the Youth Offending Service. This is a reflection of the recognition of the growing professional expertise of the staff group which is supported by the firm relationships we make with professionals throughout the community. Bromley Y will, I know, continue to do its utmost to support the whole system working to benefit children and young people in Bromley, and beyond, to ensure that young people get the services they both need and deserve.

I have been very fortunate to have played a small part at Bromley Y for the past 18 years and feel immensely proud of the work that we do to support and enable young people. Throughout my tenure, I have been supported by a fantastic staff group, a wonderful Chair, and a committed, caring and knowledgeable team of Trustees. I feel huge sadness in leaving Bromley Y and trust that the service will continue to evolve and adapt to the changing needs of young people; as it ever has. I will be going on to be Clinical Lead for CYP IAPT in London & the South East and look forward to this new challenge whilst continuing to hold Bromley Y in my heart as an example of best practice.

I give thanks to everyone who has supported Bromley Y, and myself, over the past year: our Local Authority Commissioner, Hilary Rogers, our CCG Commissioner, Daniel Taegtmeyer, Trustees,

Volunteers, Fundraisers, Supporters, and Staff. Special thanks and love go to Peter Coling who retires as a Trustee and Company Secretary after 38 years of commitment to all that Bromley Y endeavours to achieve with, and for, children and young people.

Claire Ely, Director

"The service at Bromley Y is really great. I came to the service reluctantly and in a strange way I didn't want to leave. The staff are so lovely and I don't think I could ever thank them enough for how much they changed my life. I would recommend this service to a friend and if I ever had any problems again, I would feel comfortable enough to speak out. Thank you so much for the service you have provided me"

CWP Programme

We started training on the Post-Graduate Certificate in Children and Young People's Psychological Wellbeing Practice (CWP) course

in April. The course is a pilot, funded by Health Education England is delivered by Kings College (KCL) and University College (UCL). We form part of a new graduate workforce of 60 people, learning to deliver low-intensity Guided Self Help (GSH) interventions for low mood, anxiety and behavioural problems. There are plans to roll out the course on a larger scale in the coming years.

Guided Self Help differs from traditional therapy in that it encourages the client to take an active role in their recovery, and puts them in the 'driving seat' during the intervention. We work collaboratively with the client, using cognitive behavioural therapy style frameworks, to educate and encourage use of strategies to overcome their difficulties. It is then up to the client to implement these in their life, outside of sessions. The use of a combination of face-to-face, telephone and Skype sessions, make this a flexible and innovative intervention.

Emily Carter, CWP

Bromley Y is one of the few third sector organisations selected to be a part of the KCL cohort for the CWP programme. We found ourselves having a strong advantage compared to the other cohorts as many had to build a new client base. We were asked to help with the teaching on the course regarding the referral and triaging process as this is an area that other groups needed to establish prior to starting their work with children and young people.

As part of the CWP programme, we have been in contact with local services (e.g. Bromley Changes and CASPA) to explore how we can collaborate together and deliver interventions in new ways. We hope to be able to deliver groups in partnership with other services in order to reach a wider group of children and young people in the local community. Through liaising with other services, we hope they will be likely to refer young people directly to the CWPs for guided self-help as they are now aware of our role and what we can offer.

Lynsey Davies, CWP

In addition, the CWPs have been given access to the Anna Freud Centre's recently developed 'POD' web database, a secure online system for collecting anonymised outcome data from both service users and practitioners. The POD system has built-in digitised measures and scoring systems so that service users can be provided with live feedback to their responses. POD can plot an individual's progress in graphs and export service-wide data to be analysed in Excel or SPSS. In line with CYP-IAPT 's principles of participation and accessibility, service users will also be given access to POD so that they can see their own data and complete questionnaires away from the service. CYP-IAPT envisions that service users will be able to complete questionnaires at home, through the internet, or in sessions, on an ipad. The CWPs are also filling in outcome measures on POD, to track our own learning and understanding of course materials and to provide feedback to the course leaders on areas of teaching that could be improved or adapted.

Dan Willmott, CWP

The structured, fast-paced training I receive at KCL, as well as supervision within the Service, has helped me feel confident and equipped to begin seeing clients fairly quickly. I am gaining knowledge in how to adapt theory to practise, how to build therapeutic relationships with both parents and young people, and how to best make use of feedback and psychometric measures. The training increases my understanding of diversity issues and how Services and practitioners can identify the barriers for young people to access and take up treatment. What I most enjoy about being a CWP is the positive impact my work has on my clients. To have the privilege of contributing to a client's recovery and instilling hope is very rewarding. Ultimately, I hope that the skills and tools we help equip them with can enable them to become their own therapist, as well as to act as a protective factor for their later adult life.

Jess Thompson, CWP

As the CWP Supervisor for this new pilot course, I have felt very lucky to work with such a bright and enthusiastic group of students that have, so far, made my job very easy! I have also been incredibly proud of our whole service. Whilst working alongside other organisations, it is clear to see the hard work and leadership that have taken place within Bromley Y in order to have been recognised as a flagship site for CYP IAPT. I think this particular way of working using GSH will open up many more possibilities to reach young people and families in the future, improving how we meet the

needs of children and young people and enabling us to keep our waiting list down and see them in a timely fashion.

Lou Stratford, Supervisor & Wellbeing Practitioner

"Bromley Y is very welcoming which helped to settle my nerves about CBT. The CBT itself helped me to talk about my problems and to challenge my negative thoughts which helped me to cope, especially as it was during my exams"

Parenting Work

This year has seen continued development in Bromley Y's Early Years work, specifically work with parents. Parent training is used mostly for parents of children with behavioural difficulties such as Conduct Disorder. It can also prove very effective for parents of children struggling with anxiety – this can be delivered wither in a group setting or through individual work with parents.

This year, Bromley Y have offered three parent groups, two for parents of children with behavioural difficulties, and one for parents of children who are struggling to manage their emotions (particularly anger and anxiety). These groups have been focussed on empowering parents by giving them the tools and confidence to effectively manage their children's difficulties. We also offer individual parent training, which is generally for more complex families that we see here at Bromley Y. Through both group and individual parent training, the theory remains the same - we want to promote positive behaviour from the children referred to us parenting techniques through positive such as encouragement, rewards, and positive reinforcement, whilst also tackling less desirable behaviours by giving parents the tools to manage difficult situations, and how/when to give consequences.

Over the next year Bromley Y aims to continue diversifying our parent work by offering more workshop-style groups, focussing on specific targeted areas of need that have been raised by the families that are referred to us.

Anthony Wallace, Assistant Psychologist

Working in Partnership with Bromley Youth Offending Service

Direct work within the Bromley Youth Offending Service (YOS)

started in February this year and was a new challenge for us. Historically, in Bromley as in most other youth offending services, an NHS CAMHS professional would be attached to the youth offending team to address the mental health concerns of the young people attending. To invite a third sector service with a focus on wellbeing presents a new opportunity for YOS staff and their clients. Bromley Y is delivering an internal therapeutic role within the YOS team, with a strong eye on family work offering a systemic approach and understanding in direct work with young people and families. Further work is centred on developing staff support and consultation to the organisation as a whole.

Changes in the environment in which therapeutic work is delivered is a challenge for us and ensuring that we work with young people within the YOS in spaces that engender safety and tranquillity is an ongoing priority.

Already, we are building good relationships with staff and are engaged in useful work with young people, families and staff, even when met with the great challenge of initial engagement which can be a symptom of work with young people who are involved in the criminal justice system.

Future plans include reflective practice support for the YOS case workers to formalise the support they are already receiving and for us to have more involvement at the assessment stage when young people enter the YOS system.

We are keen to promote young people's wellbeing throughout their relationship with the YOS and to understand and work with them, and their families, to understand the context of their offending behaviour.

Lydia Thomson and Sean Rumsey

Being a Volunteer at Bromley Y (2010 – 2017)

I first became a volunteer at Bromley Y in 2010, shortly after retiring as the Principal Systemic Psychotherapist at Bromley CAMHS, where I had worked for 20 years. Over the years I had often worked in partnership with Bromley Y, so knew of its excellent reputation in practice. I was therefore delighted to be accepted as a volunteer there for two days a week. I was made so welcome there by the Director, Valerie Foster, and her then Deputy, Claire Ely. The same could be said of all the staff, who were so kind and understanding to me as I "learned the ropes". I remember thinking, "This can't last", and then gradually realising that this was, actually, the ethos of Bromley Y: kindness, caring, professional excellence, and the prioritisation of the staff and clients' wellbeing. The most containing workplace I had ever experienced.

Fortunately, as well as everyone's work involving some degree of contact with families, there were two staff members who were at various stages of systemic training, Claire Ely and Lydia Thomson, and one who was a qualified psychotherapist, Anna Learmonth. We formed a team and saw families together each week, as well as seeing families conjointly, or alone. Fortunately, we got referrals not only through the referral system, but also from our colleagues. We felt we were becoming an accepted and integral part of the rich choice of modalities available at Bromley Y. We also had a lot of fun along the way! Subsequently, Claire herself qualified as a systemic psychotherapist, and Lydia is presently completing her training.

I also saw the gradual expansion of CYPIAPT training for Bromley Y

staff, including training in family and systemic practice. I was fortunate enough to supervise one of the trainees, Emma Madden, and was delighted when she qualified last year. The commitment to training at Bromley Y means that I witnessed an increase in the number of staff who are, or are being trained to CYPIAPT level in various modalities, and as supervisors. Part of the change was an increased emphasis on outcome measures and evidence-based practice, which has, I think, resulted in a more transparent and structured way of working. It has also given Bromley Y a national profile regarding CYPIAPT and CORC (Clinical Outcome Research Consortium).

Two more momentous, and connected developments that occurred whilst I was at Bromley Y were a) the appointment of Claire Ely as Director in 2014, and b) its successful bid to run the Bromley Community Wellbeing Service for Children and Young People. I thought this reflected not only the Herculean efforts put in by Claire Ely and the staff, but also the esteem in which Bromley was held in the Borough, and by the Commissioners. This has resulted in enormous changes in terms of clinical and administrative staff expansion, age range of clients, a second Bromley Y location, and IT developments. Being the single point of entry for children's mental health referrals in the Borough has also vastly increased the amount of referrals to be processed.

Yet all the changes appear to have been managed with the normal cooperation, consideration, and dedication to service delivery that I have always associated with Bromley Y. When the service continues under a new Director, I think everyone's wish is that this ethos will continue, also. In my opinion, it is what makes Bromley Y unique.

There is not time for me to detail many other aspects of Bromley Y that have impressed me over my years as a volunteer: the dedication of the Board of Trustees, the fundraising committee, and the various volunteers; the excellent mentoring service; the school consultation and counselling provision; the participation of young people in service development; the lovely supervisees I have worked with over the years; the friendships I have made; etc, etc.

I will always be grateful to Bromley Y for affording me seven years of enriching and inspiring experience at the end of my career. I would like to thank all my lovely colleagues from whom I learned so much, the administration team who unfailingly supported me, the families who briefly allowed me to be part of their lives, and the managers who so generously contributed to my working there. I always felt an integral part of the team, even though I was a volunteer. Thank you, Bromley Y!

Christine Nuaimi, Systemic Psychotherapist

I first became involved with Bromley Y when I was 16 as a service user. I had suffered with various mental health issues for a few years, and was referred to the service in an attempt to get better. Begrudgingly, I attended my first session with no desire to improve, as I was perfectly comfortable in my pit of mental despair, and figured I was just fine. The connection I had with my therapist is something that made a huge impact on me and what made me love Bromley Y. I moved on to other specialist services for treatment, but Bromley Y was always the place I felt most understood, cared

about, and where I felt the most hopeful.

This year, I decided to run a half marathon to raise money for Bromley Y, purely because I felt it was worth it. As I trained, fundraised, and shared my story, I realised just how passionate I am about mental health and therefore I wanted to be a part of getting people talking. I now sit on the board of trustees as a young adviser, which is so special to me, because I am able to work with a charity that changes young people's lives.

In this position, I will have a say in the way the charity helps service users, and I believe I have a unique perspective, as I am a previous service user. My aim is to help Bromley Y to deliver a service that will give young people hope and help them to manage their mental health; everyone deserves to experience Bromley Y the way I did. I also hope to continue fundraising for Bromley Y by organising events and exerting my own physical energy. I feel very privileged to be in the position I am in, and to be working with such wonderful people.

Emma Wright, Young Person's Advisor

I became aware of Bromley Y when I was referred for CBT by my doctor in 2015. Since finishing my treatment, I was asked to be a part of the participation group, which is a group of young people who have gone through/are still going through treatment. The participation group is a small group of young people from across Bromley, of different ages, schools and walks of life who come together to help raise awareness for mental health, Bromley Y and

try to bring attention to the stigma attached mental health.

When we do the workshops at schools across the borough, I have a piece that I say about my personal struggles with anxiety and depression and try and relate it to them as much as possible. One way I do this is create a flowchart of how my brain would used to work, and how it changed with CBT (pictures of diagram attached). I talk about how CBT helped me by making me realise that I was in that I was in the viscous cycle shown in the flowchart. I go on to explain that this flowchart can be related to any situation that makes you anxious or stressed and all you need to do is change one thing: how you think about things.

Although it was very difficult to begin with, since then I have gained confidence with speaking about it to a bunch of teenagers! The participation group is something that I really look forward to, as the people who run it are amazing and inspiring but also the people in it are all so different and all have experiences of mental health and Bromley Y, and the motivation to help make a difference in the community.

Jenny May, Young Person's Advisor

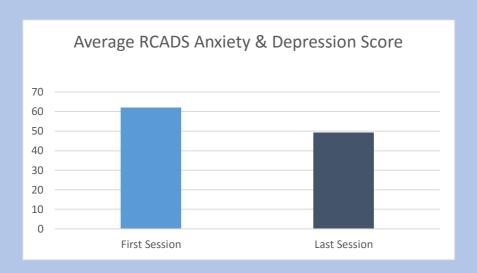
Statistics and Outcomes

The Wellbeing Service received 2,609 referrals for the year 2016/17 – more than any previous year to date. These referrals were split roughly 50/50 between males and females, with 1% of the young people referred identifying as transgender.

We use Routine Outcome Measures such as the Strength and Difficulties Questionnaire (SDQ) and Revised Children's Anxiety and Depression Scale (RCADS) at the beginning and end of interventions, these continue to show the positive impact that our service provides for children, young people, and their families.

The RCADS is used to measure anxiety and low mood, and in addition measures five different types of anxiety (separation

anxiety, generalised anxiety, panic, social phobia, obsessions and compulsions). Our 2016/17 audit shows that after intervention here at Bromley Community Wellbeing Service, 84% of young people's total anxiety and depression score on the RCADS reduced, with the average score dropping from 62 to 49 – both of these figures are below the clinical cut off of 65.



The SDQ helps us to measure the type and severity of the difficulties that a young person is experiencing, which are then compared to clinical norms to determine whether they are in a normal, borderline, high, or very high range. It is also used as a predictor of the likelihood of diagnosis for various types of psychological

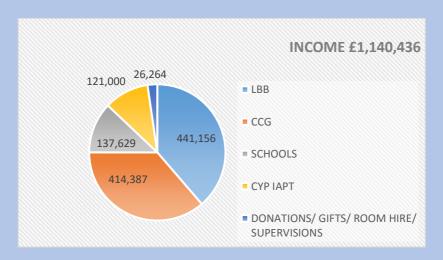
disorder. This year's data show that 77% of individual's scores reduced, with average scores going from 18.1 (high) to 13.6 (normal).

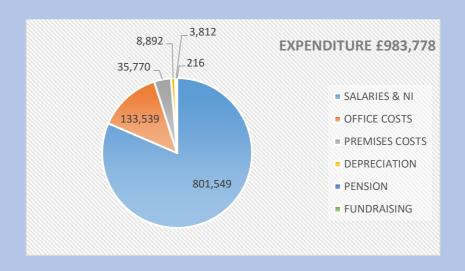


It is also important to note the impact of our more complex work, with 88% of the young people who scored above 18 on the initial SDQ (higher risk) showing a reduction in overall stress score after accessing our service.

Anthony Wallace, Assistant Psychologist

Finances





Bromley Y is made up of the following dedicated people:

Director

Claire Ely

Operational Managers

Sarah Parson, Suzanne Roberts, Sam Reynolds

Consultant

Claire Lynn

Supervisors

Jane Burton, Helen Knight, May O'Donnell, Yvonne Onyeka, Lou Stratford, Lydia Thomson

Wellbeing Practitioners

Sarah Beston, Ingrid Bresnahan, Irene Brown-Martin, Barry Burnett, Jessica Davies, Jill Elms, Christine Fletcher, Julia Gray, Stuart Lansdell, David Linford, Claire Lynn, Emma Madden, Amanda Reed, June Rosewell, Sean Rumsey, Mark Sheldon, Kate Telford, Wendy Warne, Jan Willmott,

Volunteers

Valerie Foster, Kathy Morris, Christine Nuaimi

Assistant Psychologists

Candice Brown, Emily Carter, Lynsey Davies, Lillee Myers, Jessica Thompson, Anthony Wallace, Amy Warne, Dan Willmott

Referrals Team/ Finance

Denise Askham, Mel Brown, Jo Nelson, Chantelle Varney, Wendy Whybrew / Robin King, Tracey Tompsett, Leander Couldridge

Trustees

Dr Alan Beattie, Peter Coling, Tony Gore, Adrian Hollands, Catherine Kane, Kathy Morris, Alderman Ernest Noad (Chair), Dr Stuart Robertson, **Young Advisors:** Jenny May, Emma Wright

Special thanks go to...

Ron (our gardener), David Whybrew, The White Stuff Bromley, Hayes Free Church, Sainsbury's Wickham High Street



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Registered Charity No. 291181

Registered Company No 1844941

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2017 FOR BROMLEY Y

F W Berringer & Co Chartered Accountants and Statutory Auditors Lygon House 50 London Road Bromley BR1 3RA

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REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2017

TRUSTEES P L Coling

A Hollands A J Gore

Dr C Stone (resigned 15.11.2016) Mrs C Harries (resigned 15.11.2016) Ms S Bulmer (resigned 15.11.2016)

Mrs K Morris Alderman E Noad Dr S Robertson

Dr A Beattie (appointed 11.4.2017) Ms C Kane (appointed 11.4.2017)

COMPANY SECRETARY P L Coling

REGISTERED OFFICE 17 Ethelbert Road

Bromley Kent BR1 1JA

REGISTERED COMPANY NUMBER 01844941 (England and Wales)

REGISTERED CHARITY NUMBER 291181

AUDITORS F W Berringer & Co

Chartered Accountants and Statutory Auditors

Lygon House 50 London Road Bromley

BR1 3RA

REPORT OF THE TRUSTEES for the year ended 31 March 2017

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 2017. 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 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Bromley Y provides psychological interventions primarily for young people in the London Borough of Bromley. Bromley Y works closely with Bromley CCG and the London Borough of Bromley to achieve its charitable objectives.

Public benefit

The trustees consider that the objectives and aims of the charity described above, enable it to meet its obligations to the Charity Commission by providing support to young people.

ACHIEVEMENT AND PERFORMANCE

This year Bromley Y received 2,609 referrals into our service, 400 referrals higher than last year. This figure includes those young people accessing our service in central Bromley and in the community at the Blenheim centre in Orpington.

The Schools service has also worked with 305 children and young people within Bromley schools.

The Wellbeing Service for Children and Young People is well embedded in the borough and demonstrates very positive outcomes for young people and their families, as shown below:

Using the strengths and difficulties questionnaire (SDQ), this year's data show that 77% of children and young people accessing an intervention who score in the clinical range prior to the work, report reduced difficulties following an intervention.

It is also important to note the impact of our more complex work, with 88% of the young people scoring high in difficulties on the SDQ prior to intervention, showing a reduction in overall stress score after accessing our service. The data suggests that Bromley Y offers effective interventions to a wide range of children and young people from those presenting for early help right up to more complex presentations.

Bromley Y has begun working within the Youth Offending Service with young people, their families and the centre's staff.

We continue to deliver a successful mentoring programme for young people aged 14 - 18 and have been training up new mentors to join the team.

As an agency, we have continued to deliver supervision for Bromley School nurses, YOS and School staff.

We are now providing counselling in 9 schools and 2 colleges in the borough, and offer school consultation to all primary and secondary schools in Bromley.

FINANCIAL REVIEW

Financial position

Bromley Y has successfully diversified its funding streams this year with further commissioned services by Bromley Clinical Commissioning Group (CCG) from Transformation funding and a new contract with the Youth Offending Service. This allows us to increase services offered to young people whilst ensuring a firm financial basis on which to expand further.

We continue to generate new sources of income from provision of Bromley Y services throughout the borough and remain grateful to our independent fundraising committee and community supporters which provide a crucial funding strand.

Principal funding sources

Principal sources of funds continue to be the London Borough of Bromley, The Department of Health and School's work.

REPORT OF THE TRUSTEES for the year ended 31 March 2017

FINANCIAL REVIEW

Reserves policy

It is the policy of the Council of Management to ensure that the charity maintains sufficient net current assets to cover twelve months' running expenses. As these funds need to be readily available, they are maintained in short notice interest-bearing accounts.

FUTURE PLANS

Bromley Y will endeavour in its upmost to secure funding going forward so that we continue to deliver services that enable young people and their families to find ways through their difficulties and make the best of their futures.

STRUCTURE, GOVERNANCE AND MANAGEMENT GOVERNING DOCUMENT

The organisation is a charitable company limited by guarantee number 1844941 and registered as a charity number 291181 under the name Bromley Y. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

RECRUITMENT & APPOINTMENT OF MANAGEMENT COMMITTEE

The directors of the company are also trustees for the purposes of charity law and under the company's Articles are known as members of the Council of Management retire by rotation, by reference to those that have been longest in office since their last election.

During the year Dr C Stone, Mrs C Harries and Ms S Bulmer retired from being trustees. The Board would like to thank them for all their hard work over the years.

TRUSTEE INDUCTION & TRAINING

New trustees are invited and encouraged to attend a series of short training sessions to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chairman of the Management Committee and the director, and cover:-

- the obligations of Council of Management members
- the main documents which set out the operational framework for the charity including Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts
- future plans and objectives.

RISK MANAGEMENT

The Council of Management has conducted a review of the major risks to which the charity is exposed and, where appropriate, systems or procedures have been established to mitigate the risks the charity faces. External risks to funding have led to the development of a strategic plan to increase the diversification of funding and income resources. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to Bromley Y. All procedures are periodically reviewed to ensure they continue to meet the needs of both the charity and legislation. Bromley Y has a Council of Management who meet on, at least, a quarterly basis and are responsible for the strategic direction and policy of the charity. At the present time, the Council consists of eight members from a variety of professional backgrounds, all considered relevant to the charity.

Day-to-day responsibility for the provision of services rests with the directors, who are responsible for ensuring the charity delivers the services specified and that key performance indicators are met.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees (who are also directors of Bromley Y for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which 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:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;

REPORT OF THE TRUSTEES for the year ended 31 March 2017

- Make judgements and estimates that are responsible and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware; and
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

AUDITORS	
The auditors, FW Berringer & Co, will be proposed for re-appointment	ent at the forthcoming Annual General Meeting.
Approved by order of the board of trustees on	and signed on its behalf by:
Alderman E Noad - Trustee	

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF BROMLEY Y

We have audited the financial statements of Bromley Y for the year ended 31 March 2017 on pages seven to twenty. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditors

As explained more fully in the Statement of trustees responsibilities set out on page four, 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.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Report of the trustees to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2017 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Report of the trustees for the financial year for which the financial statements are prepared is consistent with the financial statements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF BROMLEY Y

Matters on which we are required to report by exception

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; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic report or in preparing the Report of the trustees.

John Cardnell BSc FCA (Senior Statutory Auditor) for and on behalf of F W Berringer & Co Chartered Accountants and Statutory Auditors
Lygon House
50 London Road
Bromley
BR1 3RA

Date:	

STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31 March 2017

		Inrestricted fund	Restricted fund	2017 Total funds	2016 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	15,083	-	15,083	65,605
Charitable activities	4				
Counselling services		263,054	-	263,054	269,260
Service Level Agreements		767,049	-	767,049	534,185
Other trading activities	3	6,674	-	6,674	7,246
Total		1,051,860	-	1,051,860	876,296
EXPENDITURE ON Charitable activities	5				
Counselling services		970,570	7,554	978,124	698,313
Other		5,459		5,459	9,194
Total		976,029	7,554	983,583	707,507
NET INCOME/(EXPENDITURE)		75,831	(7,554)	68,277	168,789
RECONCILIATION OF FUNDS					
Total funds brought forward		463,796	260,466	724,262	555,473
TOTAL FUNDS CARRIED FORWARD		539,627	252,912	792,539	724,262

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

BALANCE SHEET At 31 March 2017

		2017	2016
	Notes	£	£
FIXED ASSETS Tangible assets	11	368,772	341,975
CURRENT ASSETS			
Debtors	12	59,823	57,587
Cash at bank and in hand		522,950	493,382
		582,773	550,969
CREDITORS			
Amounts falling due within one year	13	(159,006)	(168,682)
NET CURRENT ASSETS		423,767	382,287
TOTAL ASSETS LESS CURRENT			
LIABILITIES		792,539	724,262
NET ASSETS		792,539	724,262
FUNDS	15		
Unrestricted funds		539,627	463,796
Restricted funds		252,912	260,466
TOTAL FUNDS		792,539	724,262
These financial statements have been preparate to small charitable companion. The financial statements were approved by	ies.	-	_
behalf by:			

Alderman E Noad -Trustee

CASH FLOW STATEMENT for the year ended 31 March 2017

	Notes	2017 €	2016 £
Coch flows from anaroting activities	Notes	æ	r
Cash flows from operating activities: Cash generated from operations	1	75,700	266,009
Net cash provided by (used in) operating			
activities		75,700	266,009
Cash flows from investing activities:			
Purchase of tangible fixed assets		(46,132)	(25,031)
Net cash provided by (used in) investing act	tivities	(46,132)	(25,031)
• • • • • • • • • • • • • • • • • • • •		<u>- · · · · · · · · · · · · · · · · · · ·</u>	
Change in cash and cash equivalents in the reporting period		29,568	240,978
Cash and cash equivalents at the beginning reporting period	of the	493,382	252,404
Cash and cash equivalents at the end of the reporting period		522,950	493,382

NOTES TO THE CASH FLOW STATEMENT for the year ended 31 March 2017

RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW 1. FROM **OPERATING ACTIVITIES** 2017 2016 £ £ Net income/(expenditure) for the reporting period (as per the statement of financial activities) 68,277 168,789 Adjustments for: Depreciation charges 19,335 20,133 Increase in debtors (2,236)(13,222)(Decrease)/increase in creditors (9,676) 90,309 Net cash provided by (used in) operating activities 75,700 266,009

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2017

1. 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 2015)', 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, as modified by the revaluation of certain assets.

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.

Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £1,000 are not capitalised.

Depreciation is provided on all fixed assets at rates calculated to write each asset down to its estimated residual value evenly over its expected useful life, as follows:-

over 50 years
over 50 years
over 10 years
over 4 years
over 4 years

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.

Service level agreements

Service Level Agreements received are included as income in the income and expenditure account in so far as they are attributable to the accounting period. Service Level Agreements received in advance of a future period are carried forward in the balance sheet.

Donations

Donations are included in the income and expenditure account in the accounting period of receipt.

Investment income

Interest is brought into account on the date on which it becomes due. Rental income is recognised on an accruals basis.

Liabilities

Liabilities are recognised when the charity has an obligation to transfer economic benefits as a result of past transactions or events

2. DONATIONS AND LEGACIES

	2017	2016
	£	£
Donations and gifts	15,083	65,605

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED for the year ended 31 March 2017

3. OTHER TRADING ACTIVITIES

	Rental income Investment income			2017 £ 6,605 69 6,674	2016 £ 7,130 116 7,246
4.	INCOME FROM CHARITA	BLE ACTIVITIES			
	Ease for the provision of	Activity		2017 £	2016 £
	Fees for the provision of counselling services Service Level Agreements	Counselling services Service Level Agreements		263,054 767,049	269,260 534,185
				1,030,103	803,445
	Service Level Agreements, included London Borough of Bromley Bromley Primary Care Trust	uded in the above, are as follows:		2017 £ 441,161 325,888 767,049	2016 £ 448,661 85,524 534,185
5.	CHARITABLE ACTIVITIES	SCOSTS			
6.	Counselling services SUPPORT COSTS		Direct costs £ 977,453	Support costs (See note 6) £ 671	Totals £ 978,124
	Other resources expended Counselling services				Governance costs £ 5,459 671

6,130

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED for the year ended 31 March 2017

7. NET INCOME/(EXPENDITURE)

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

	2017 £	2016 £
Auditors' remuneration	3,050	1,210
Depreciation - owned assets	19,335	20,133
Other operating leases	9,025	-

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended $31 \, \text{March} \, 2017$ nor for the year ended $31 \, \text{March} \, 2016$.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2017 nor for the year ended 31 March 2016.

9. STAFF COSTS

Wages and salaries Social security costs Other pension costs	2017 £ 748,951 63,143 3,817	2016 £ 541,258 44,001
	815,911	585,259
The average monthly number of employees during the year was as follows:		
Administration Counselling	2017 3 29 32	2016 3 22 25

No employees received emoluments in excess of £60,000.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted	Restricted	Total
	fund	fund	funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	65,605	-	65,605
Charitable activities			
Counselling services	269,260	-	269,260
Service Level Agreements	534,185	-	534,185
Other trading activities	7,246		7,246
Total	876,296	-	876,296

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED for the year ended 31 March 2017

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued Unrestricted Restricted Total funds fund fund £ £ £ **EXPENDITURE ON** Charitable activities 690,759 7,554 Counselling services 698,313 Other 9,194 9,194 **Total** 699,953 7,554 707,507 **NET INCOME/(EXPENDITURE)** 176,343 (7,554)168,789 RECONCILIATION OF FUNDS Total funds brought forward 287,453 268,020 555,473 TOTAL FUNDS CARRIED FORWARD 463,796 260,466 724,262

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED for the year ended 31 March 2017

11. TANGIBLE FIXED ASSETS

1111,022.22.2.22.22.22.22.22.22.22.22.22.22.2	Freehold property $\mathfrak E$	Improvements to property £	Leasehold improvements £
COST			
At 1 April 2016	353,201	115,961	-
Additions	<u> </u>	19,351	22,596
At 31 March 2017	353,201	135,312	22,596
DEPRECIATION			
At 1 April 2016	113,024	32,936	_
Charge for year	7,064	2,707	2,259
At 31 March 2017	120,088	35,643	2,259
NET BOOK VALUE			
At 31 March 2017	233,113	99,669	20,337
At 31 March 2016	240,177	83,025	-
	Fixtures and	Office	
	fittings	Equipment	Totals
	£	£	£
COST	a < 400	40.74	
At 1 April 2016 Additions	26,490	48,562	544,214
Additions		4,185	46,132
At 31 March 2017	26,490	52,747	590,346
DEPRECIATION			
At 1 April 2016	23,453	32,826	202,239
Charge for year	1,013	6,292	19,335
At 31 March 2017	24,466	39,118	221,574
NET BOOK VALUE	2.024	12 (20	260 772
At 31 March 2017	<u>2,024</u>	13,629	368,772
At 31 March 2016	3,037	15,736	341,975

The trustees consider that an annual valuation of the freehold properties would not represent an appropriate use of the Charity's resources. Therefore the Charity has shown properties at cost.

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED for the year ended 31 March 2017

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	DEDI GRO, IRIO CIVIO I IIDDII VO DE				
	Sundry debtors Prepayments and accrued income			2017 £ 57,000 2,823 59,823	2016 £ 55,575 2,012 57,587
13.	CREDITORS: AMOUNTS FALLING	DUE WITHIN ONE Y	EAR		
	Taxes and social security costs Sundry creditors Accruals and deferred income			2017 £ 24,140 39,716 95,150 159,006	2016 £ 16,463 34,055 118,164 168,682
14.	ANALYSIS OF NET ASSETS BETWE	EEN FUNDS			
	Fixed assets Current assets Current liabilities	Unrestricted fund £ 115,860 582,773 (159,006) 539,627	Restricted fund £ 252,912	2017 Total funds £ 368,772 582,773 (159,006) 792,539	2016 Total funds £ 341,975 550,969 (168,682)
15.	MOVEMENT IN FUNDS				
	Unrestricted funds		At 1.4.16 £	Net movement in funds £	At 31.3.17 £
	General fund Restricted funds		463,796	75,831	539,627
	Restricted - Building fund		260,466	(7,554)	252,912
	TOTAL FUNDS		724,262	68,277	792,539

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED for the year ended 31 March 2017

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds General fund	1,051,860	(976,029)	75,831
Restricted funds Restricted - Building fund	-	(7,554)	(7,554)
TOTAL FUNDS	1,051,860	(983,583)	68,277

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2017.

17. TAXATION

As a Charity, Bromley Y is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

18. FIRST YEAR ADOPTION

The charity has adopted FRS 102 for the year ended 31 March 2017. Whilst the transition to FRS 102 from old UK GAAP has had no effect on the Charity's reported financial position or financial performance, other than the recognition of unpaid holiday pay on salaries being reflected as at 1 April 2015 and 31 March 2016, and there have been several presentational differences which are reflected in these financial statements.

RECONCILIATION OF INCOME AND EXPENDITURE FOR THE YEAR ENDED 31 MARCH 2016

			Effect of transition to	
		UK GAAP	FRS 102	FRS 102
	Notes	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies		65,605	-	65,605
Charitable activities		803,445	-	803,445
Other trading activities		7,246		7,246
Total		876,296	-	876,296
EXPENDITURE ON				
Charitable activities		702,462	(4,149)	698,313
Other		<u> </u>	9,194	9,194
Total		702,462	5,045	707,507
NET INCOME/(EXPENDITURE)		173,834	(5,045)	168,789

RECONCILIATION OF FUNDS AT 1 APRIL 2015 (DATE OF TRANSITION TO FRS 102)

FIXED ASSETS	Notes	UK GAAP £	Effect of transition to FRS 102 £	FRS 102 £
Tangible assets		337,077		337,077
		337,077	-	337,077
CURRENT ASSETS				
Debtors		44,365	-	44,365
Cash at bank and in hand		252,404	<u> </u>	252,404
		296,769	-	296,769
CREDITORS				
Amounts falling due within one year	13	(63,138)	(15,235)	(78,373)
NET CURRENT ASSETS		233,631	(15,235)	218,396
TOTAL ASSETS LESS CURRENT LIABILITIES		570,708	(15,235)	555,473
		570,708	(15,235)	555,473
FUNDS				
Unrestricted funds Restricted funds	15 15	302,688 268,020	(15,235)	287,453 268,020
TOTAL FUNDS		570,708	(15,235)	555,473

RECONCILIATION OF FUNDS AT 31 MARCH 2016

FIXED ASSETS Tangible assets	Notes	UK GAAP £ 341,975	Effect of transition to FRS 102 £	FRS 102 £ 341,975
Taligible assets		341,973	_	341,973
CURRENT ASSETS Debtors Cash at bank and in hand		57,587 493,382 550,969	- - -	57,587 493,382 550,969
CREDITORS Amounts falling due within one year	13	(148,402)	(20,280)	(168,682)
NET CURRENT ASSETS		402,567	(20,280)	382,287
TOTAL ASSETS LESS CURRENT LIABILITIES		744,542	(20,280)	724,262
NET ASSETS		744,542	(20,280)	724,262
EVANOG				
FUNDS Unrestricted funds	15	484,076	(20,280)	463,796
Restricted funds	15	260,466	-	260,466
TOTAL FUNDS		744,542	(20,280)	724,262

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31 March 2017

	2017 £	2016 £
INCOME AND ENDOWMENTS		
Donations and legacies Donations and gifts	15,083	65,605
Other trading activities		
Rental income Investment income	6,605 69	7,130 116
	6,674	7,246
Charitable activities		
Fees for the provision of counselling services Service Level Agreements	263,054 767,049	269,260 534,185
	1,030,103	803,445
Total incoming resources	1,051,860	876,296
EXPENDITURE		
Charitable activities		
Salaries	748,951	541,258
Social security costs	63,143	44,001
Redundancy	3,817	-
Rent	9,025	2.156
Rates and water Insurance	2,255 3,772	2,156 2,868
Light and heat	3,772 7,442	4,435
Computer expenses	15,946	14,866
Fundraising	180	216
Casual labour	1,990	2,075
Supervision, training and service provision	20,742	7,067
Property costs	18,500	17,234
Postage, stationery and telephone	18,826	16,660
Cleaning	14,888	5,235
General expenses	7,452	6,156
Accountancy Pouls abores	20,830 359	13,670
Bank charges Depreciation of tangible fixed assets	19,335	283 20,133
	977,453	698,313
Support costs		
Governance costs	2.050	1.010
Auditors' remuneration Professional fees	3,050 3,080	1,210 7,984
	6,130	9,194
Total resources expended	983,583	707,507

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31 March 2017

	2017 £	2016 £
Net income	68,277	168,789