



ANNUAL REPORT

2011

Off Centre was the right place for me. A place you can go and find hope, help and a very friendly team staff. As a young person if it hadn't been for Off Centre I wouldn't be here today. Off Centre has helped me a lot. I am very extra happy with Off Centre. Thanks!





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CHAIR'S REPORT

Like most public services, Off Centre has had a very tough year. Funding has been tighter than ever, while the clear need for what we offer continues to grow and grow. We supported 2,500 young people this year, but for every one we support, we have to turn away three more due to lack of funding. We know that intervention and support of the type we offer can make a huge difference to the rest of someone's life and to their contribution to society, so it's a continuing sadness that we have to turn people away.

Fortunately, we also have a lot going for us, and this year more than ever the staff of Off Centre, both new and old, have been amazing. Our departing Service Director, Willis Atherley-James, made a major contribution to our clinical and professional practices, and was much missed when he left us at the end of 2010. Nicola Noone, our Director until December 2010 has seen us through a period of great uncertainty and pressure with grace and good humour, managing both to keep the day to day wheels turning smoothly and also to minimise PCT funding cuts - a testament both to her professionalism and strong relationships with funders, and to the quality and efficiency of the services that we already deliver. We now have a dynamic and effective new chief executive in Martin Williams



TIME
&
CHANGE



who is ready to lead us through 2011 and onwards. We were also very happy to be able to promote Delores McPherson into a new role of Assistant Director of Services; she is now heading up our very experienced team of specialist counsellors, therapists, and advice and information workers. As a newcomer to the position of Chair, I've been very grateful to have such a strong team in place who have carried us through this difficult period.

Over the past year we have increasingly also worked with volunteer counsellors to deliver sufficient support against shrinking hourly budgets. We're still working out how to best integrate their work within the permanent clinical team, especially since many of our clients need the support of a very experienced counsellor, but those volunteers have already made a huge contribution.

This year has seen some new and important initiatives for us, some of which you will see described in more detail later in this report. It has also seen the loss of some great projects, in particular HYPAC, which provided interventions for young people and their families who were affected by crime. HYPAC supported 400 young people per year and was heavily oversubscribed, exceeded all impact targets, and was recognised as an exemplary model of partnership working, but sadly funding was completely withdrawn in 2010 due to public sector cuts.

When planning for the year ahead, we have been conscious that we need to be more efficient

than ever before, and that we have to balance that with the clinical excellence and the sense of safety that we need to provide for the young people who we support. This is especially true as we were already running a tight ship and as there are still many unknowns in how public services will look by the end of 2011.

However, we're confident that we have now found the right balance: while we're working hard to seek additional funding to better staff our core services, we also know that Off Centre's future is secure for our staff and for the service users who need us. We're now looking forward with cautious optimism: we know that Off Centre can make a big difference to the lives of the young people of Hackney and we believe we can find ways to continue delivering it.

Fran Bennett, Chair





CEO REPORT

“VIBRANT, YOUTHFUL AND LIFE-ENHANCING”

- some of the qualities that attracted me to Off Centre when I took up post in early January (2011). I'm delighted to join the organisation at such an exciting point in its history, as we position ourselves to face radical changes to the policy and financial framework of the mental health sector.

Off Centre has a simple vision: to support young people at one of the most difficult times in their life, during the transition from childhood to adulthood. We transform this vision into ground-breaking services that put young people at the heart of everything we do. Judging by recent feedback it's working – we were told by one of the young people who has benefitted from our services, “Off Centre is ‘it’ believe me!”

During 2010-11 our psychotherapeutic services (one-to-one counselling, group work, art therapy and dramatherapy) team worked with more children and young people than in any previous year, maintaining the very highest standards of clinical effectiveness in the face of increasing pressure. Our psychosocial (advice, information and guidance) services team went from strength to strength, as we sought to broaden the range of services on offer.

We've grown our services in order to support wide-ranging needs, from one-to-one counselling to specialist advice, information and guidance about housing, welfare rights, health and wellbeing, and much more. We've done this because most young people who come to us have multiple and complex support needs. We think broadening our services makes us a better organisation and we'll seek funding wherever possible to allow us to continue in this way. We won't, however, forget our roots as a counselling service, and our 37-year record of outstanding clinical effectiveness. We'll continue to invest in counselling to maintain our track record and reputation.

The government's new mental health strategy "No Health without Mental Health" makes big promises in terms of funding to increase access to services like those we offer. Yet, at the same time, unprecedented cuts in funding for public services and sweeping reforms to the NHS threaten to undermine those very services that the strategy depends upon. Behind the scenes much work went on last year to prepare ourselves for changes to our funding framework and to prepare for local short-term commissioning intentions; GP-led commissioning; and personalisation, three key agendas facing the voluntary mental health sector in its immediate future.

We've enjoyed great support from LB Hackney and City and Hackney PCT and some spectacular fundraising successes. But we can't, and shouldn't, be too reliant on these. State funding tends to like to put people into boxes - you can get funding to run a service that addresses a mental health issue but might not be able to use that same funding to provide welfare advice or enable a young person to learn a new skill. That may change with the government's intention to roll back the state and invest in a vibrant voluntary sector, funded by the government, to provide for a greater range of people's needs. Equally it may not.

Because of this, and because we want to maintain our model of wrap-around support, we can't afford to "wait and see".

We will launch a new strategic plan in 2011-12 that reiterates our commitment to wrap-around services for children and young people's mental health and wellbeing needs. It will include new ways of diversifying our income so that we become less reliant on any one particular source of funds and will provide sufficient and stable funding to maintain and develop those services. It will look at ways that we can generate income of our own - perhaps through offering training or by offering publications and other resources that tap into the vast knowledge of our brilliant staff and our 37 years' experience of supporting the needs of Hackney's young residents, workers and students. Because we know that young people's problems don't stop when they reach the boundaries of Hackney, we'll look at ways people from neighbouring boroughs and further afield can benefit from what we have to offer – watch this space for further developments.

If you've got this far – well done, but I can't close without saying a big thank you to all the staff and volunteers, peer mentors and trustees who collectively make Off Centre "it!" and who, together, will take it forward through its next stage of development. We've said goodbye to some fantastically talented people during 2010-11, to whom I'd also like send a message of thanks. Enjoy the rest of this report.

Martin Williams, Chief Executive

martin.williams@offcentre.org.uk

ASSISTANT DIRECTOR SERVICES REPORT

Off Centre is the leading Young Peoples Counselling and Advice and Information service in Hackney. Our vision is to be recognised as a leading provider in the neighbouring boroughs and work is well on the way to promote our services in schools primarily focusing on our REACH project which provides psychosocial education/group work sessions on Healthy Relationships for young people.

In the past few months the service has been through turbulent times. The counselling service has had 10% cut from existing contracts, which has had an impact on staff member's having to reduce working hours equivalent to a loss of three days of clinical work.

Throughout the last financial year the clinical team and advice and information team received over 958 new referrals, the clinical team offered over 2,280 sessions to over 200 young people and includes working with young people who identified as having a range of issues such, sexual abuse, identity, mental illness, gang related issues bereavement and loss. This list is not exhaustive.

Off Centre team will endeavour to work with young



people to cater for all their needs, with the inclusion of the new psychosocial team (TRT Project), this allows for young people to be offered music lessons, rock climbing, sailing and canoeing. Our Mentoring scheme came into operation some 10 months ago, since when 10 young adults have been trained as Mentors. Our mentors provide support to young people in order for them to manage their own learning in order that they maximize their full potential.

Partnership is still a key part of Off Centre's foundation we have developed new collaborative work with:

HACKNEY 2012 TEAM 'HACKNEY TRY-ATHLON'

With funding from Capital Radio help a London Child we will be taking eight young people from Hackney on the trip of a lifetime in 2011. Their trip will include a week of activities including visiting the Olympic 2012 site, horse-riding plus a two day residential sailing trip in Weymouth.

HACKNEY CHAS (CITY & HACKNEY ALCOHOL SERVICE)

Comic Relief funding to provide young people Alcohol Counsellor to provide support to young people affected by alcohol use.

FAIRBRIDGE- 'FIX UP, FEEL GOOD' PROJECT

Partnership work in providing six group work sessions, for up to six young people. The project will explore the factors that contribute to poor mental, emotional, and physical health, helping individuals to become aware of the importance of maintaining all aspects of their health and ultimately raise their confidence, supporting them to look after themselves, establish positive relationships and build resilience whilst transitioning into adulthood.

We still have a long term partnership relationship with Hackney CAMHS where funding has been agreed under Ecominds.

Our Vision is to extend our services and be recognised in other neighbourhood boroughs. We have been awarded funding to enable us to recruit a part time Volunteer Co-ordinator; this will enable recruitment of additional volunteer counsellors to provide further service delivery within the evening shift as this will have positive impact in supporting our clients who are unable to attend the service during office hours.

Our thank you cannot be expressed enough to our Clients, Partner & Funders. The year ahead looks both promising and exciting.

I would like to express my appreciation to all Off Centre Staff & Volunteers this service could not run as it does so successfully without the work and commitment you all bring-
THANK YOU.

Delores McPherson, Assistant Director - Services

“I have certainly come to terms with death. I now talk openly about it and think about it in a healthy way. I feel I have a lot clearer idea of my career goals, am enjoying having a stable job and feel I can talk about myself more positively. I want to say thank you for helping me through all my worries. I feel like I have progressed so much since our first session and will take your supportive words with me” (21 yr old Female, self-referred as a result of bereavement).



COUNSELLING AND PSYCHOTHERAPY SERVICE

BEHIND CLOSED DOORS

By its nature counselling and psychotherapy takes place behind closed doors. Confidentiality is a central tenet of the therapeutic relationship.

This makes it very hard to fully explain the nature and value of therapeutic work. Also many of the issues that our clients struggle with happen behind closed doors. The issues of abuse and violence be it physical, sexual or emotional affect many of our young clients and have a far reaching and profound affect on their lives in the present and can diminish their lives in the future.

At Off Centre we work with a wide range of issues some of which can be addressed in short term contracts and others that need longer term contracts. Over the past year we have restructured our clinical services to meet this varied demand.

We now have a team of volunteer counsellors, some whom are in their final year of clinical training and others who are qualified but working towards BACP Accreditation. This has allowed us to increase the diversity of our clinical team. Most of our volunteers are training at Masters Level. Our volunteers are carefully clinically supervised by members of our experienced staff team and these volunteers work with the lower risk clients.

We have a wealth of experience within our staff team most of whom have been practising for over 10 years and have developed particular expertise in working with young people in an urban inner city environment. These therapists will work longer term with the more complex and high risk cases. They also work in collaboration with other professionals such as GP's, Psychiatrists and Social workers who are involved with these clients to ensure their safety and wellbeing.

With the recent cuts to public sector services we are seeing an increase in referrals of complex cases. These clients are often survivors of abuse, domestic or sexual violence, trauma or neglect and present with a range of difficulties and symptoms including self-harm and suicidal ideation. These could indicate emerging personality disorders, early onset psychosis, PTSD or developmental trauma. These young people have usually been brought up in an abusive family environment their capacity to trust and respond to therapeutic support severely compromised. These clients need skilled clinicians and longer term work in order to recover from their abusive experiences. Some will need onward referral to specialised services.

All our clinical staff regularly attend cutting edge professional training and keep up to date with current research. This year our clinical team have attended training in Personality Disorder with East London Foundation Trust, Hearing Voices with Mind and Trauma and Attachment at the Bowlby Centre. We have regular clinical consultation with CAMHS, strong links with local GP's. We continue to receive referrals from a wide variety of sources including Social Services, Psychiatrists, GP's, Schools, the Police, Youth Offending Teams, families and of course many young people who self refer.

Over 37 years we have learnt that young people need a flexible service that responds to their changing needs as they develop from childhood to adulthood. For many clients Off Centre represents a secure base that they can access or return to in times of need and often clients have several contracts with us over



the years. We do not see this as a failure of the initial work but as an indication of the value and trust that the young people put in our service.

All clients are carefully assessed by our experienced clinical staff team and each case is presented at a weekly clinical meeting where we match clients to therapists and review any risk issues that may have arisen and whether further referrals to other services GP's, Social Services, Psychiatric Services are required.

Once our clients have completed their clinical work we can then refer them into our Psychosocial service TRT which will help them engage in positive activities, match them with a mentor and help them build confidence to access work or training opportunities. We can also support their more practical needs with housing and benefit advice through our Advice and Information Service Vibes.

This process ensures that we are able to provide a safe, high quality and effective clinical service that meets the diverse needs of the young people in our community.

Thelma Matthews, Senior Therapist

CASE STUDY

A young 18yr old male arrived for a counselling /therapy assessment who was self harming and had a history of making suicide attempts. He engaged with counselling sessions irregularly at first, despite his parents being opposed to him receiving counselling. As his trust in his therapist grew, he began to talk more about his life and his feelings related to it.

He quickly gave up self harming and became more aware of his anger and how he was turning it on himself (acting out). His suicide attempts ceased as he began to link his anger to past life events and began to make sense of his difficulties and indeed how he had been exacerbating them. As he gained hope in himself (which his therapist had always had) he started to make plans for his future.

Off Centre was able to help him with practical issues like housing and positive activities whilst he continued to explore his difficulties with his therapist and build a new and more satisfying life for himself.

CREATIVE THERAPIES REPORT

“It’s been really positive. I have felt supported and, while at first I felt very vulnerable opening up (and actually that continued) I also grew to trust and feel more comfortable. I feel like I have really made progress and I am really grateful for the support I received. Thanks”.

Dramatherapy client aged 22

The creative therapies can evoke great curiosity. Often people want to know how they work, as if therapists are in possession of a secret formula. The truth is rather more mundane: yet magic can and does occur in sessions. These moments cannot be predicted, and are all the more precious for their spontaneity. They are what make the work worthwhile yet they are rare and as such, not really a true representation of what Art Therapists and Dramatherapists do. Often that entails simply sitting with someone’s distress; accepting that there are limits to what we can achieve, and celebrating the spirit and resilience of our young clients when they do succeed, in whatever small ways.

Through the medium of art or drama, we hope to offer young



people an opportunity to find their own voice. It's an hour in the week where they won't be judged, where there isn't a right or wrong way – only their way. And that's quite something for many of our clients who have never been heard, or taken seriously - or even noticed. It can be slow progress: it often needs to be. In this age of targets and tick boxes, we need to protect our clients from external pressures whilst encouraging them to make changes – bolstered by our belief in them. Funding from Comic Relief has enabled us to offer some of our most vulnerable clients the security of longer-term contracts.

Comic Relief has also enabled us to recruit two trainees from Goldsmith's who have made a significant contribution to Off Centre. In addition to taking on individual art therapy clients, Abi Rawlins and Clare Hobbs have been involved in a variety of other creative projects. Whether simply helping out on Reception, holding focus groups on mural painting or devising workshops on domestic violence, their input has been greatly valued. We shall miss them, and wish them well in their next year's placement.

We had to manage for much of the year without our colleague Jess Lammin, whose sound experience and good humour have been greatly missed. Jess has been on maternity leave and in October gave birth to Elijah. While we have enjoyed Jess's occasional visits and meeting her beautiful new little boy, we greatly look forward to welcoming her back in the autumn.

Promoting what we do has always presented Art and Dramatherapists with something of a dilemma. How does one convey experiences that are often beyond words, and which are in any case, bound by a confidential agreement? With a focus on

the process rather than end result, and a willingness to work with uncertainty rather than coming up with easy answers, the creative therapies can be perceived as a soft option. But the material our clients bring is anything but soft, and the sense of relief that they convey when able to find non-verbal ways of communicating their profound experiences, can feel almost tangible.

In an attempt to evidence our effectiveness sensitively (and our clients let us know that the creative therapies do work) Amanda has been working in collaboration with colleagues from BAAT to look into the possibility of creating AIRs (Audio Image Recordings). These audio-visual records made with the client's permission, would enable us to capture select art work, while listening to what the client has to say about their images and what Art Therapy meant to them. Although still working our way through the ethical minefield, this process would ensure that client voices are heard, and client voices are always better than those of the therapists, at describing what goes on in sessions!

Of course working creatively is a great way of capturing young people's attention, arousing curiosity and engaging them in new ways of thinking. We have been able to put this creativity to work in psycho-educational projects such as Reach, co-run by our Dramatherapist Müge Erdogmus and her counselling colleague Nora St Louis. Although short lived, Reach has been a tremendous success, and feedback from participants in schools has been overwhelmingly positive. We hope to build on new partnerships with schools such as Cardinal Pole and Bridge Academy, and should further funding become available, to continue this dynamic piece of work.

"It helped me loads. I liked the way it wasn't just talking but putting things down on paper - that helped. Sometimes I couldn't find the words for how I felt but I found I could draw it. I liked how you could see how you're feeling - it's weird as well". (Art Therapy client)



THE RIGHT TRACK

The Right Track (TRT) was successfully launched in 2010, and in its first years we have built a solid network in the borough in terms of referrals and provided access to a wide range of positive activities or training opportunities. We developed a peer mentoring support team in response to an increase in the number of young people aged 11-25yrs, referred from CAMHS and looking for to be matched with a mentor.



Through our network of partner organisations we were able to run a wide range of activities for young people including kayaking, rock climbing, horse riding, painting murals, sexual health training, learning to play guitar or to swim, going to see an art exhibition, sharing ideas and accessing counselling. The project is constantly growing looking to engage young people in creative projects, to promote a positive and active image of Hackney youth, and encouraging them to develop entrepreneurial (or as the peer mentors have termed it ideapreneur) skills.

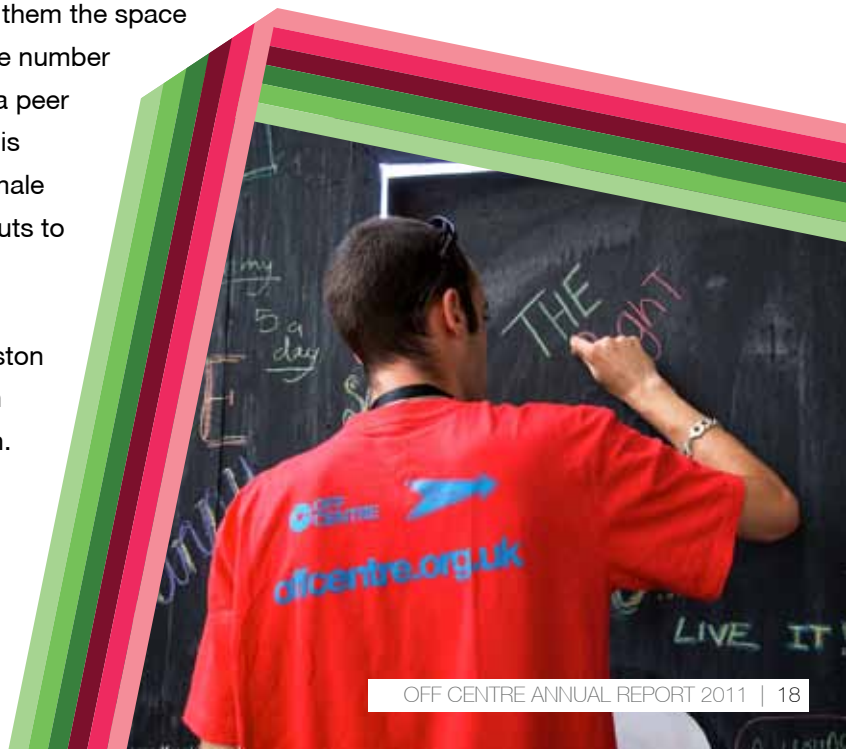
In terms of numbers we have worked in partnership with 23 organisations, who have either referred young people to us or supported us to deliver activities. Our unique number of

“I was really interested (by TRT), the creative and varied approach they take to helping young people to make positive changes in their lives really rang true with me. What’s great about Off Centre is the way it really feels like a community where people mutually respect each other and are there for genuine reasons, rather than being a sterile workplace environment. Everyone is passionate about what they are doing and everyone is an individual”. (Female, 23 yr old, TRT and Off Centre service user)

beneficiaries for the year was 254, of whom 25% were involved in psycho-social activities alone, 47% participated in therapeutic workshop outside of Off Centre, 23% became new referrals for counselling and 5% benefited from individual counselling.

Our main challenge was living in a climate of financial challenges as Hackney went through drastic changes to the voluntary and statutory sector; unemployment amongst 18-25 yr olds in the borough is already high and is rising dramatically. As voluntary sector cuts begin to bite it becomes correspondingly harder to refer young people to volunteering opportunities, so we gave them the space to create their own placement. We saw an increase in the number of referrals of young males seeking to be matched with a peer mentor to provide them with positive life role-models. This coming year we need to focus on recruiting even more male mentors in response to growing demand as a result of cuts to public sector health and social sector services.

We are very enthusiastic about our partnership with Dalston Eastern Curve Garden, a little piece of heaven located in the heart of Dalston, which we helped create and launch. We are happy to keep the space occupied this summer 2011, during which time we are building a clay oven and growing a range of vegetables and herbs. As well TRT is working closely with two creative consultants helping





us to develop original project and our branding, big thumbs up to “the Kindest Architect” Thomas Lindner and young social entrepreneur Lai-Jin Fong “Igor and Frankie”.

Gaëlle Tavernier, Manager - The Right Track

“I provide one-to-one weekly mentoring sessions with young people in Hackney. The sessions last for 45 minutes to an hour and in which I teach the mentees how to play guitar and give them space to talk about any issues on their mind.

My relationship with the mentees grows week by week and I look forward to each week to find out how the mentees are developing on the guitar as well as in their lives in general.

It is essential to have mentoring projects in Hackney, especially if you can impart your mentee with an extra-curricular skill, such as playing the guitar. It helps give young people confidence, encouragement and another thing in life to enjoy and make the most of. Mentoring sessions show young people that someone cares about them and wants them to do well in life and I believe this can help young people to aspire and to achieve.” Tim (one of our fabulous mentors)

PARTNERSHIP WORKING

We couldn't do what we do without our partners, with whom we work at levels right across the partnership spectrum from informal networks right the way up to commissioned services. There are too many to mention in detail, below are just a few for you to read about.

COMMISSION US

Our commissioned service for LB Hackney and City & Hackney Primary Care Trust provides counselling support for young people and receives referrals from a wide range of professionals in addition to self-referrals. The service was commended, in a recent mental health services review, for both quality of service and the systems underpinning the service.

We could provide a range of commissioned psychotherapeutic and psychosocial services in your area. Why not contact us on 020 8986 4016 or info@offcentre.org.uk to find out more. We understand the challenges commissioners face when delivering services which meet the needs of the most vulnerable and disadvantaged children and young people today. Our proven knowledge

and experience of what works means we can provide service user outcomes, long term social impact and value for money.

CURRENT COMMISSIONED SERVICES

Our counselling service supports young people who live, work or study in Hackney. We provide assessment and treatment according to an agreed care plan and a range of interventions that are nationally recognised and evidence based. We help young people address or develop coping strategies for a wide range of issues including violence in intimate relations, bereavement, substance misuse, victims of violent crime, sexual, racial or cultural identity and much more.

HACKNEY YOUNG PEOPLE AFFECTED BY CRIME (HYPAC)

We were funded by LB Hackney Youth Offending Team in 2010 to work with East London Foundation Trust and other agencies supporting young people affected by crime. The idea behind HYPAC was to provide community based wrap-around care for young people and their families ranging from



counselling to confidence building; training to diversionary activities. Over its lifetime HYPAC worked with over 800 young people and was judged an excellent model by which to supports the needs of the client group.

CHYPS+

We were funded by City & Hackney Community Health Services to provide counselling and support to young people needing access to counselling and support around emotional sexual health issues, including issues such as consent & choice and differentiating between healthy and unhealthy sex.

REACH

With funding from Team Hackney our Reach project worked in Hackney schools to help young people develop healthy intimate relationships and to differentiate between healthy and unhealthy relationships. The project was developed to meet an identified need amongst young people and to counter developing patterns of behaviour that denigrate the role of young girls and women in relationships. We hope to identify funding to take Reach forward again in 2011-12.

FAIRBRIDGE

We identified funding to work with Fairbridge in Hackney to support young people on their training programmes who need assistance with wellbeing, maintaining healthy relationships, confidence and self-esteem. Delivery will begin in 2011.

HACKNEY YOUNG PEOPLE OUTDOORS (HYPOD)

With funding from Big Lottery Fund under their Ecominds programme we will continue our long working partnership with City and Hackney CAMHS (Child and Adolescent Mental Health Services). HYPOD is a therapeutic gardening scheme which will equip young people with horticultural skills whilst providing access to psychotherapeutic and other Off Centre psychosocial skills.

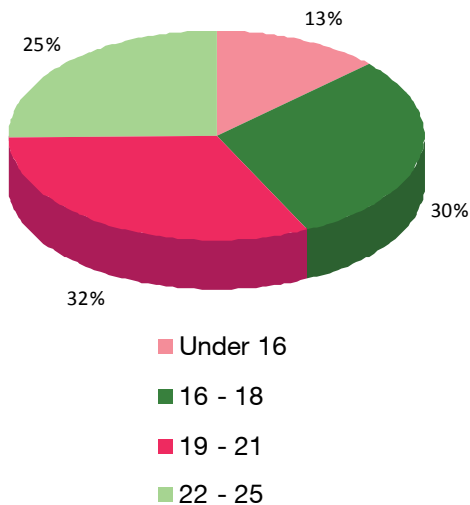
THE RIGHT TRACK

The Right Track is our psychosocial support project you'll have read about earlier in this report. TRT works with over 23 different organisations in Hackney and beyond. A few to mention are Dalston Eastern Curve Garden, the Kindest Group and Igor & Frankie.

SERVICE STATISTICS

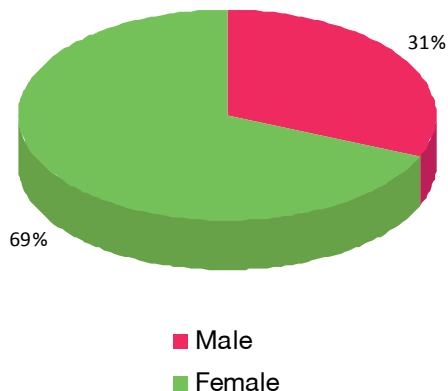
The information here reflects the age, gender and ethnicity of new referrals to Off Centre's psychotherapeutic services during 2010-11, and the source of their referral

AGE



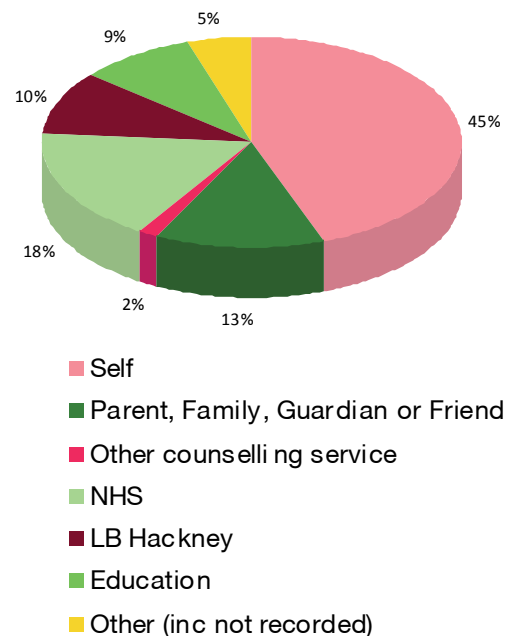
The majority of our clients are aged 16-21 years, with roughly equal splits in each year group.

GENDER



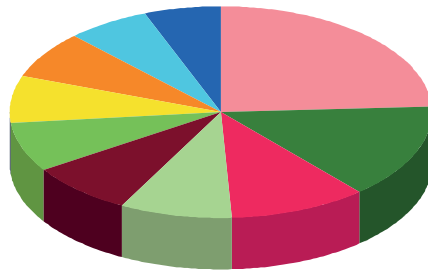
In 2010-11 we received far more referrals from females than males. We seek to address this through targeted outreach and work to demystify the benefits of therapy / counselling for boys & young men.

REFERRALS



We get referrals from all sorts of different places. This is testimony to the hard work of the staff at Off Centre who present a welcoming, non-stigmatising service that clients feel comfortable accessing. The largest single sources are self-referrals, the NHS and family/friends.

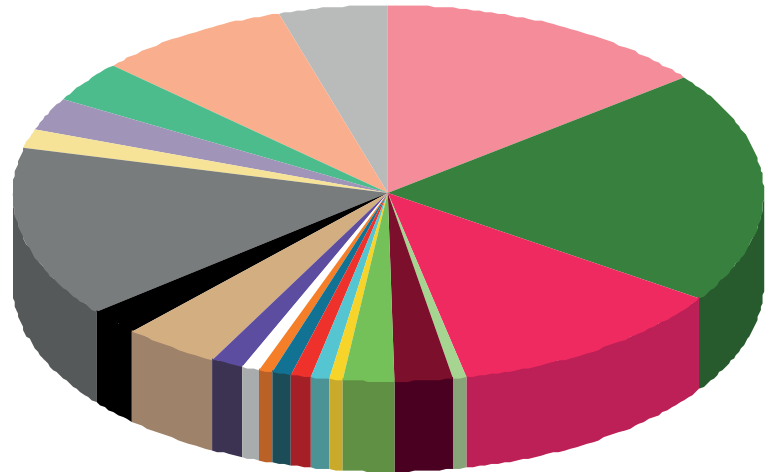
TOP 10 PRESENTING ISSUES



- Depression
- Anxiety
- Stress
- Emotional
- Drugs/Drink
- Family Breakdown
- Aggression
- School / College
- Bereavement
- Panic Attacks

We receive referrals for a wide variety of presenting issues. All service users usually present with multiple issues.

ETHNICITY



- Black Caribbean
- Black African
- Black British
- Black Other
- Asian
- Bangladeshi
- Pakistani
- Indian
- Chinese
- Somali
- Kurdish
- Arab/Middle Eastern
- Turkish (Cypriot)
- Turkish (Mainland)
- Jewish Orthodox
- White British
- White European
- Irish (white)
- White Other
- Dual Heritage
- Other

This chart is admittedly difficult to read. Standard Commission for Equality and Human Rights recommended ethnicity categories don't do justice to the rich ethnicity of our referrers so we prefer to present data in this format.

SUMMARISED STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR TO MARCH 31 2011 (incorporating an income and expenditure account)

	Unrestricted funds	Restricted funds	2011 Total	2010 Total
	£	£	£	£
Total incoming resources	289,455	214,308	503,763	434,361
Total charitable expenditure	241,785	214,066	455,851	394,382
Governance costs	20,938	-	20,938	13,536
Total outgoing resources	262,724	214,066	476,790	407,918
Net (outgoing)/incoming resources	26,731	242	26,973	26,443
Fund balances brought forward at April 1st 2010	109,744	218,551	328,295	301,852
Fund balances carried forward at 31st March 2011	136,475	218,793	355,268	328,295

All transactions are derived from continuing activities

All recognised gains and losses are included in the Statement of Financial Activities

Balance sheet as at 31st March 2011

Fixed assets	194,147	188,956
Current assets	192,339	201,073
Creditors: amounts falling due within one year	31,218	61,734
Net assets	355,268	328,295
Funds		
Unrestricted funds	136,475	109,744
Restricted funds	218,793	218,551
Total funds	355,268	328,295

These summarised accounts have been extracted from the full audited accounts of Off Centre for the year to 31st March 2011. They give a flavour of the financial health of the charity.

Copies of the full accounts can be obtained by writing to us, by email or telephone. You'll find our contact details throughout this annual report. The full audited accounts were approved by the Trustees on June 9th, 2011 and have been submitted to the Charity Commission and the Registrar of Companies. The audit report was unqualified.

Charity No: 288275. Company No: 01764019

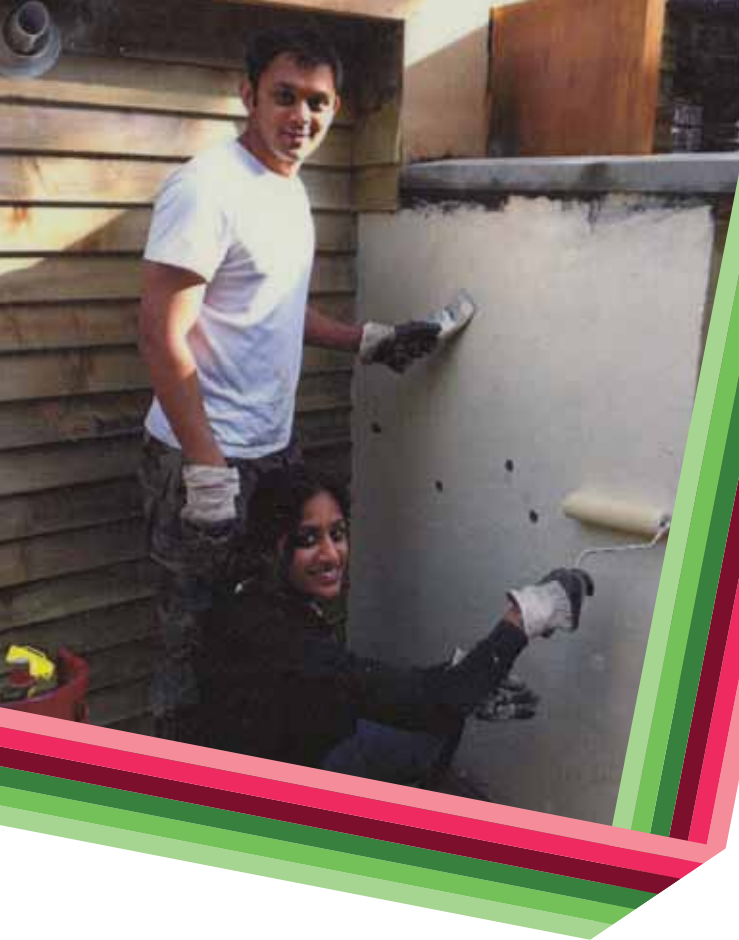
INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF OFF CENTRE.

We have examined the summarised accounts, which have been extracted from the full audited accounts for the year ended 31st March 2011. In our opinion the summarised accounts are consistent with the full audited accounts.

RAMON LEE & PARTNERS,
Kemp House,
152-160 City Road,
London EC1V 2DW

June 9th, 2011





WHO WE ARE

A BIG THANK YOU TO THE OFF CENTRE TEAM

Off Centre is a team of amazing staff, volunteers, students, peer mentors, trustees and young people who access our services. These young people deserve the utmost respect for the courage they show in seeking help when doing so might put them at risk of discrimination, stigmatisation and sadly, violent behaviour towards them. If you are a past or present user of our services, or thinking about using them, rest assured that we are committed to providing you with a service shaped by you and reflective of your needs.

The hard work and professionalism of our staff team cannot be underestimated. To find out who they are and read their biogs go to <http://www.offcentre.org.uk/whos-who/>

OUR FUNDERS

Off Centre couldn't do what it does without money. Last year Off Centre was funded/ supported by:

- City & Hackney Primary Care Trust
- Comic Relief
- LB Hackney Adult Community Services
- LB Hackney Community Partnership Grants
- Team Hackney
- Big Lottery Fund – Young People's Fund
- Big Lottery Fund – Awards for All
- Ecominds
- Team Hackney

HOW YOU CAN HELP

RAISING MONEY FOR OFF CENTRE

We've been helping young people in Hackney for 37 years, but we're only able to do this because of the generous support of our funders and supporters.

We don't charge any of the disadvantaged young people who come to us for help, which is the right thing to do but which leaves us with a monumental fundraising challenge every year. Follow these three steps if you can help...

1. Giving to Off Centre couldn't be easier: visit www.justgiving.com/offcentre and make a one-off or regular donation, large or small it all helps. Better still you, in just a few simple steps, you can set up your own JustGiving site dedicated to Off Centre and raise funds & challenge your friends to do the same. There's no fee, the money all comes to Off Centre and if you are a UK tax payer we get an extra 28p for every £1 you give – how cool is that?

2. Organise an event – get together with friends, your school, college



or Uni and organise a sponsored event for Off Centre. Large or small, it all counts. Let us know about it and we'll publicise it for you.

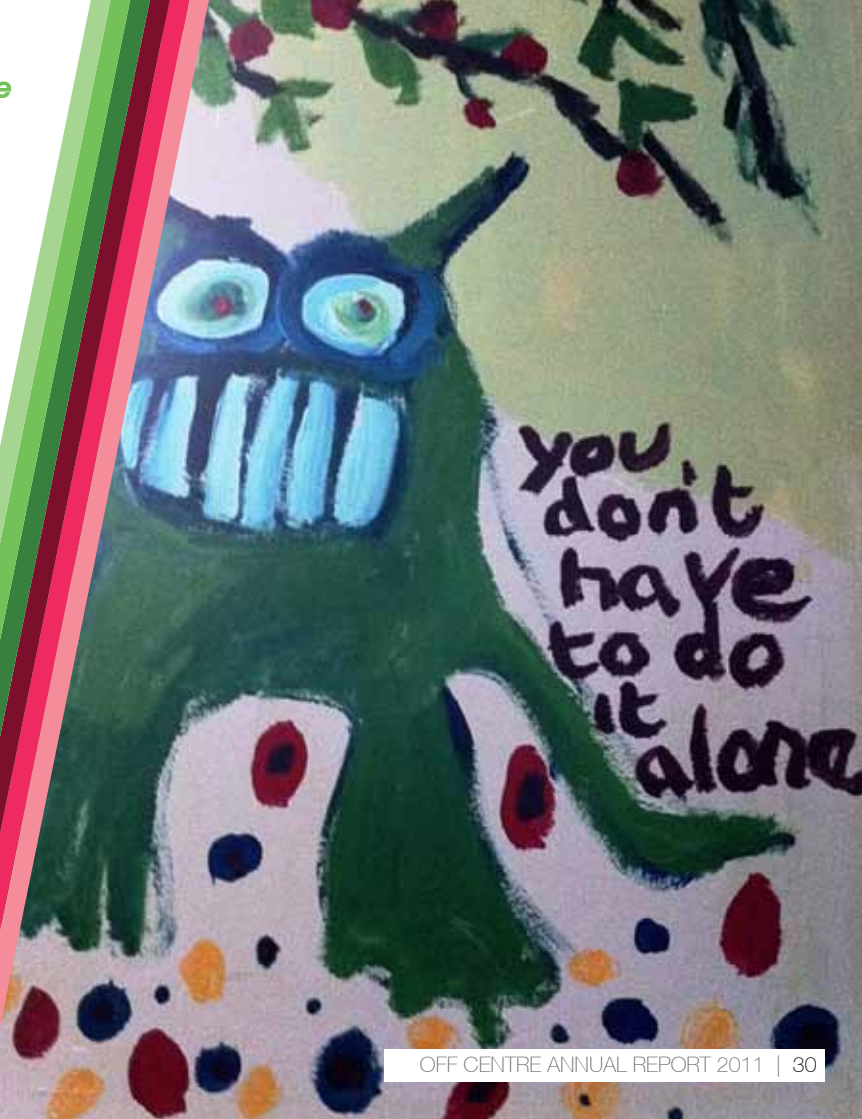
3. Tell your boss – do you work for or know someone who works for one of the big corporate businesses on our doorstep in the City or Docklands? Could you act as an administrator for Off Centre and tell people of the great work we do?

SPEND TIME WITH OFF CENTRE

There are lots of ways you can volunteer at Off Centre. Go to <http://www.offcentre.org.uk/volunteer> for the latest information.

You could become a volunteer counsellor, but equally importantly we need help with administration, reception, building maintenance, lots of different things. If you don't fancy that: how about becoming a peer mentor, helping young people on one of our many projects? Contact us at info@offcentre.org.uk (020 8986 4016) to find out more.

"I was looking for volunteer work and came across The Right Track through the just-do-it website. I had a look at Off Centre website and it was very encouraging. I was introduced to the project coordinator who put time aside for me to answer any concerns, gave me a good background and understanding about the charity and encouraged me to think and bring new ideas for the charity. I was happy to spend my time volunteering for a charity that not only it makes you feel at ease and supported but has the necessary trained professionals and experienced individual who can makes a difference. I have been mentoring young people, working alongside trained therapists on a project about domestic violence, researching and bring possible social enterprising ideas for TRT. I would like to make a difference within my local community helping anyway I can!". (25yr old, TRT Volunteer)





WHERE TO FIND US

We're very easy to find. If you're online go to www.offcentre.org.uk/visit-us where you'll find full contact details, a Google Map and links to useful websites such as Walkit and Transport for London.

Our address is 25 – 27 Hackney Grove, London E8 3NR

If you're facing Hackney Town Hall, look to the left and you'll see a big grey building, Hackney Museum. Hackney Grove is just behind and to the left, but watch out – it's a very busy cycle path! Walk down here and Off Centre occupies two Georgian Terraces a few doors down on the right hand side.

HOW TO CONTACT US

You can call us on 020 8986 4016

You can email us at info@offcentre.org.uk

If you use fax you can reach us at TBD

ONLINE

We're all over the web and Facebook. Our main site is www.offcentre.org.uk Search for us on Facebook under Off Centre and The Right Track.

CREDITS

A lot of the photos that appear in this annual report are reproduced with the kind permission of our good friend and social entrepreneur Lai-Jin Fong, igorandfrankie.co.uk

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