

Brandon

Bulletin

Winter 2023/24

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Hello and Welcome

from Julia Brown, our CEO...

As I write this, it feels that we are entering the transition from Winter into Spring which is such an uplifting feeling and resonates strongly with me now as we continue to implement our updated strategy at Brandon Centre 'Nurturing Growth'.

Looking back since our last newsletter, so much has happened at Brandon Centre which the team and I feel very proud of, and I'm delighted to share some of these achievements with you here.

Our services have continued to run smoothly and, as always, we've been busy submitting tenders and grant applications to help us support more young people and families.

As a charity we rightly continue to manage budgets extremely closely, ensuring we maximise the number of young people and families we support with appropriately trained staff. Grants and funding are often very short-term and competitive which means services run as pilot projects initially to test whether they work effectively for our diverse local communities.

Our BWell Coaching project is a very good example of this. The National Lottery Reaching Communities England fund generously supported us with funding for a two-year pilot of our wellbeing coaching offer. The service took time to develop and is now thriving as we approach the end of this initial funding.

We therefore have to say goodbye and a massive thank you to our wonderful team of BWell Coaching experts. The external evaluation of the service highlighted the positive outcomes for the vulnerable young people we've supported, and we are now searching for appropriate re-funding to build on this success.

Another of our very successful projects is a partnership with Mind in Enfield and Barnet called "Parents in Mind". This programme offers helpful support to parents and carers across North Central London with young people (between 11 and 16 years old) on the CAMHS treatment waiting list.

In February we said farewell to our Deputy Chair, Victoria Corbishley, who has given us her support and expertise so generously over the last five years. We also want to thank Haven Pope, one of our Young Ambassadors who has gone on to join the Better Gym Leadership Scheme.

With all endings, there are new beginnings and we're delighted to welcome Sajida Aktar, our new Young People's Leadership Board Chair, our four amazing new trustees, and the brilliant recent recruits to the Brandon Centre team.

We're also thrilled to be "Charity of the Year" for Roche Products UK. We're really looking forward to joining forces on some fundraising challenges and supporting Roche with our wellbeing services.

Finally, the last few months have seen our amazing Brandon Centre team organise and take part in some really fun events to raise awareness of, and vital funds to support, young people's mental health and wellbeing. I hope you enjoy reading all about them.

I'm always delighted to speak to our supporters, so please do get in touch if you'd like to know more about Brandon Centre's work.

Happy reading!

Julia



Julia Brown
Chief Executive

Entertaining evening with Grace Campbell & friends raises over £9k

Brandon Centre's friends and colleagues were treated to an evening of unfiltered comedy and fun last November as our fabulous Young Patron and stand-up comedian Grace Campbell took to the stage. The sell-out event at Camden's Cecil Sharpe House featured Grace @disgracecampbell and rising comedy stars Alice Brine @alicebrine and Dom McGovern @dominicmcgovern.

Smiles and laughter filled the hall as Grace, Alice and Dom entertained with their hilariously liberated stories.

Grace's ties with Brandon Centre go back to her teenage years when she visited our sexual health clinic. She spoke candidly about the positive impact Brandon Centre had on her mental health whilst growing up in north London around politicians and celebrities.

Grace also presented an impressive range of prizes to our raffle winners. "We were lucky enough to receive some amazing prize donations and want to say a massive thank you to our supporters," says Emma Sainsbury, Business Development Manager at Brandon Centre.

Prizes included a first-edition James Bond book, a signed Arsenal football and a Michelin-starred restaurant voucher (full list featured on the next page).



The Inimitable Grace Campbell



A huge thank you to the following for donating some amazing prizes...

Arsenal	Arsenal signed ball
Alastair Campbell	Alastair Campbell live podcast
Mike Davis	Bluecrest Health Assessments
Block	Block fitness vouchers
Sam Goldblatt	£150 voucher for BRAT (Michelin-starred restaurant)
Matt Knoxs	Christmas at Kew Gardens tickets
Charlie Craggs	Charlie Craggs signed book
EARTH	£10 EARTH voucher
Helen and Damian Broughton	Fortnum and Mason Hamper
Greggs	Greggs £20 voucher
Shapero Rare Books	First edition James Bond book - Octopussy by Ian Fleming
LNER	LNER train tickets
Parakeet	£50 Parakeet voucher
Scarlett Curtis	Personalised original artwork
Franco Manco Kentish Town	Pizzas donated
Matt Bryanton	Saracens rugby tickets



The awesome event team - From left: Talya West, Claudia Campos Navarro, Maya Lea Wood, Ellie Brookhouse, Emma Sainsbury, Lita Peña, Grace Broughton, Sam Weston, Yasmin Worsley

"It was a joyful way to raise funds to support young people living with poor mental health," says Julia Brown, Brandon Centre CEO. "We raised over £9,000 which will help us provide much-needed counselling and psychotherapy to young people in the local area."

A heartfelt "thank you" to Grace, Alice and Dom and to everyone who supported the evening.

And thanks to team Brandon Centre who, as always, worked so skilfully to bring the whole event together.

Brandon Centre chosen as “Charity of the Year” by Roche UK

We’re delighted to announce that Brandon Centre has been chosen as “Charity of the Year” by Roche Products UK.

We were shortlisted from 40 nominated organisations and invited, along with four other charities, to present to the Roche team at their Welwyn Garden City offices.

Roche Products employees had the final say by voting for their favourite charity. We were thrilled to be chosen with more than a third of the votes.

“We have a diverse workforce at Roche that understands the importance of the approach Brandon Centre takes to working with families and young people to ensure they are able to access the highest quality mental health and wellbeing support,” **says Aalia Kazi**, Corporate Responsibility and Sustainability Partner at Roche.

The Roche team already have some fundraising challenges and ideas on the go.

Tracey Waring has challenged herself to cycle 1,000 miles in 2024. Starting in January she’s aiming for roughly 100 miles a month which will include cycling to and from work and some weekend rides.

“I’m not an avid cyclist but I’m up for a challenge,” says Tracey who has a new bike and is using the app Race At Your Pace to help motivate her. “I got to work slightly quicker last week with the freezing temperatures!” Tracey adds. She was aiming for 75 miles in January and managed an amazing 76.9 miles in a very cold and wet month. We’re so impressed already.

To support Tracey with her challenge visit her Just Giving page here:

Tracey Waring - JustGiving 1,000 mile Bike Challenge

Clare Skeggs, known locally for her crocheting talents – including a Beatrix Potter-themed postbox topper – will be yarnbombing and crocheting more postbox toppers to raise money to support young people and families dealing with poor mental health. We love Clare’s latest spring-themed topper (see photo).

[Click here to support Tracy](#)

To support Clare with her challenge visit her Just Giving page here:

Clare Skeggs - JustGiving Creative Challenge

We want to say a very big “THANK YOU” to the team at Roche on behalf of the young people and families we support.

[Click here to support Clare](#)

Please provide the image



Clare Skeggs' sensational spring postbox topper



Roche's Tracey Waring cycled 76.9 miles in January

Meet Sajida – Chair of our Young People’s Leadership Board

Sajida Aktar joined us as Chair of our Young People’s Leadership Board last September and we’re so excited to have her support.

Sajida told us why she was keen to take on the position.

“I joined as Chair because I was interested in engaging with other young people in my community and supporting Brandon Centre in its provision of accessible mental health care and resources for young people.

I also grew up in Camden and still live here. I’m familiar with the issues for young people in my community, especially regarding care for their mental health and wellbeing.”

Sajida is also busy studying Creative Writing and English Literature at the University of Westminster. We asked her what she’s enjoyed so far and what she’d like to achieve in her role as Chair.



Sajida Aktar

Young Person's
Leadership Board Chair

“I was introduced to Brandon Centre's services when I was referred for therapy. It transformed my life for the better and I want to help make the same experience available to others.

I've participated in focus groups about the service provided by therapists as well as sharing my own thoughts about the demystification of therapy in ethnic minority communities, the number of boys and men going to therapy, and the representation of race, class, and gender in this space.

I also joined Lita, Emma, and Julia in a bid for the Islington Young Grant Makers. It was an enlightening experience as I saw other young people in Islington making choices that will directly affect young people in their community.

It was initially intimidating, but I knew they would benefit from the Brandon Centre's services greatly, and what better way to do that than to tell them how amazing it was for me?

We won the funding and I'm looking forward to more opportunities to fundraise and support the centre in the future.”

Thanks, Sajida.

We're delighted to have you on board!

New Parent Advisory Committee up and running

It's always been important to us that we take a holistic approach to supporting young people. This often means working with parents and carers as well as the community around the young person.

Over the last year or so we've been working behind the scenes to create a more formal structure to represent and support the parents, carers, and families we work with.

So, we're delighted to announce that our Parent Advisory Committee is now up and running.

The Committee will provide support to other parents and carers, help promote Brandon Centre's mission, and contribute to the development of our services.

Keen to find out more? We've answered some FAQs below.

What is the Parent Advisory Committee?

It's a group of parents and carers who have first-hand experience of Brandon Centre services. The primary focus is on a) enhancing support networks for other parents and carers, and b) involving parents and carers in raising awareness of our work.

Who can join?

Any parent or carer who has engaged with Brandon Centre through our parenting programmes, our waiting list support groups, or our Systemic Integrative Treatment (SIT) programme. Parents and carers may have experienced different levels of intervention, from parenting groups and workshops to more intensive involvement with SIT.

What will I have to do if I join?

That depends on how much time you can commit. You can attend meetings, share your experiences and provide feedback on our services.

Or you might like to become more involved in some of our initiatives like raising awareness about Brandon Centre among parents, carers, and families, developing resources for parent and carer support networks, participating in the development and implementation of new programmes, or supporting us with bids and fundraising.

How can I find out more?

For more information email Emma Saunders at: emmasaunders@brandoncentre.org.uk



Charlie Waller Trust funds parent peer support training

The overarching mission of the Charlie Waller Trust is to educate young people, and those with responsibility for them, about their mental health and wellbeing.

The charity runs fully funded peer support courses for parents or carers with lived experience of supporting children with mental health issues.

We're pleased to be working in partnership with the Trust and two local parents embarking on a peer support training course.

The training covers topics including reflective practice and use of supervision, diversity and inclusion, understanding and navigating the children and young people's mental health system, managing groups, co-production and the shared lived experience, safety and self-care, and endings, transitions and new beginnings.

Many thanks to the Charlie Waller Trust for the opportunity. Once the course is complete, we'll be able to offer important peer support to our community of parents and carers at Brandon Centre.

Free parent training opportunities at Brandon Centre

Our free parent support groups and training programmes have grown in popularity over the last few years.

They not only support our ethos of working with the families and communities around the young person but also help build the foundations for peer support and a wider acceptance of the growing need for mental health education.

The programmes are led by Tania Bashar, Brandon Centre's child and family psychodynamic psychotherapist. Tania has been with Brandon Centre since 2022 and last year, took on the management of our parenting programmes. Tania also facilitates some of the workshops.

The programmes cover topics including:

- understanding child and adolescent behaviour
- how to respond to different behaviours
- validating feelings
- managing anxiety, low mood, and depression
- understanding and managing neurodivergence
- self-care for parent

"In some of our groups we give our parents home tasks and encourage them to try the strategies they've learnt during the sessions," says Tania.

"We then allow time for reflection and discuss how the home task went. It's an effective approach and allows parents the opportunity to put ideas into practice knowing they'll be able to discuss and get non-judgemental feedback," adds Tania.



Tania Bashir

Young Person's Leadership
Board Chair

Parenting programmes currently available at Brandon Centre:

Love and Limits

A 6-week online group for parents and carers of 12–16-year-olds with challenging behaviour. The group offers strategies to improve the parent-teen relationship, understand teenage behaviour and set clear boundaries.

Contact: familyservice@brandoncentre.org.uk

ADHD parent support

A 6-week online group for parents and carers of children, aged 5-12, who have a diagnosis of ADHD. The group covers psychoeducation on ADHD and the 1-2-3 Magic discipline model.

Contact: familyservice@brandoncentre.org.uk

CAMHS waiting list

An 8-week support group for parents and carers of adolescents, aged 11-16, who are waiting for mental health treatment from specialist services. Delivered in partnership with Mind in London the programme focuses its efforts on providing strategies for families to understand and support their young person during the waiting period.

Contact: parentsupport@brandoncentre.org.uk

Families, Food & Feelings

A 6-week programme for parents and carers of young people, aged 5-17, who are above a healthy weight. The programme is supportive and informative, covering topics including fussy eating, boundaries, emotional eating, instrumental feeding, and emotional wellbeing.

Contact: brandoncentre.healthyliving@nhs.net

It's important to us that we're able to support the parents and families of young people struggling with their mental health. If you'd like more information about any of these programmes get in touch

We also run an effective Systemic Integrative Treatment (SIT) programme, a more intensive, community-based approach to supporting the families of young people at risk of going into care or custody. For more information about SIT contact: familyservice@brandoncentre.org.uk



BC team run Santa in the City 5K

Brandon Centre and our corporate partners Macquarie and Expedia spread some Christmas cheer in December with London's Santa in the City fun run.

Abi Aston-Payne, Katie Green, Skye Powell, Bob Sherfield, Emma Sainsbury and Julia Brown all ran the 5k through London in their dashing Santa suits and raised an amazing **£1,700!**

The funds will go towards providing vital counselling and psychotherapy sessions for young people in Camden and Islington.

Well done team!



Julia, Skie, Emma, Katie, Abi, and Bob looking rather festive.

The Mayor of Camden visits Brandon Centre

We were excited to welcome the Mayor of Camden, Councillor Nazma Rahman, to Brandon Centre at the end of January.

Nazma is a Labour councillor for West Hampstead Ward, and has lived and worked in Camden all her life. She has a strong passion for supporting young people and is a trustee of her local community centre.

The Brandon Centre team talked to Nazma about the history of the centre and about the much-needed services we provide today. It was an afternoon full of thought-provoking discussions around young people's mental health and parental support in Camden.

She met our young and parent ambassadors who shared their stories of the life-changing support they've received at Brandon Centre and talked about how we're meeting the gaps in mental health care provision.

Nazma is dedicated to championing underrepresented voices and is committed to building effective relationships with organisations in her community.

We discussed the rise in mental health concerns among young people, the cultural barriers and stigmas around accessing mental health support, and how Brandon Centre is supporting young people and families in Camden in a holistic, community-focused way.

We look forward to collaborating with Nazma during her mayoral year.



From left: Ellie Brookhouse (BC-SIT service lead), Lita Peña (Assistant Psychologist), Sajida Aktar (Chair of Young People's Board), Julia Brown (CEO), Nazma Rahman (Mayor of Camden), Emma Sainsbury (Business Development Manager), Pavlos Rossolymos (Head of Clinical Services).

Marketing support from CoRe initiative boosts BC socials

Last year we were lucky enough to be involved in the Community Resourcing (CoRe) initiative, run by our colleagues at The BIG Alliance.

The programme offers the skills and experience of employees from Macquarie Group, Slaughter and May and Expedia Group to build capacity and sustainability in charities and social enterprises.

Our CoRe team carried out some valuable work researching and improving our social media and marketing efforts. This helped us successfully recruit four new trustees, win a Tesco Community Grant, publicise our C-Card project and pilot TikTok as a new platform.

We're so grateful for their support and want to thank Skie Powell, Alessandro Scalise, and Katie Green in particular. Here's what Skie, Allesandro and Katie had to say about their project with us:

"It was an absolute pleasure working alongside Brandon Centre and witnessing first-hand the dedication and hard work from all the BC team. Brandon Centre provides an incredible service for young people and assisting them with their projects throughout 2023 has been an enjoyable experience. I will stay in touch with the team and look forward to helping them again in the future!" Skie Powell, Macquarie Group *"Participating in the CoRe programme and supporting Brandon Centre was an incredible experience. Learning about the vital work and impact on young lives was truly inspiring. It was so nice to be part of something meaningful."* **Alessandro Scalise, Slaughter and May**

"I am so grateful to have learnt more about the wonderful work done at Brandon Centre and the challenges of providing such a needed service. I really enjoyed getting to work with you on expanding your social media presence- some of the videos are a must-see!" **Katie Green, Expedia Group**

The team also joined our Santa in The City fun run in December, helping us raise over £1,700 for Brandon Centre!



From left: Alessandro, Julia, Skie, Emma & Katie.

Tesco Community Grant win

Thank you to everyone who supported us in our bid to win the Tesco Community Grant. We won second place and an amazing £1,000.

Particular thanks go to our CoRe team Skie Powell, Alessandro Scalise and Katherine Green for rallying Brandon Centre supporters on social media to visit Tesco stores all over Camden.

The funding will help us reduce our counselling and psychotherapy waiting times and support more young people struggling with poor mental health.



Welcome our new Trustees

Caroline Gardner – Honorary Treasurer

Caroline has worked in financial services for over 25 years and, as Head of Insurance Supervision at the FCA, she champions good consumer outcomes. She's held several non-executive roles including on the Board of a Pension Fund.

Caroline is keen to leverage her professional expertise and personal experiences for a cause that she cares about and was impressed by Brandon Centre's work supporting young people's mental health.

What appealed to you about working with Brandon Centre?

"I attended an event where the Brandon Centre team were speaking. The impact of their support and interventions for young people facing challenges stood out to me," says Caroline. "The organisation's clear mission, well-established status and commitment to excellence was impressive."

What are you looking forward to in your role as Trustee?

"My personal experience is that it's not always easy to navigate the system and access the support you need for young people. I'm looking forward to helping Brandon Centre grow and making sure it has the support it needs to succeed," says Caroline.

Caroline is our Honorary Treasurer, supporting the finance team and offering valuable insights on broader issues across the organisation.

In her spare time, Caroline can be found on her allotment tending to her vegetables, on the tennis court or walking her dog.



Caroline Gardner
Trustee

We're excited to have you on the team, Caroline!

Catherine Florin – Clinical Trustee

Catherine worked for many years as a lawyer specialising in criminal defense, health regulatory law including at the Nursing and Midwifery Council, and mental health law/advocacy.

She now volunteers at a legal advice clinic supporting people who lack representation due to cuts in legal aid.

Her interest in mental health stems from her professional experience. “You can’t work in criminal practice and not come across mental health issues,” says Catherine.

What appealed to you about working with Brandon Centre?

“I’m a mother of five children and very much aware of the challenges facing young people today. The services provided by Brandon Centre are such an important part of the support network for young people in the area,” says Catherine.

Catherine spent much of her youth in and around Kentish Town and has been familiar with Brandon Centre’s work.

“I’ve always been impressed by Brandon Centre’s distinct identity and its impactful presence in the community,” she says, “I’m keen to give something back to that community and to maintain a connection with my roots.”

What are you looking forward to in your role as Trustee?

“I’m looking forward to getting to know the organisation better and to collaborating with the team as well as contributing my expertise where I can. It’s also an exciting opportunity to help bridge generational gaps within communities.”

What do you do when you’re not volunteering?

Catherine is known for her friendly and approachable nature. “I’m always available for a chat!” she says. When she’s not working or volunteering Catherine can be found at the pool (indoor only!) and swims every day.



Catherine Florin
Trustee

We’re delighted to welcome Catherine as a Clinical Trustee.

Jazzy Jasiulek – Equality, Diversity & Inclusion Trustee

Jazzy Jasiulek is an accomplished Equality, Diversity, and Inclusion (EDI) professional and inaugural EDI Officer for the London Court of International Arbitration.

He hails from the vibrant city of Oakland, California, known for being one of the most diverse cities in the world. His upbringing instilled in him a deep commitment to empowering communities, a value that has guided his life choices. In 2020, amid the global pandemic, Jazzy relocated to London, which he now proudly calls home.

What appealed to you about working with Brandon Centre?

“As a gay man, I see how mental health is intertwined with the oppressive systems we live in. Years of homophobia and bullying have profoundly shaped how I think. Similarly, prejudice and poverty weigh on our young people who often lack an outlet to process their trauma or learn healthy coping mechanisms. Brandon Centre represents to me the support that has made me into a thriving and functional adult.”

What are you looking forward to in your role as Trustee?

“I aspire to remove barriers so everyone can have the support system they deserve. There is still a lot of stigma around mental health, especially for men. We need healthy masculinity in our community for the whole to thrive. As such, I am laser-focused on uplifting men’s voices to show that taking ownership of your feelings and asking for help is a sign of strength.

I will also work to ensure the Centre stays close to best practices around LGBTQ+ inclusive care. The political debates around trans and non-binary young people have become so dehumanizing. We have a role to play in our community to affirm that your gender identity is valid and that you belong.”

What about life outside of work and volunteering?

“My favourite thing about London is the level of creativity and talent. I love going to the theatre, opera, drag shows, and cabarets. The stage is a bright spot for me in the middle of what feels like never-ending grey weather!”



Jazzy Jasiulek
Trustee

Welcome to the team Jazzy!

Dr Lipi Begum – Equality, Diversity & Inclusion Trustee

Lipi works across healthcare, the creative industries, and academia. She is an experienced researcher, organisational coach and lecturer and has taught on social issues including global health, sustainable fashion and leadership.

What appealed to you about working with Brandon Centre?

“Brandon Centre holds a special appeal to me due to having previously worked as a Health and Wellbeing coach on the BWell programme.”

During my time in that role, I was impressed by a culture of togetherness and creativity and a motivation to improve the lives of young people in the community.”

Is there anything particularly meaningful to you about working with Brandon Centre?

“I see the role as a rewarding way to continue advocating for young people’s wellbeing during challenging times and ensuring the centre remains inclusive and resilient.”

Coming from an intersectional background, I have experienced and recognised barriers to mental health support. I am driven by the opportunity to improve equal access to resources to support the mental health of young people whose voices often go unheard.”

What are you looking forward to in your role as ED&I Trustee?

“I am looking forward to working closely with a vibrant team of young ambassadors, executives, and counselling and psychotherapy staff to ensure ED&I is embedded across the organisation, whether co-designing services with young people in the community or staff development and training.”

What do you think makes Brandon Centre different?

“The centre’s rich history of openness, pushing boundaries and working in partnership with the community.”

Being situated at the heart of Camden and Islington within a beautiful Georgian house makes Brandon Centre an architecturally mindful space for diverse people and creative ideas to come together.”

What do you enjoy when you’re not working?

“When I’m not working, I love visiting art galleries, watching Indian cinema and travelling. My favourite cities include Shanghai and Dhaka.”



Lipi Begum
Trustee

We’re thrilled to have Lipi on the team.

Thank you, Victoria and goodbye for now

Victoria Corbishley has been a Brandon Centre Trustee since 2019 and Vice Chair since 2021, supporting us with her wealth of experience and expertise in healthcare, management, and strategy.

It’s now time for Victoria to step down, but we’ll be sure to stay in touch and follow her inspiring career.



Victoria Corbi
Trustee

Thank you, Victoria, we’ve been honoured to have you on the team!

We’re hiring! Join us as a Fundraising Trustee

Would you like to help make a real difference in our community?

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

We’re looking for a Trustee with a sound understanding and substantial experience of **charity fundraising** at both strategic and operational levels.

The Fundraising Trustee will provide overall Trustee leadership and drive for our fundraising, events, marketing, and communications, and will be supported very closely by the Chair of the Business Development and Fundraising Committee, CEO, Head of Finance, and our Business Development Manager.

It’s an exciting time to join Brandon Centre. We’re a well-established, local charity providing high-quality mental health and wellbeing support to the young people in our community.

We believe all young people should have access to the highest quality care & support. As a Trustee you will have the opportunity to work alongside an experienced and enthusiastic Board helping us to achieve this.

For more information see our **Trustee Recruitment Pack**.

To apply simply email a cover letter and your CV to Emma Saunders, our Head of People:

Emmasaunders@brandoncentre.org.uk.

Board and Team Away Day highlights

January and February saw our Board and Team Away Days. This is when we get together in person to review, plan, and celebrate all the great work being done by all the teams across Brandon Centre.

In January, the Brandon Centre Board welcomed four new trustees to review and discuss our strategic objectives and deliverables.

In February, Brandon Centre team members came together to share knowledge, case studies and outcomes of their services, and to discuss important organisational issues such as ESG, inclusivity, training and development, and wellbeing.

"It was fantastic to be together in person and have quality time to hear from everyone about each of our services and to discuss how we can further strengthen and integrate those services," says Julia, our CEO.

"It was also wonderful to welcome our staff who are seconded to The Hive, and Angus Scott-Miller, The Hive's new Young Men's Project Coordinator."



Brandon Centre team all together (minus a few).



Brandon Centre team and trustees.

New collaboration offers mentoring and leadership skills for girls

Thanks to funding from the Mayor of London (Propel), we're about to launch a new collaboration called "She is Supported" (SIS), with three Islington youth hubs, to offer mentoring to 500 girls over the next two years.

Propel focuses on putting money and power in the hands of communities who are best placed to make change happen and we're thrilled that they've chosen to fund this initiative.

Brandon Centre will work in a consortium with Highbury Round House, Mary's Youth Club, and Prospex Youth Hubs to provide mentoring support for young girls in Islington aged between 10 and 24 years old.

The project includes personalised 1-to-1 mentoring sessions with qualified youth workers, providing a confidential space for girls to discuss their concerns, set goals, and receive guidance.

There will also be weekly girls' group activities at the youth hubs to foster a sense of community, allowing girls to connect, share experiences, and build lasting friendships.

As part of the SIS collaboration, Brandon Centre will be offering dedicated outreach psychotherapy based at the youth hubs.

Mentorship and leadership skills can be extremely powerful, and the "She is Supported" project includes a peer mentoring scheme. It will not only provide valuable leadership opportunities for the girls involved but will also create a supportive network where they can inspire and lift one another up. As part of our commitment to holistic development, "She is Supported" will also deliver annual residential trips, allowing girls to explore new environments, build friendships, and gain valuable life skills.

To find out more please contact:

- ➔ **Marys Youth Club:** jordan.yutan@marys.org.uk or britanya.green@marys.org.uk
- ➔ **Prospex:** carole@prospex.org.uk
- ➔ **Highbury Roundhouse Youth & Community Centre:** savanahp@highbury-roundhouse.org.uk



The "She is Supported" team

It's a wrap for BWell (but watch this space!)

Our pilot coaching project, BWell, comes to an end this year. Thanks to The National Lottery Reaching Communities England fund we were able to offer one-to-one and group wellbeing coaching sessions to vulnerable young people aged 12 to 25 in Camden and Islington.

BWell has become a much-valued service with positive outcomes, and we want to thank the team for getting it up and running and creating its success. We're hoping to secure new funding to continue to provide and develop the service further.

We reflected on the journey and celebrated everyone's hard work with a little party and a collective art therapy session led by our resident Art Therapist, Emily Locke.



The brilliant BWell team: Parvin Choudhury, Lucy Barr-Hamilton, Julia Brown, Grace Broughton, Neil Lawrence, Adaser Okorefe, Abi Aston-Payne, Emma Sainsbury and Lipi Begum.



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

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
- ♥ Propel
- ♥ Tesco Community Grants Scheme
- ♥ The Charles Hayward Foundation
- ♥ The City Bridge Trust
- ♥ The Henry Smith Charity
- ♥ The Lambert Charitable Trust
- ♥ The Mayor of London
- ♥ The Oakdale Trust
- ♥ The Rhododendron Trust
- ♥ The Screwfix Foundation
- ♥ The Sir Mark and Lady Turner Charitable Settlement
- ♥ The Vandervell Foundation
- ♥ UCLH Charity
- ♥ We'd also like to thank our anonymous donor who supported our young people's counselling services with a very generous donation.



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:



Brandon Centre for Counselling and Psychotherapy for Young People | 26 Prince of Wales Road, London NW5 3LG
www.brandon-centre.org.uk | Registered Charity No.: 290118 | A company limited by guarantee.

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

The logo for Brandon Centre is a dark blue, irregular shape with rounded corners. Inside this shape, the words "Brandon" and "Centre" are stacked vertically in a large, bold, white sans-serif font. Below these words, the phrase "Here for Young People" is written in a smaller, white sans-serif font.

**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)