

Brandon

Bulletin

Summer '23

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Hello and Welcome

from Julia Brown, our CEO...

As a charity focusing on adolescent mental health and wellbeing, our tagline is that we're 'Here for Young People'. Of course, it's much more than just a tagline. It's about being present in a way that answers young people's needs and helps them find solutions that work.

We know we can't just take a guess at what those needs are, or develop services in a silo. So, some of the most important work we do is **consulting and working with young people** to make sure our services are valuable, effective, and accessible to everyone, especially those who are traditionally more difficult to reach.

A wonderful development in our young people's involvement work has been an **increasing focus on supporting their personal development**. Often, when someone has experienced significant life challenges and had space to reflect on what's important, they can then continue to grow going forwards.

One of our aims is to give young people a better understanding of what is within their control and what isn't. By supporting them to release anything that is out of their control and to focus on their strengths and potential, we help them identify and embrace new and exciting opportunities.

Our Young Ambassador programme is a great example of this. It offers a supportive, innovative, and creative space for young people to volunteer on a chosen project and, at the same time, develop their leadership skills.

Brandon Centre provides a safe space to help them work out who they are, what they want and need in life, and time to think and plan their next steps.

Time and time again our Young Ambassadors have shown how amazing their journeys continue to be into further studies and employment. Many of them come back to help us support the next generation of Young Ambassadors.

We also provide important training opportunities across the charity for **young management trainees** and placements in our counselling services and family and parenting programmes for students **training to qualify as clinical psychologists and psychotherapists**.

I hope you enjoy reading about how we're supporting the next generation of leaders as well as our other exciting Brandon Centre news, including how to help us **win a Tesco Community Grant** and a wonderful interview with our **new young patron, comedian Grace Campbell**.

Wishing you all a reflective and inspiring summer.

Julia



Julia Brown
Chief Executive

Interview with Grace Campbell – our new Young Patron

Grace Campbell is a stand-up comedian, writer and actor. She's also daughter of political advisor and mental health campaigner Alastair Campbell. While growing up around celebrities and politicians during the rise of new Labour, Grace also lived a more 'normal' life at home and school in North West London, and was a regular visitor to Brandon Centre.

We asked Grace about discovering Brandon Centre and what it meant to her as a young teenager growing into and exploring her sexuality.



When did you first find out about Brandon Centre?

I lived locally so we all knew about Brandon Centre. To start with it was a bit of a badge of honour at school. We thought it was cool to visit.

Then I started going more often for sexual health advice - Helen at Brandon Centre was basically my doctor for years.

Why did you choose Brandon Centre over your GP?

They were just so nice and made me feel so calm. I had a lot of anxiety around sex, and I went there to learn stuff that we weren't learning at school.

How did Brandon Centre approach those topics?

It was just very non-judgmental. You didn't feel like you were going to get something wrong and get laughed at. I was worrying about everything - STDs, pregnancy - and I could just ask questions. They never judged me, whereas I've had other doctors really judge me for my decisions. They never did that.

What challenges did Brandon Centre help you with?

Education really. It was a place for me to get information that I just didn't really know where else to go for. It also had that distinct sort of vibe from other health facilities. It felt really comfortable and not like a doctor's surgery. It felt safe for me to talk about things that happened to me when I was a teenager.

It was very much needed for me and my friends when we were teenagers. Now I talk to anyone about anything but sex is so daunting when you're a teenager. It's actually quite scary as a concept, and you want to be handholding someone through it. Brandon Centre was so reassuring about the whole thing - there's a lot of teenage angst and schools are just too busy to deal with that journey.

We're so excited to be working with you. Why is it important to you to stay involved with Brandon Centre?

I have a very fond place in my heart for Brandon Centre. It's a really special place in Kentish Town. It's where I'm from. I needed it when I was a teenager and teenagers still really need it today. It's really important that there's somewhere teenagers can go and talk about mental health or sexual trauma and not feel scared of being accused of things.

Do you have any projects in mind?

We're looking into a comedy fundraiser. I'd like to help raise money and social awareness of Brandon Centre's work.

It's so sad how hard it is for people who get raped for example. There's not much holistic therapy around to help. People really need places like the Brandon Centre because in those moments of trauma, you just want to go to someone that's going to make you feel safe and heard.

Sex education is getting better, and the internet is really great for a lot of stuff. Kids can get access to information that we didn't have access to. I think people are much more open which is a great thing. But there are still lots of different taboos that we need to bust.

We're so pleased to welcome Grace as our Young Patron. She's been described as "One of the funniest women in Britain," and "Articulate, witty and very funny...a breath of fresh air." You can follow Grace on Instagram [@disgracecampbell](https://www.instagram.com/disgracecampbell).

If you're struggling with mental or sexual health-related trauma, get in touch with us today:

Email: counselling@brandoncentre.org.uk | Telephone: 020 7267 1321 | Text: 07520 633477

Date for your diary!

Save the date for our fundraiser with the fabulously funny **Grace Campbell** on **9th November 2023**. Full gig details will be confirmed but get in touch with admin@brandoncentre.org.uk now if you'd like to sign up for early bird access to tickets. You'll be helping us raise funds to give more young people free access to vital counselling and psychotherapy.



Supporting the next generation of leaders

At Brandon Centre, we believe that all young people should be able to access the highest quality mental health and wellbeing support in a safe and welcoming environment.

An important part of our work is to help build young people's resilience, to encourage them to develop their skills and to champion their strengths.

While not all young people will become the next generation of leaders, we encourage them to pursue careers and projects that work with their strengths and inspire them because it's these that are most likely to bring them happiness and fulfilment.

Young Ambassador programme

The Young Ambassador (YA) programme is an opportunity for young people who have used Brandon Centre Services to get involved in activities and events aimed at improving our services for future young people.

Highlights from this year's programme

- 62 young people on our Young Ambassador programme.
- Two Young Ambassadors shared their experiences at a funding bid interview, helping us secure a £20,000 grant.
- One Young Ambassador came in and filmed therapists as part of our "De-mystifying therapy" project, answering young people's FAQs about therapy.
- Young Ambassadors sat on two staff interview panels.
- One Young Ambassador was interviewed for Islington Giving as part of Mental Health Awareness Week.

Future plans

- More group meetings and in-person events.
- Young Ambassador input into our Environmental, Social, Governance (ESG) Strategy.
- Young people's involvement in raising awareness of our C-Card initiative, led by our Young Ambassadors.

We caught up with some of our past and present Young Ambassadors to see how the programme helped them and what they're up to now...



Londin Gjinali

Londin came to Brandon Centre at 16, struggling with anxiety and depression. **"Some days leaving the house felt like a monumental struggle,"** says Londin.

Brandon Centre gave Londin a safe place to confront his problems and helped him develop strategies for coping on his own. Londin went on to complete a degree over two hundred kilometres away from home; previously unimaginable. He later joined Brandon Centre to work in our fundraising and finance teams. **Today Londin is enjoying a successful career at the Financial Conduct Authority.**

Lillan Lemouchi

Lillan first visited Brandon Centre in 2020 when the effects of lockdown were starting to take their toll. Lillan is a UCL graduate and has been instrumental in helping us develop our Young People's Leadership Board as our first Chair, and in bringing a young person's viewpoint to our strategy away days, service development and bids.

*"Brandon Centre gave me my first professional insight into how services are run, and I was delighted to be involved, and was really listened to. **Brandon Centre was absolutely instrumental in getting me where I am today** and giving me the confidence to try. I'm so so wildly grateful to you all, beyond words."*



Haven Pope

Haven visited Brandon Centre's sexual health clinic as an adolescent and later got involved in workshops and research into young people's experiences of sexual health services in Camden and Islington which helped design the future of sexual health education and care.

*"Becoming a Young Ambassador and joining the Young People's Leadership Board at Brandon Centre is really important to me. **To be working behind the scenes with a group of amazing people is such a great feeling,**"* says Haven.

Haven is now a Brandon Centre BWell Coach, Chair of our Young People's board and C-Card outreach worker as well as a management trainee at Better Gyms.

New Young Ambassadors are welcome to join at any time. **If you're interested in joining or want to find out more, please contact Lita Peña: lita pena@brandoncentre.org.uk.**

Management Trainees

Every year we're joined for a few months by management trainees from the NHS Leadership Academy. They gain valuable hands-on experience of a community-based third-sector organisation and have the chance to **get involved in all aspects of our work including fundraising, service management, HR, event organisation, community outreach, finance and strategy.**



Julia Bennett
NHS Leadership
Academy

"It was a brilliant opportunity to learn about the inner workings of a voluntary sector organisation and understand how NHS services are delivered in the community by providers like Brandon Centre.

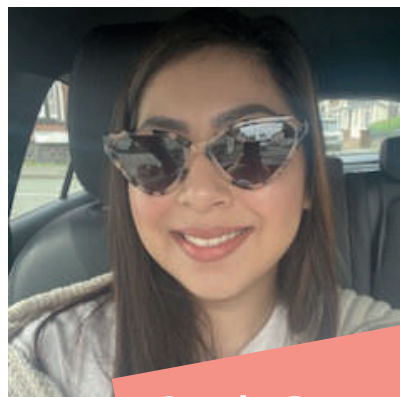
I got involved in a variety of projects including facilitating and planning a whole team away day and supporting a piece of work on vaccine hesitancy among young people in Islington.

*As well as gaining a greater understanding of the sector, I learnt a lot from spending time with the Leadership Team, learning about how they motivate and interact with their teams. **It gave me a great example of how to lead in a way that makes people feel appreciated and trusted.***

"I first volunteered for Brandon Centre as part of my NHS Management Training Flexi Placement. Brandon Centre's leadership development, culture, and flexibility as an organisation led me to join them after my training, and I've now been working at Brandon Centre for two years, firstly, as the Sexual Health Service Manager and now as the Business Development Manager.

Being part of Brandon Centre's leadership team has given me exposure to a vast range of opportunities and experiences in a supportive and trusting environment. This includes strategy development, leading bids, fundraising, operational management, partnership and community working, governance and policies and project management to name a few! Compassion is one of our core values and is at the heart of the leadership development at Brandon Centre.

There is so much willingness, energy and care taken to develop individuals as well as encouragement and support to develop and nurture our key leadership skills and career goals."

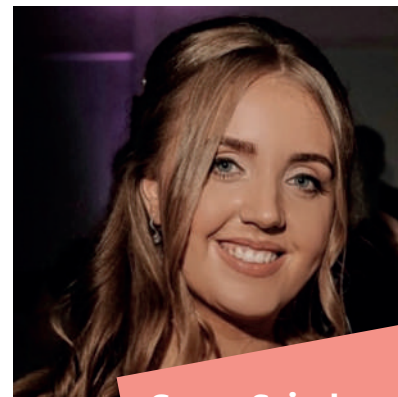


Anneka Tooray
NHS Leadership
Academy

"I spent two months at Brandon Centre as part of my NHS graduate training placement. I've always been interested in sexual health having worked at the British Pregnancy Advisory Service, so Brandon Centre appealed to me.

I worked on various projects, including one with the YMCA engaging with young people and learning about how COVID had affected them. I also worked on business cases for additional funding, was part of a steering group planning a company away day, attended freshers' fairs, and worked on a scoping project with the BC-SIT team.

My time at Brandon Centre really built my confidence and brought fun back into my work life. *I really appreciated the friendly and collaborative environment and the support I received to develop skills such as report writing."*



Emma Sainsbury
Business Development
Manager

Clinical Trainees

At Brandon Centre, we have a range of clinical trainees and honorary staff who are at different stages of their journey. We currently have:

- four trainee clinical psychologists
- one trainee health psychologist
- one trainee psychodynamic psychotherapist
- one trainee child and family psychodynamic psychotherapist
- two honorary assistant psychologists
- one honorary psychodynamic psychotherapist

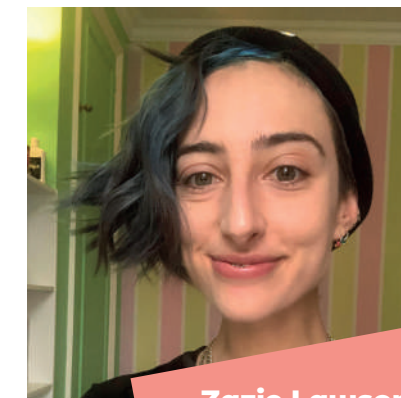
Strong Education Links

Trainee clinical psychologists are employed by the NHS and are also part of a university doctoral training. We take trainees from the North London Clinical Psychology Training Courses which are: University College London, Royal Holloway, and the University of East London. We also have a trainee from the University of Hertfordshire working in our BC-SIT service.

We take trainee psychotherapists from Birkbeck, University of London, and from The Tavistock and Portman NHS Foundation Trust. We also have a trainee health psychologist on placement from Staffordshire University.

*"Trainees and honorary staff add a lot of value to our service, bringing fresh, up-to-date, knowledge from their universities on a wide range of issues, and with diverse experience from previous placements," says **Pavlos Rossolymos, Brandon Centre Head of Mental Health.***

"It's great to be part of training the next generation of psychologists and psychotherapists, especially when we employ or later cross paths with previous trainees. For example, the new Young People's Service at Camden and Islington NHS Foundation Trust currently employ three former Brandon Centre trainees," says Pavlos.



Zazie Lawson
Trainee Clinical
Psychologist

"It's been super interesting to work in a charity and find out more about the funding process. It also means there can be more creativity in terms of coming up with ideas for services, panels etc.

Because I was in the Ground Up Youth Consultancy team (providing training, consultation and staff support to third-sector organisations working with young people), it was incredibly different, given that all the work was indirect rather than providing therapy.

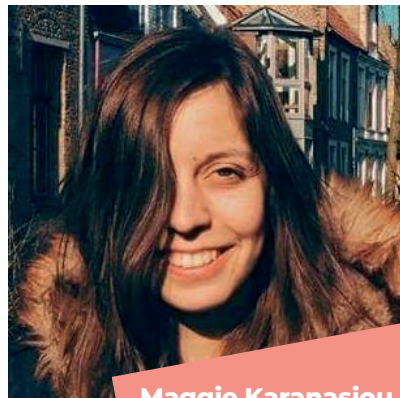
It really emphasised for me how important this indirect work is, especially in terms of providing staff supervision and training as well as thinking about the wider impact on service users. *It most definitely reinforced my existing draw towards working systemically."*

"As a clinical psychology trainee, I've been working with Brandon Centre's Systemic Integrative Treatment (SIT) team as part of a year-long placement. **Working with such a knowledgeable team has enhanced my training and helped me develop my skills in working with high levels of complexity.**

I have appreciated how supportive and close-knit the team is; particularly when working with high-risk cases. It's key to foster a culture of support and encouragement within a team, which BC-SIT certainly has done."



Janelle Spira
Trainee Clinical Psychologist



Maggie Karanasiou
Trainee Clinical Psychologist

"I'm a clinical psychology trainee in my final year of training. Brandon Centre provides a very different experience from other placements. Most importantly, I'm able to work predominantly in a psychodynamic way, which isn't an opportunity we often have as clinical psychology trainees.

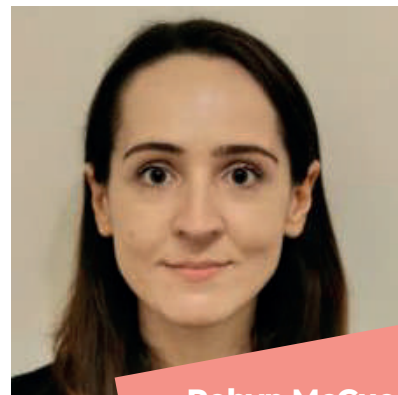
My supervisor is patiently supporting me to put theoretical constructs into practice and reflect on different elements of the work. *I'm learning a lot outside of supervision too; from team meetings, where the level of knowledge and reflection from therapists is inspiring, to informal coffee breaks in the sunny terrace."*

"I'm a trainee clinical psychologist in the Counselling and Psychotherapy team at Brandon Centre. To date, my training placements have been within the NHS, mostly delivering structured cognitive-behavioural interventions. Brandon Centre, in contrast, is a more psychodynamic-informed service that offers both structured and exploratory therapies.

My placement has been valuable in enriching my understanding of psychodynamic theory, the importance of early relationships and experiences, and how the therapeutic relationship can be used as a vehicle for change.

It has helped me to better formulate my clients' current difficulties and allow me to be a more integrative psychologist, capable of drawing knowledge and techniques from across different therapeutic approaches to best support those I am working with.

Also, through co-facilitating the Love and Limits parenting programme, I've been fostering leadership skills and developing confidence in delivering group-based interventions. I've also found team meetings to be an extremely helpful place to learn from other members of the team."



Robyn McCue
Trainee Clinical Psychologist

Vote for us to win a Tesco Community Grant!

We are in the running to win up to **£1500 from the Tesco Community Grants initiative** to give more young people in Camden free access to vital counselling sessions.

The community funding scheme sees grants of up to £1,500, £1,000 and £500 awarded to local community projects.

Brandon Centre is one of the groups on the shortlist in Tesco stores around Camden between July and September this year.

TESCO
Community Grants

If you're visiting a Tesco store in Camden, you'll receive one Community Grant token for each transaction.

Please put your token into the Brandon Centre box to vote for us to win £1500. You could also take a selfie and send it to us @BrandonCentre using #VoteBrandonCentre.

We support over 1500 young people each year but the need for counselling has increased significantly since the pandemic. If we win the grant, we'll be able to help 35 more young people and reduce waiting times.

Brandon Centre offers a welcoming and safe space for young people to seek support for a range of mental health challenges including anxiety, depression, life transitions, relationship and friendship problems, LGBTQIA+ challenges, and bullying.

By voting for Brandon Centre, our local community can give **more young people free access to critical counselling sessions.**

The stores where you can vote are:

- Camden Express NW1 9HG
- Heath St Hampstead Express NW3 6TR
- Russell Square Express WC1N 1QJ
- Belsize Park Express NW3 4UE
- 124 Tottenham Court Express W1T 5AS
- High Holborn Express WC1V 6BS
- Swiss Cottage Express NW3 5EN
- Camden High St Express NW1 7JY
- Kentish Town Express NW5 2JU
- High Rd Kilburn Express NW6 5UA
- Belsize Road Express NW6 4RY
- West Hampstead Express NW6 1SG
- Fortune Green Rd Express NW6 1DR
- Farringdon Rd Lon Express EC1M 3JB

Vote
for Brandon Centre

Voting opens the first week of July 2023 and runs until the end of September 2023.

Thank you!

Want to help make a real difference in your community?

As a Brandon Centre Trustee, you can. Just by sharing your knowledge and around 7 days a year.

We're recruiting five new Trustees to join our Board.

Join a well-established, local charity providing high-quality mental health and wellbeing support to the young people in your community.

We're expanding Brandon Centre's Board of Trustees to support the organisation's strategy for growth. We are particularly interested in hearing from **people living locally** (North London) who are **representative of our diverse local community**.

Individual trustee role profiles are available separately on our website: brandon-centre.org.uk/work-with-us.

- Fundraising Trustee
- Honorary Treasurer Trustee
- Equality, Diversity, and Inclusion (EDI) Trustee
- Clinical Trustees (x2)

This is an exciting time to join Brandon Centre. We believe all young people should have access to the highest quality care & support and you will have the opportunity to work alongside a team of experienced and enthusiastic Trustees helping us to achieve this.

For more information visit: brandon-centre.org.uk/work-with-us.



BWell Coaching welcomed by the community

Our BWell coaching offering has been running for over a year now and continues to provide young people in the community with coaching that helps them self-manage their wellbeing.

Funded by the National Lottery Community Fund - Reaching Communities England programme, **BWell is an early-access intervention, offering mental health and leadership support in group and one-to-one settings.**

"There have been some changes and positive developments in the BWell project in the last few months," says Neil Lawrence, BWell's Lead Coach.

"We sadly said goodbye to our Assistant Psychologist Ayesha Hussain however we're delighted to welcome Adaser Okorefe to the team. She has definitely hit the ground running!

We're now running BWell coaching groups at The Hive, Mary's Youth Club (Thriving groups for different ages), the YMCA, and Depaul UK.

We're also developing new partnerships in the charity sector (stay tuned for more news) and supporting our partners with wellbeing coaching and training for staff.

Our co-creative model seems to be really catching on and we have seen strong delivery and workshop design as a result," says Neil.

"We're also seeing an upswing in the number of 1-1 referrals from professionals - CAHMS, Social Services, and Social Prescribers for example.

The BWell coaching message is really catching on and the team continue to work flexibly, creatively and generously to build a service that can really help young people in need."

In April this year, Brandon Centre's Lucy and Haven worked with the Girls Group at St Marys Youth Club in Islington and Julia, Emma and Grace delivered wellbeing coaching and 'train the trainer' support to UCL's Women's Football Team.



Girls Group at St Marys Youth Club in Islington with Brandon Centre's Lucy and Haven



UCL's Women's Football Team with Brandon Centre's Grace

Talk to us about how BWell Coaching can support your youth group or team.

Contact: bwell@brandoncentre.org.uk
Or visit: <https://brandon-centre.org.uk/services/coaching-wellbeing>

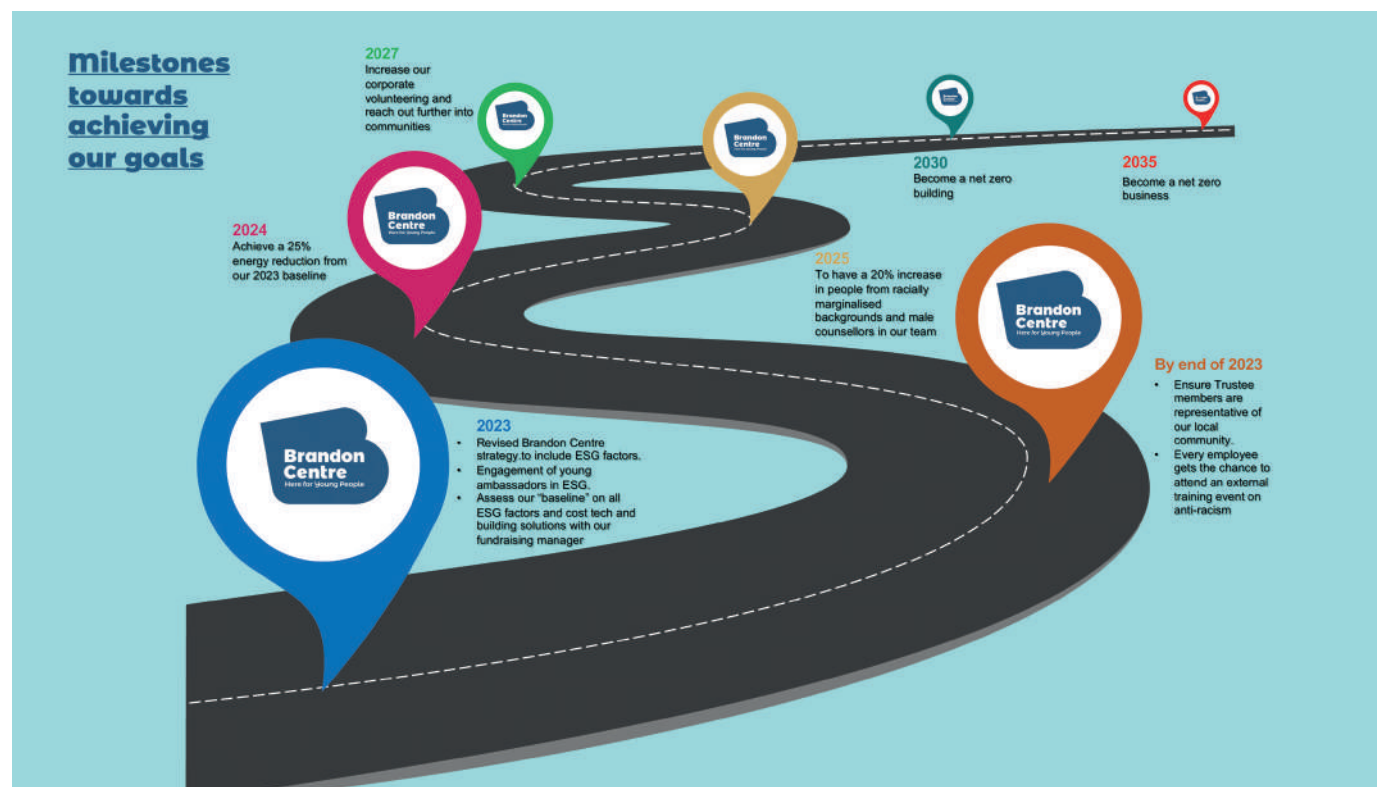
New Environmental, Social and Governance (ESG) policy takes shape

At Brandon Centre it's important that we take our responsibility to the environment, our staff, our volunteers and young people seriously. We also need to make sure that our financial position is secure, that funds are used effectively and that governance processes are equitable and effective.

All of these form part of our new ESG strategy which will scrutinise our performance and lay out our plans for continual improvement. The key goals of our new draft ESG strategy are as follows:

- E** - We will be a net zero carbon emission business by 2035.
- S** - Our workforce will be more diverse and fully representative of our local communities.
Our workplace will be more inclusive.
- G** - We will maintain best practices of good governance.

We'll be working towards important milestones between now and 2035 to make sure we're making progress towards our goal.



Our environmental focus will include:

- ✓ understanding our own and our suppliers' carbon footprints
- ✓ achieving energy reduction by at least 10% annually
- ✓ exploring options for sustainable energy and reviewing our gas, electricity, cleaning and facilities services and re-tendering if necessary
- ✓ developing our wellbeing garden to support a substantial range of wildlife including birds, butterflies, bees and hedgehogs, introducing a matrix of interlinked spaces for wildlife

Our social focus will include:

- ✓ becoming a truly anti-racist organisation with diverse leaders, an inclusive organisational culture, no ethnic disparity in programme reach or outcomes and unflinching advocacy on racial justice and mental health
- ✓ increasing counsellor training and employment opportunities from under-represented groups
- ✓ continuing to recruit and improve the diversity of all our staff, trustees, volunteers, young people and families

Our governance focus will include:

- ✓ ensuring Board Away Day framework is maintained, including monitoring number of away days, effectiveness of sessions, and inclusion of Young People's voices on our Board
- ✓ ensuring an ESG topic is on the agenda of a Board meeting at least once per year
- ✓ staggered recruitment of Board members in line with our Memorandum of Association
- ✓ ensuring Trustee membership is representative of our local community
- ✓ effective recruitment and succession planning for Board members

We'd like to say a big thank you to **Sam Weston, Operations Manager** and **Jennifer Lovell, Specialist Volunteer**, for their hard work in putting the strategy together.

For more information about our ESG work please contact: samweston@brandoncentre.org.uk

Open House London comes to Brandon Centre

Saturday, September 9th 2023, 10 am - 1 pm

We're delighted to be taking part in the Open House London Festival again this year. On September 9th we'll be opening our doors for visitors to explore our house and garden.

Open House London is "a celebration of London's buildings, architecture and neighbourhoods and the curiosity for what happens inside the buildings we walk past every day."

"Our community-based services make an important contribution to the mental health and wellbeing support available for young people in Camden, Islington and neighbouring boroughs," says **Julia, Brandon Centre CEO**.

"So many of the young people who visit us comment on the welcoming feel of the house and the non-clinical setting. And now we have our garden building to use for coaching and other youth services."

Donated to our founder, Faith Spicer, by the well-known philanthropist, Brandon Cadbury, our beautiful house dates back to the Georgian period.

You can find out more about the Open House London Festival here: bit.ly/OHLBC.

Drop in any time between 10 am and 1 pm on September 9th. We look forward to welcoming you.



Date for your diary!

Don't forget to save the date for our fundraiser with the fabulously gorgeous and funny **Grace Campbell** on **9th November 2023**.

Full gig details will be confirmed but get in touch with admin@brandoncentre.org.uk now if you'd like to sign up for early bird access to tickets.

You'll be helping us raise funds to give more young people free access to vital counselling and psychotherapy.

Thanks to our donors

We'd like to say a big **thank you** to the following organisations and individuals for continuing to support us and the young people we work with:

NHS and Local Authorities

- ♥ **Camden and Islington NHS Foundation Trust**
- ♥ **London Borough of Camden**
- ♥ **London Borough of Islington**
- ♥ **NHS North Central London Integrated Care Board – Barnet/Camden/Enfield/Haringey/Islington**
- ♥ **Tavistock and Portman NHS Foundation Trust**

Trusts, Foundations and Individuals

- ♥ **Arsenal in the Community**
- ♥ **BUPA Foundation**
- ♥ **Catch 22**
- ♥ **Cripplegate Foundation**
- ♥ **Islington Giving**
- ♥ **John Lyon's Charity**
- ♥ **London Youth**
- ♥ **Macquarie Bank**
- ♥ **National Lottery Community Fund**
- ♥ **Tesco Community Grants Scheme**
- ♥ **The Charles Hayward Foundation**
- ♥ **The City Bridge Trust**
- ♥ **The Henry Smith Charity**
- ♥ **The Lambert Charitable Trust**
- ♥ **The Oakdale Trust**
- ♥ **The Rhododendron Trust**
- ♥ **The Screwfix Foundation**
- ♥ **The Sir Mark and Lady Turner Charitable Settlement**
- ♥ **The Vandervell Foundation**
- ♥ **UCLH Charity**



Help make a difference in your community

A high percentage of lifetime mental illness is first experienced before the age of 20. Support from our donors means we can tackle poor mental health as soon as it appears, giving young people every chance of a life free from mental illness.

By keeping young people in education, building their resilience, and keeping families together, we're helping to build a positive future for our community.

Get involved and help change a young person's life.

- ◆ Make a one-off or regular donation
- ◆ Donate to a specific project
- ◆ Support us through Payroll Giving
- ◆ Volunteer with us for a day
- ◆ Choose us as your 'Charity of the Year'
- ◆ Take on a challenge and donate your sponsorship
- ◆ Donate as a gift

Donate via our website: <https://brandon-centre.org.uk/donate-now>



Call us to find out more on 020 7267 4792 or email us at admin@brandoncentre.org.uk

A big thanks to all our supporters who are helping us give more young people a promising future.



How to get in touch

General Enquiries: 020 7267 4792

Mental Health services

Email: counselling@brandoncentre.org.uk | Telephone: 020 7267 1321 | Text: 07520 633477

Systemic Integrative Treatment

Email for professionals: deancharlery@brandoncentre.org.uk or familyservice@brandoncentre.org.uk
Telephone: 020 7424 9935 (option 2)

Parenting Groups

Love and Limits group and ADHD parent support group

Email for parents: familyservice@brandoncentre.org.uk

Email for professionals: deancharlery@brandoncentre.org.uk

Families, Food and Feelings

Email for parents and professionals: brandoncentre.healthyliving@nhs.net

Parent support group for CAMHS waiting list

Email for parents and professionals: parentsupport@brandoncentre.org.uk

Training for professionals

Email: training@brandoncentre.org.uk

C-Card Scheme

Free condoms for 13-24 year olds in Camden (C-Card Scheme)

Online registration: <https://comecorrect.org.uk/camden/>

Telephone: 020 7267 4792

Email: Reception@brandoncentre.org.uk

Follow us on:



**Thank you for your interest
in our special charity**

**Brandon
Centre**
Here for Young People

Get our newsletter delivered straight to your inbox.

Sign up here: [**brandon-centre.org.uk/newsletter-sign-up**](https://brandon-centre.org.uk/newsletter-sign-up).