

Brandon

Bulletin

Summer 2024

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Hello and Welcome

Julia's welcome letter

I hope you have had some time for an energising break from studies and work over the summer.

Congratulations to everyone who has worked so hard over this last year, achieving some great results with GCSE, A-Level, BTEC, University and other vocational qualifications. It's been a very meaningful and positive time for us at the Centre, as we have welcomed more young people and families through our doors.

We continue to be so aware of the increasing impact of the cost-of-living crisis and other challenges young people and their families face across many aspects of their lives. Many young people continue to face food and housing insecurity, which can have detrimental effects on young people's physical and mental health, with young people from marginalised communities more likely to be impacted.

We are so proud that Brandon Centre continues to be such a very special place, from our long history of working in the heart of our community, to our team's dedication to providing services that really help young people move past their mental health and wellbeing challenges in ways that recognise them as individuals. I'm so appreciative of the tremendous work put in by each member of the team. They regularly go the extra mile to ensure young people, and their families, feel welcomed, safe and supported throughout their journeys with us.

We're also extremely thankful for the generous and willing support of our young ambassadors, parent ambassadors, funders and partners. Without their help we simply wouldn't be able to reach so many young people with relevant and effective services. Feedback continually reassures us that our work is hugely beneficial. We hope you enjoy reading more about these important collaborations.

Our focus continues to grow income to enable us to increase services in a way that maintains our trusted, well-established presence in Camden and Islington, while reaching more young people and staying true to our core values of compassion, respect and inclusion.

We look forward to forging exciting new partnerships with organisations who share our values and objectives so that more young people can benefit from transformative support at a critical point in their lives.

Thank you for your continued support as we collaboratively work together to meet the increasing needs of our local communities.



Julia Brown
Chief Executive

Julia

Thank you, Nicola!

Shouting out our wonderful trustee Nicola, who is moving on from Brandon Centre but has left a valuable imprint on us.

"I wanted to thank Nicola Moore for the amazing contribution she made as Vice Chair of the Quality, Safety and Risk Committee. Nicola brought fab expertise and kept us on our toes, especially through her knowledge of clinical policies.

She was a huge advocate for young people particularly encouraging the development of our reports which shine a light on the outcomes our services achieve and the comments we get from our young people."

*Thank you, Nicola!
All good wishes for
the future!"*

Lucy Moore (Trustee and Chair of Quality Safety and Risk Committee)



Nicola Moore
Clinical Trustee

"A massive thank you to Nicola Moore! Nicola helped me understand and appreciate the value of the trustee's role within a charity when I took on a leadership role some years ago.

Nicola ensured that Brandon Centre's policies and clinical services have maintained a high level of quality over her many years of service. This has had such an important impact on the lives of the young people we support. "

Wishing you all the best for the future, Nicola!"

Sam Weston (Operations and Performance Manager)

Our summer picnic social

For the third year in a row, we gathered the whole team together on the 2nd of July in Hampstead Heath for our annual picnic!

We brought along lots of food (including plenty of homemade goodies), played board games and got competitive in a quiz.

Since we were required to submit a fun fact about ourselves for other teams to guess who they belonged to, we learnt that someone was in an Ed Sheeran music video and another danced around a maypole with Benedict Cumberbatch.

Who knew we were rubbing shoulders with the rich and famous?!

Because we're a flexible working bunch, we don't see each other all together a lot, so this was a special occasion to hang out, connect and chill out in the English so-called 'sunshine'.



HUGE congrats to Tara for completing the Hackney Half

She smashed it!!

A really special thank you to Tara Bird for running her first ever half-marathon and raising an incredible amount for Brandon Centre!

Completed in a speedy time of 2:08, Tara decided to run on our behalf after discovering how difficult it was to find the right mental health services for young people once they turned 18. Something that we know is an issue.

We chatted to her to get the inside scoop on how the race went.

"I really enjoyed the day. The sense of support along the whole route was wonderful. I was cheered on and offered fruit and sweets by supporters. Then, as midday approached, and everyone was getting very hot I was even greeted by local children using their garden hoses to cool down the runners!

I was very proud to have exceeded the goal I had set for myself to run in 2 hours, 15 minutes, but mostly I was really proud to have (generally) stuck to my training programme and not given up, even when my shin splints or my health set me back, and to have raised the money I did for Brandon Centre. I am so grateful to all my friends, family and colleagues who all donated so generously.

After a very hot race, I must admit I indulged in a cliché burger and beer by the canal. It was lovely to share the moment with friends, many of whom also ran the half marathon, especially my flatmate who also ran her first one!"



Tara went above and beyond, trained like an athlete and collected £1000 from all her amazing supporters.

We can't thank you enough Tara!!

Supporting our Islington girls

An update on what we've been busy doing

We're already 9 months into our 2 year Islington She is Supported 'SIS' project, so we thought we'd catch you up on what's going on...

As a little reminder, we're working together with Highbury Roundhouse, Prospects and St Mary's Youth Club to support girls aged 10 to 24 from the Islington borough who are particularly vulnerable.

The Mayor of London has been working in partnerships with key funders to improve life chances of young Londoners. This new initiative is called Propel and focuses on London's Mentoring Quality Framework.

On this occasion, we're supporting young girls, because Islington identifies this group as a key priority in an already deprived borough where there's very little access to outdoor green spaces, high levels of deprivation and increasing mental health needs.

So, through our work with the other organisations in our community we've provided girls with:

- 1-1 mentoring with a qualified youth worker
- 1-1 therapy at specific youth hubs for easier access
- Weekly activities such as sports sessions, art classes and wellbeing sponsored talks
- An ambassador scheme where girls can be trained to help mentor other young girls in the area
- And an annual retreat

From the 30th of June to the 2nd of July this year, we took 40 girls away to Hindleap Warren Outdoor Centre where they jumped and leapt over obstacle courses, walked in calming forest environments and lit campfires under the stars. This was an important and revitalising getaway for those who have never been on holiday or left Islington.



Our qualified therapist is also training youth workers on case consultations, reflective practices and general therapeutic skills so that they're best equipped with the know-how when looking after young people.

We've currently helped 136 girls through this project, meeting them where they are with the support that they need in an easy-to-access format.

We've currently helped 136 girls through this project, meeting them where they are with the support that they need in an easy-to-access format.



Orla, a medical student from Dublin completed her one-month placement at Brandon Centre and we linked her into the SIS project. Orla has been a real star, teaching first aid at St Mary's Youth Club to the young girls who visit, so we caught up with her to find out more.

"I really enjoyed teaching first aid at the girl's group in St Mary's Youth Club. We did two sessions for two weeks in a row and it was lovely to meet new people and also see new faces the second time I visited.

In the first week, we covered what to do when someone faints or bleeds and how to be safe in the sun. In the second week, we went through what to do when you find someone unconscious, including CPR and using defibrillators.

It was a lovely group of girls, who really got involved and seemed very interested in learning more first aid practices.

A big thank you to Beatrix Konyyes and Grace Broughton for organising my visit to St Mary's!

I also taught first aid at Fitzrovia Youth in Action, The Hive and Small Green Shoots during my month here.

It was such an enjoyable experience and I would love to say thanks to everyone at Brandon Centre, especially Julia, Emma and Grace."



Thank you, Orla!

Free therapeutic yoga for young people

Bringing wellbeing to Camden and Islington

There are so many mental and physical benefits to yoga, so we're really excited to be providing free classes for 16-24 year olds who are looking to get more active in our local area.

Through movement, breathwork and meditation, therapeutic yoga can boost energy levels and increase flexibility whilst also relieving stress and calming the nervous system. So, it comes as no surprise that yoga can greatly improve mental health, and that's why we believe it's essential that young people from all backgrounds can access classes.

To ensure accessibility, we've designed a therapeutic yoga programme that is inclusive, open to all fitness levels and free. We recognise that yoga can be a pricey activity and this means that many young people don't have the opportunity to be active in this way. A barrier we want to remove with our classes.

Our 6-week programme has been carefully designed by an experienced clinical psychologist and will be delivered by a qualified yoga instructor, supported by our assistant psychologist.

Sessions will take place at local venues and in our own mindful garden and nearby parks in the summer, providing that peaceful outdoor space for everyone to experience yoga at its best.

And because yoga practice can be continued at home, outside, with others in the community and in any helpful way, newly learned therapeutic and mindful practices can be taken off the mat and into the lives of young people.



This service is generously supported by the London Marathon Foundation's Active Spaces Fund.

If you'd like to find out how to book a class or just want to know more, please contact yoga@brandoncentre.org.uk

Aaron talks to us about therapy for refugees

Our psychotherapist, Aaron Burke, sat down with us to talk through his impactful work with refugees.

"Together with Camden and Islington's Traumatic Stress Clinic and Islington Council's Refugee and Migrant Service, Brandon Centre have been offering a new psychotherapy service for refugees from Afghanistan and Ukraine who are on government-related refugee schemes.

This has been a fantastic opportunity for increased and direct mental health support for young people who have been displaced from their homes due to the risk of various dangers in their countries of origin.

Having to flee one's home and navigate the many changes and challenges of moving country is in and of itself a very difficult process, not to mention experiencing war and violence, or having one's rights and day-to-day activities taken away.

We have direct access to interpreters when needed, and so far, families and young people have shown a great interest and appreciation in having their experiences listened to and reflected upon.

There are also all the other life experiences that so many young people face that many refugees will also be going through, such as managing friendships, school life, family dynamics, identity formation and navigating one's path.

As a psychotherapist, my aim has been to provide these young people with a safe and creative space within which these past and present experiences can be shared and processed, and to support them in creating new and psychologically minded futures for themselves where opportunities can reappear and be realised."

We're partnering up with Comic Relief!

They're helping us to continue supporting young people from homelessness

Last year, we ran a successful pilot programme with Islington Giving to help provide 16 to 25 year olds a place to stay when facing the risk of becoming homeless.

And because of its success, we've secured funding from Comic Relief to maintain this vital service for the next 3 years!

Whilst unfortunately, we continue to see extremely long waiting times to receive mental health support and even then, it can be difficult to access these services, we hope our work helps overcome some of these barriers.

So, what are we doing with Comic Relief?

In collaboration with two Islington youth hostels:

The YMCA LandAid House - which offers accommodation for 146 young people to stay for up to 2 years.

And DePaul London - which offers emergency accommodation for 26 residents to stay for up to 8 weeks.

We're embedding a qualified therapist for extremely vulnerable young people to access therapy in a way that suits them.

Whether that's a one-off session, long-term or grief counselling, this is a flexible service that can be done at the hostel, in a coffee shop or even on a walk, it's completely tailored to the needs of the individual.

We're also conducting staff consultations with the hostel workers, giving them the skills from things like how to handle trauma and bringing in crisis intervention strategies.

And we're encouraging activities that enhance young people's wellbeing by hosting trips, providing books, and supplying sports and art equipment, all to ensure that their welfare extends beyond therapy sessions.

We're looking forward to the next few years and seeing the positive impact of our work with Comic Relief.

Our psychotherapist, Aaron has been working at LandAid House (YMCA) and DePaul homeless hostels for over half a year now.

"Offering a relational and in-depth exploratory therapy to people 'where they're at', both literally and metaphorically, has provided great opportunities to vulnerable young people who might otherwise struggle to access mental health support.

Being embedded in the hostels has given me a unique opportunity to be available and flexible with my approach and to provide an ongoing space for young people to safely explore various aspects of their lives, past, present and future.

So far, the uptake has been very positive, and I am thrilled that Brandon Centre will continue to be able to provide and build on this service over the coming years.

This role also allows for me to offer staff support and training within the hostels, and again there has been a positive response to this and feedback so far has been that having time and support to reflect in more psychological depth on the issues these young people and the hostel staff face has been greatly appreciated.

With the many practical challenges that homeless young people face on a day-to-day basis, having a separate space where some of the more complex and deep-rooted issues can be shared and better understood can be vital, and something that many of the hostel residents have taken up and used well."



Book a room at Brandon Centre

We're hiring out our place for Talking Therapy Practitioners

We've noticed that there are not enough spaces offering talking therapy outside of central London, so we wanted to change that by offering our rooms for hire.

Our welcoming yet private place in North London is ideal for qualified therapists who provide talking therapy to people of all ages.

With 10 calm, cosy rooms to choose from, therapists can book a space, connect with our community and provide that extra support by signposting to our other services in the mental health space if needed.

Weekday evenings, between 6pm and 9pm, it'll cost £10 per hour for a smaller room, going up to £15 per hour for larger rooms. And our Brandon Centre staff can get a 10% discount!

There'll also be a waiting area and a BC team member on-site to provide access to the building.

Whilst this is a little different from what we've done before, it's important to us that we can provide a warm, open setting to those who need it.



For more information on how to book, please contact roombooking@brandoncentre.org.uk

Getting young people back into schools

Plus an inspiring visit from Tier Blundell



What are we doing?

We've successfully secured funding from the Portal Trust to work with teachers and parents from 2 local schools to increase attendance and prevent education exclusions.

How are we doing this?

Over 2 years, we want to reduce persistent absenteeism in our schools by using a multi-systemic approach:

1. Working with a qualified therapist for parents and carers of children who have a low school attendance. Across 6 weeks, we'll help uncover and understand what the causes could be and then implement practical, sustainable strategies to help children re-engage with education.
2. Working with teachers to improve communication between schools and the home. We'll offer training through the BC-SIT approach to behavioural change and help with student interactions so that they have the right tools to prevent absence.

By designing, implementing and improving the parenting and teacher course as we go, we'll have a finished, holistic package that can be rolled out to other schools after the 2 years.

We hope that this package will help reduce school absences systematically and sustainably.

Why is it important?

Since the pandemic, there's been an uptick nationally (and worldwide) of young people not attending school for many complex reasons.

We want to help improve the presence of young people in school and noticed that there was a real need for a systemic approach.

Influenced by our hugely successful Systemic Integrative Treatment (BC-SIT) service, which has an excellent track record of improving school attendance for young people aged 8-16, our new programmes hope to create systematic change at a micro and macro level.

And Tier Blundell came to visit?

Yes, he did!

Tier is an advocate for young people and founded the network Excluded From School.

After being excluded from education at the age of 11, he left his Pupil Referral Unit without a single GCSE, so hearing from the perspective of someone who has lived experience where school has fallen short was truly thought-provoking.

He spoke to us about the importance of parents and schools working together to treat each child as an individual and develop their unique potential.

This is what he had to say about his visit...

"It was so wonderfully healing for me personally, to sit in a room with a group of compassionate professionals who really understood and wanted to help young people whose experience would have mirrored my own as a child. I genuinely believe that if there was a Brandon Centre in every local authority, outcomes for young people and their communities, would drastically improve. In short, fund them."

Listening to Tier confirmed to us that we're on the right path to reducing exclusions and helping those who are at risk.

If you're a parent of a child in years 7, 8 or 9 from Acland Burghley School or Regent High School and would like to register your interest, please contact:

For Acland Burghley School

aheredero@aclandburghley.camden.sch.uk

For Regent High School

attendance@regenthighschool.org.uk

We caught up with Tania, Emma, Kasia and Grace to get the lowdown on all their important and inspiring work with parents

A lot is going on at Brandon Centre, but one particularly busy part is our work with parents, carers and schools.

So, we thought we'd do a mini takeover of the newsletter to fill you in on what's happening.

Partnerships in Neurodiversity for Schools (or PINS for short)

Introducing our new 7-month-long pilot project, PINS aims to increase closer collaboration with schools, local authorities, parents and carers to better understand how to support neurodiverse primary school children.

"Since 2022, it's been estimated that 87,000 pupils have neurodiverse needs," says Tania, "a number that has risen steadily since 2016 so there's a sense that we probably need to do a bit more to understand how to support these children."

Funded by NHS England and the Department of Education, our engagement, participation and consultation work with parents allows us to identify gaps in knowledge and hear people's thoughts on what schools need to do to enhance the education experience of neurodiverse children.

We'll then feedback information to the NHS to see what needs can be met. With 40 schools across North Central London that are eligible to take part, we hope we can fix that communication gap between parents and schools.

Our four parent support groups

Over the years, we've set up several online parent support groups but not everyone knows about them and what they do. So, this is a little refresher.

Parents in Mind

"The premise is that anyone who has a child between the ages of 11 and 16 can join this group if they are on a CAMHS waiting list for a treatment or an assessment", says Tania.

But really any parent is eligible to join the Parents in Mind group if they care for a young person with mental health difficulties, such as anxiety, low mood, depression and anyone who may be neurodiverse as well.

"The first 4 sessions are psycho-educational where we're sharing information with parents about things like the brain, talking about neurodiversity, mental health statistics and what mental health difficulties can present as," Tania explains.

We also give parents tools and strategies to implement at home so that in the final 4 sessions, the group supports each other by reflecting on the strategies that worked, what didn't and how best to utilise them.

Tania hopes that through Parents in Mind, "we can be that bit of interim support in that period of waiting and reduce the impact on crisis services".

If you're interested in joining and fit the criteria, please get in touch at parentsupport@brandoncentre.org.uk

Love and Limits

For parents and carers based in Camden and Islington with children aged 11 to 16 who have difficulty managing challenging behaviour.

"What we do is psychoeducation in the groups, peer reflections and we give parents strategies that focus on evidence-based research about how to get the most out of your young person, by looking at rewards, consequences and enforcing boundaries" informs Tania.

If you're interested in joining and fit the criteria, please get in touch at familyservice@brandoncentre.org.uk

ADHD Group

For parents and carers with children aged 5 to 12 who have received a confirmed diagnosis of ADHD but also for those who haven't and are presenting symptoms.

"The idea is that we go through what ADHD is, we support parents on how it can be presented and what it looks like", explains Tania "and we go through things like what to do and how to correct and manage behaviour in a way that is most effective for children with ADHD".

If you're interested in joining and fit the criteria, please get in touch at familyservice@brandoncentre.org.uk

Families, Food and Feelings

A safe, supportive group for parents of children aged 5 to 17 who struggle with maintaining a healthy weight.

"By supporting parents who are often responsible for providing groceries, cooking and feeding children, we encourage parents to reflect on their own relationship and attitudes towards food, as this is being modelled to their children," says Kasia.

Covering all aspects of a healthy lifestyle including exercising, getting enough sleep and looking after emotional wellbeing, the group explores practical advice such as ways to encourage trying new food.

"Everyone has a unique relationship with food which starts to form at a very young age," says Kasia, *"we help to support parents to embed healthy lifestyle habits with their children which include setting up a healthy relationship with food that's then with them for the rest of their lives."*

If you're interested in joining and fit the criteria, please get in touch at brandoncentre.healthyliving@nhs.net

At the end of each programme, we also help parents who might need some additional support through referrals as well as providing extra resources with other services available locally.

And a shoutout to our wonderful Parents Committee

"This group was set up in recognition that we hear a lot from the voices of young people," says Emma, *"but we really wanted to hear the voices of parents, carers and families because it's a different point of view".*

So we started a committee!

From the parent support groups, we've built a board of parents who are keen to continue the conversation and be involved in the development of Brandon Centre.

"We hold regular meetings where the purpose is really to discuss any initiatives at Brandon Centre and hear what they think" explains Emma.

From being involved in our strategies, new proposals and bids, and even how we communicate our plans, our committee is an active and important team that strengthens what we do here at Brandon Centre.

We also work closely with the Charlie Waller Trust to support the training of 2 of our members who have lived experiences of caring for young children with mental health issues, through a peer training course.

Any parents and carers who have been in contact with us at Brandon Centre can join the conversation.

If this sounds like something you'd like to be a part of please get in touch at reception@brandoncentre.org.uk

Tamsin's story

As a valued member of our Parents Committee, we spoke to Tamsin to hear about her experience as a parent advocate.

Tamsin's involvement with Brandon Centre began after her child faced difficulties in attending school. Her child is neurodiverse and wasn't sure how to help them rebuild their confidence and reengage with education.

After speaking with social services, they referred Tamsin and her husband to our Love and Limits programme, which they found extremely useful. *"It was so reassuring to discover other parents going through a similar experience,"* says Tamsin.

Following on from this service, they took part in our more family-focused SIT treatment, which was able to target their specific situation.

Having been a part of two of our programmes, Tamsin felt confident in providing the right support in the right way for her child. This resulted in her child feeling safe, loved and confident about returning to school. After seeing this success, other friends started privately asking Tamsin for advice, and she referred them to Brandon Centre.

From there she joined our Parents Committee *"because I wanted to give back to Brandon Centre and be a voice for parents."*

Through her positive experience with us, Tamsin became a champion for our parent work, helping us to iron out the details, specifically when it came to our communication, and meeting the Mayor of Camden to help show the value of our work when it comes to young people's mental health.

Asking Tamsin why she thinks that others should join the Parents Committee,

"We get to hear a range of voices to understand what works, what doesn't and the impact of the work at Brandon Centre. Listening from the bottom-up, directly from the people who use these services, the Parent Committee is essential for Brandon Centre to deliver what parents need."



Tamsin
Parents Committee Member

Meet Anna, our integrative psychotherapist

And find out a bit about our Care Leaver's service

"I've been delivering Brandon Centre's Care Leavers' Psychotherapy service since this started as a pilot in April 2021, and although Care Leavers have always been seen within the psychotherapy space, this bespoke service was set up specifically for young adults in Camden and Islington.

It's been recognised that those aged 18-25 who have previously been Looked After Children in the care system and young adult Asylum Seekers needed a trauma-informed therapy service, something that we offer weekly.

Typically, children in care are offered a lot of mental health support but this drops significantly when they reach 18, coinciding with other major life changes that can trigger stress.

In an already testing time, Care Leavers are at an even higher risk of experiencing complex mental health difficulties, as well as facing multiple marginalisation factors. They require a sensitive, patient approach within therapy, especially given the impact of their attachment histories on their capacity to build trusting relationships with professionals, something that can be difficult to access in standard NHS mental health support.

I am proud we've developed a personalised approach to help Care Leavers engage in therapy. In my experience, they've responded well to in-person support that's provided at accessible community locations such as the Lift Youth Club in Islington and Brandon Centre in Camden.

While young people can choose any goals to focus on in their therapy, we often think about how to reconnect with helpful people and activities in their lives, as a high proportion of Care Leavers are not in education or employment and can be socially isolated.

This is small but important work, and Brandon Centre has always strived hard to ensure it continues!"

*We're thrilled to have Anna
on the team.*

Say hi to our new trustee, Shruthi Belavadi

Shruthi has worked in the NHS for over 16 years with leadership experience in compliance, governance and quality improvement and assurance.

She's currently Deputy Director of NHS England's National Recovery Support team, helping organisations with their improvement journeys.

We sat down with Shruthi to get to know her a bit more...

What appealed to you about working with Brandon Centre?

Brandon Centre's values of compassion, inclusion and respect attracted me. I feel proud to be part of an organisation that offers a wide range of services to children and young adults.

What are you looking forward to in your role as a trustee?

Supporting and coaching young ambassadors who are brilliant leaders enthuses me. I'm looking forward to using my skills in governance, leadership and culture to help Brandon Centre further improve in those areas.

I'm also looking forward to getting involved in some fundraising activities!

And what do you like to do outside of work and volunteering?

I love travelling and exploring new places. Some of my favourite places in recent years have been Iceland and Cambodia.

Iceland was amazing as we got to experience the midnight sun, hike up to see an active volcano and walk on glaciers, so really got to experience the 'land of fire and ice'!

Seeing the oldest temples in Angkor Wat at sunrise was the highlight of my travels to Cambodia. However, by the end of the second day of our travel, the temples started to look similar! I am a foodie as well, so experiencing different cuisines is a hobby on its own!



Shruthi Belavadi

Trustee

*We're delighted to welcome Shruthi
as a Trustee.*

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.

Come Correct (C-Card) scheme to 13-24-year-olds in Camden.

Get **free condoms** and lubricant, as well as **confidential sex and relationship advice**.

Drop in to Brandon Centre, NW5 3LG, anytime during working hours.

To register for your first C-Card drop in on a Friday between 13.00 and 16.45.

For more information about the scheme visit: www.comecorrect.org.uk



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:



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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

- ♥ Camden and Islington Mental Health Trust
- ♥ Catch 22
- ♥ Comic Relief
- ♥ Evelina London Children's Healthcare
- ♥ The Charles Hayward Foundation
- ♥ The City Bridge Trust
- ♥ The Greater London Authority
- ♥ Groundwork London
- ♥ The Henry Smith Charity
- ♥ The Heller Family
- ♥ The Hollick Family Foundation
- ♥ Islington Giving
- ♥ John Lyons Charity
- ♥ The Lambert Charitable Trust
- ♥ London Borough of Barnet
- ♥ London Borough of Camden
- ♥ London Borough of Islington
- ♥ London Marathon Foundation
- ♥ London Youth
- ♥ Mind in Enfield and Barnet
- ♥ The Mayor of London
- ♥ National Lottery Community Fund
- ♥ NHS North Central London ICB
- ♥ The Oakdale Trust
- ♥ The Portal Trust
- ♥ Propel
- ♥ The Rhododendron Trust
- ♥ The Royal Borough of Kensington and Chelsea
- ♥ Screwfix Foundation
- ♥ The Sir Mark and Lady Turner Charitable Settlement
- ♥ Tavistock and Portman
- ♥ University College London
- ♥ University College London Hospital
- ♥ University of East London
- ♥ University of Hertfordshire
- ♥ The Vandervell Foundation
- ♥ We'd also like to thank our anonymous donor who supported our young people's counselling services with a very generous donation.



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