

A group of four diverse young people are shown from the chest up, sitting in a row and laughing joyfully. From left to right: a young Black man with glasses, a young woman with long, curly brown hair, a young white man with blonde hair, and a young woman with long dark hair. They are all smiling broadly, showing their teeth. The background is a bright, slightly blurred outdoor setting. A dark blue, semi-transparent graphic shape is overlaid on the bottom left of the image, containing white and pink text.

**Brandon
Centre**

**Here for
Young
People**

Our Vision

is to be here for young people

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.

Our Mission

is to maintain and develop our accessible, flexible and specialist services

We aim to respond to the psychological, wellbeing and social needs and challenges of young people under 25 years old.

Our Values

Compassion:

We provide a welcoming, non-judgemental environment for young people to access support that helps them live healthy and fulfilled lives.

Respect:

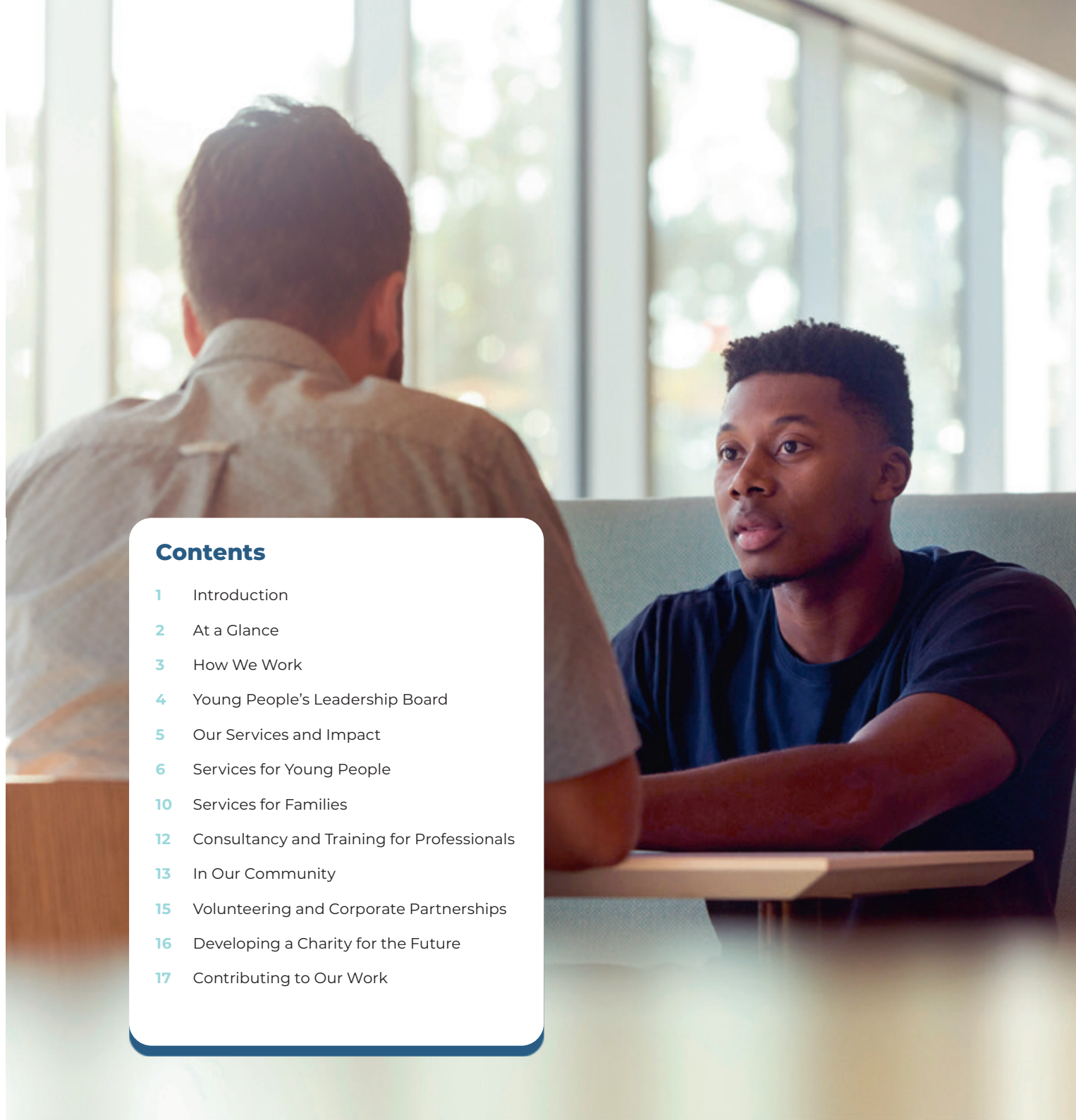
We serve our diverse community, and work with our partners, with a willingness to collaborate, adapt and recognise the importance of choice.

Inclusion:

We strive to remove barriers to access, and to use our expertise to provide services that our young people can trust to be safe and to meet their individual needs.

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We create and deliver accessible, leading-edge, collaborative and holistic mental health and wellbeing services for young people under 25 and their families, so they can overcome difficulties, mobilise their resources and shape a future they want.

For more than 55 years we've been supporting young people with a wide range of issues and challenges, helping them to become independent and live healthier lives.

An important part of our work is reaching and supporting young people in our community who don't typically access similar services or organisations.

Why Are We Here?

Adolescence and young adulthood are critical ages for recognising the first signs of potential adult mental illness.

The statistics, and our experience, show that early intervention during these years can significantly reduce the chances of young people suffering from mental illness throughout their adult lives.

- 75% of adults with a diagnosable mental health problem experience the first symptoms by the age of 24 (Centre for Mental Health, 2016).
- In 2023, about 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder (National Centre for Social Research, 2023)
- 52% of 17- to 23-year-olds have experienced a deterioration in mental health in the last five years (The Children's Society, 2021)

Brandon Centre

Based in the heart of Kentish Town, Brandon Centre offers a welcoming, comfortable and non-institutional setting for young people to access specialist and professional mental health and wellbeing services.

Living Our Values

From Staff

"We have a wonderful team and it's brilliant to be able to support our young people and families. It is such a great organisation with wonderful staff, trustees, honorariums, volunteers and young ambassadors. I can't think of anywhere better to work."

"Brandon Centre is a friendly and happy environment to work in."

From Young People

"The service I received was the most helpful support I've ever had from any mental health service."

"Caring, sweet and attentive staff. A safe place to open up."

From Parents

"There is no judgement but understanding and advice on how to work around these problems. They have just been so kind and helpful. I have learnt so much!"

"The psychologists leading were helpful and gave good insight as well as being warm and empathic and held the group well."

Brandon Centre in Numbers

20
services

1,250+
young people helped each year

250
families supported each year

250
professionals trained

34
young ambassadors

20
Parent Ambassadors

62
volunteers

At the Heart of Our Community



Our Beginning

From the very beginning our work pushed boundaries so we could help young people turn corners in their lives.

In the late 1960s, a forward-thinking psychiatrist named Faith Spicer became concerned by the number of young women struggling with the stigma and shame of pre-marital sex, pregnancy and wellbeing issues.

In 1969, Faith founded the London Youth Advisory Centre (LYAC) where she established a new model of service for adolescents, years ahead of its time in the way it combined contraceptive advice with counselling and psychotherapy. Her work with adolescents was groundbreaking, helping them take charge of their own wellbeing and mental health.

Faith's work was supported by Brandon Cadbury, who purchased our current beautiful Georgian building in Kentish Town and donated it to the LYAC. In recognition of Brandon's involvement, the LYAC became Brandon Centre in 1984.

Today

We continue to work from our Brandon Centre building which offers a discreet, welcoming, and homely atmosphere, as well as taking our services out into the community through our neighbourhood outreach work. We've also undertaken significant work to ensure our services are environmentally friendly and sustainable.

Brandon Centre is a familiar name in the community with generations of families having used our services. Through word of mouth and our long-standing reputation as a specialist organisation, we are continually recommended (for self-referral) or referred to by other organisations.

Thanks to Faith Spicer, our mission remains clear. We continue to push the boundaries of innovation to develop and deliver our mental health and wellbeing services in partnership with other local teams.

We understand the needs of our young people, especially the new, challenging post-pandemic issues and continue to adapt our services to meet their needs, helping them to harness their strengths and become responsible, fulfilled and healthy young adults.

Our Future

What does our future look like? We are committed to...

- further developing and providing innovative and responsive mental health, wellbeing and outreach services for young people and their families;
- expanding our services across North Central London and neighbouring London boroughs in partnership with local commissioners and other providers;
- growing and providing our training, supervision and consultation to wider groups of professionals;
- ensuring we continue to deliver services based on young people's current needs, developed collaboratively and delivered where young people need them most; and
- developing our innovative and broad range of sustainable funding streams to support the growing needs of our young people.



How We Work and What Makes Us Special

Young Person Led

Young people are at the heart of our organisation and are the focus of everything we do. We believe that by involving young people and asking them to help shape our current and new services, we ensure that we're providing the best possible support that always responds to their needs.

Inclusive

We reach all young people who need our services, whatever their background, values, or beliefs. It's important to us that our team, our board, and our volunteers represent the diverse communities in which we work. We aim to remove barriers to access, and use our expertise to provide services that our young people trust to be safe and meet their individual needs. We actively seek out opportunities and funding to provide services to groups who may not receive the same opportunities as others (for example, counselling provision for young LGBTQ+ people and BWell coaching provision for hard to reach members of our communities).

Accessible

We aim to be accessible to all young people in Camden and Islington who need our support. Therefore young people are able to self-refer to our fully funded specialist services. Our self-referral system means that all young people can access free and confidential care and support from our friendly and highly skilled team. Our responsive-access services mean we

can help young people quickly, when they need it most and the broad and diverse nature of our services ensures that each young person can access the right support for their individual needs.

Specialist

We have a dynamic and specialist multi-disciplinary team who are experts in offering professional support to young people. Our team consists of psychotherapists, psychologists, counsellors and coaches, with a range of specialisms and approaches. We combine leading-edge service delivery with audit, research, and rigorous evaluation of outcomes.

Transitional Support

The 18-24 age group is often overlooked when it comes to mental health care and support. When a young person turns 18 years old, they are legally considered an adult and no longer eligible for many youth services. Brandon Centre remains in a unique position to offer support to young people under 25 whilst they navigate the challenging transition from adolescence into young adulthood.

Systemic and Holistic

Our team adopts a systemic and holistic approach, working with families, communities and professional networks around the young person. Our innovative approach applies psychotherapeutic principles to devise

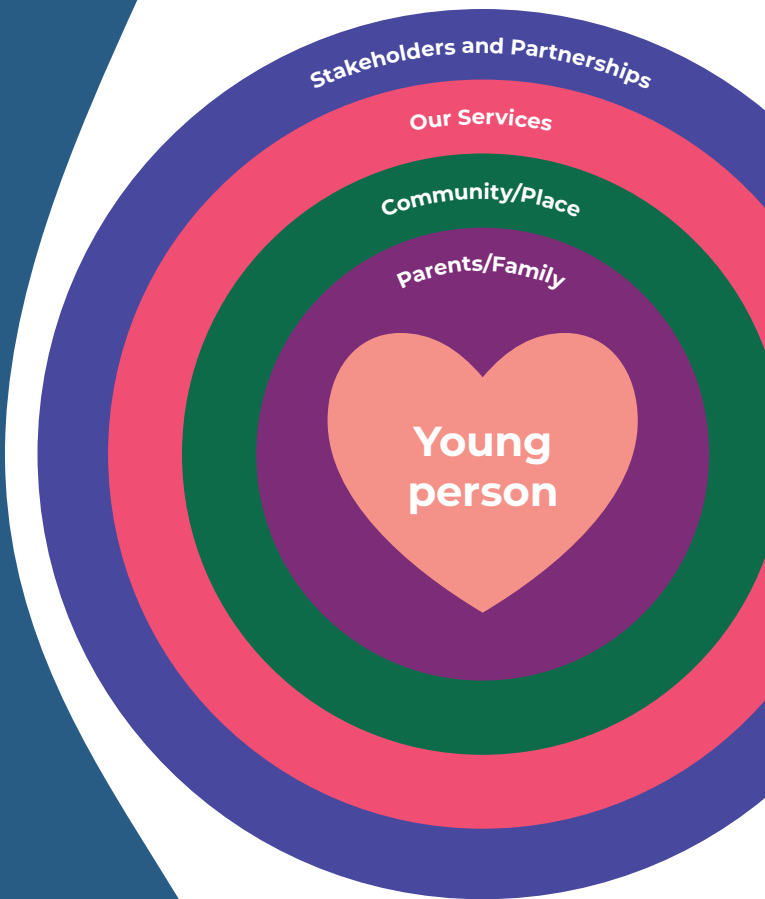
and implement mental health services. Through partnerships with schools, youth offending services and advice agencies we're able to engage and reach out to high priority groups of young people. This way of working makes a significant difference to the outcomes achieved for young people by keeping them in their own home, in education and away from youth offending.

Our Home

We are based in the heart of our community, easily accessible from Kentish Town centre. Our Georgian building offers a discreet and homely atmosphere, a safe non-clinical and non-institutionalised environment (waiting room and therapy rooms), and a wellbeing mindful garden. Being embedded in our community makes us highly accessible, helping us welcome young people into our building for tailored, integrated care and support.

Living Our Values

Our values, Compassion, Respect and Inclusion, are embedded in everything we do. Our organisational processes support this by focusing on the importance of our values during interviews and training, within the delivery of services, and in the way in which we communicate with young people, families and each other.



Young People & Parent Engagement

Young Ambassadors

We're committed to involving our young people in the design, development and improvement of our services. In recent years, we've worked hard to develop a fantastic team of Young Ambassadors and to establish processes that make sure these plans continue to become a reality.

An example of this commitment in action has been the involvement of Young Ambassadors in various successful new funding bids. This has included securing National Lottery Funding for our pilot BWell coaching programme, an Islington Giving grant for our Brief Counselling Service, and London Marathon's Active Spaces Fund for our new Therapeutic Yoga group. Young people were key in deciding the direction of these bids and even joined us for some of the funding interviews.

Another key project led by one of our Young Ambassadors has been the 'De-Mystifying Therapy Project' - videos of therapists answering frequently asked questions about therapy. These videos are designed to challenge stigma and are freely accessible to all young people on our website.

We believe it's essential for our Young Ambassadors to have opportunities to connect, share experiences, and learn from one another. Our goal is to nurture a vibrant, supportive, and inclusive community of young people. This summer, we were delighted to host our very first in-person Young Ambassador Wellness Evening. The evening was filled with creativity and mindfulness as our Young Ambassadors painted plant pots, engaged in mindful coloring, beaded bracelets, and collaborated on an art piece for our Brandon Centre waiting room.

Young People's Leadership Board

The Young People's Leadership Board (YPLB) plays a pivotal role in executing our Young People's Involvement Strategy. Chaired by a Young Ambassador, the YPLB collaborates closely with our Senior Leadership Team to ensure that our decisions are aligned with our young people's needs. YPLB members actively participate in quarterly board meetings and engage with key Brandon Centre stakeholders at events such as the Staff Away Day, Board Development Day, London Open House, and even a visit from the Mayor of Camden!

It's vital that these opportunities are accessible to all young people. To help achieve this, we've introduced a Rewards and Recognition Policy, generously funded by London Youth, which allows us to compensate Young Ambassadors for their participation.

Parent Advisory Committee

To strengthen parent engagement, we recently established a Parent Advisory Committee, providing a meaningful platform for parents who have participated in our parenting programs or received support from BC-SIT to share their insights and feedback. Additionally, we were pleased to receive funding from the Charlie Waller Trust, enabling two parents to undergo Parent Carer Peer Support Worker training. The Trust has also provided a grant to ensure ongoing supervision for both parents. We are optimistic that this initiative will pave the way for further opportunities and funding to expand Parent Carer Peer Support work in the future.



Sajida Akter

Young People's Leadership Board Chair

I'm Sajida and my passion involves demystifying mental health support. As a local Camden resident, I advocate for community development and as a Young Ambassador for Brandon Centre, I am able to participate alongside staff and volunteers to provide accessible, inclusive and transformative support to young people and their families.



Kate Pope

Young Ambassador

Hi I'm Kate! I've just finished up my degree in law and joined the Leadership Board as a way to channel my passion for improving mental health services for young people. I'm particularly passionate about advocating for disability and mental health support in education and breaking down barriers for neurodiverse students. During my studies I often voiced concerns on behalf of the student body and I want to continue to use that passion wherever I can. Mental Health and disability should be part of an open conversation in all workplaces and institutions; not just where it is simply required by law. I believe it is fundamental to everyone's wellbeing to create a truly inclusive society where difference is celebrated and supported, and not merely tolerated.



Rosy Todd

Young Ambassador

I'm Rosy, and I joined Brandon Centre whilst studying Architecture at university. I'm keen to open up conversations about mental health in the UK and, as a Young Ambassador, I hope to help make health and wellbeing services more accessible to young Londoners and demystify the therapy process.



Tamsin

Parent Ambassador

I'm Tamsin, my children are neurodiverse. We took part in a Brandon Centre course which transformed family life. I am so grateful for their help I became a Parent Ambassador to contribute to the wonderful work being done. When the Mayor visited recently, my story was one of several, bringing to life the valuable work the Centre does. I am open about my experiences because I hope it will help others who are struggling.

Our Services and Impact



2023/24

96%

of young people felt listened to

97%

of young people felt they were treated well

94%

of young people would recommend the service to a friend

95%

of young people felt their views and worries were taken seriously

97%

of young people believed the help they received was good

2020 HSJ Award

Highly Commended – Integrated Care Partnership of the Year for our work with Islington SEMH

Services for Young People

Psychotherapy

Our Counselling and Psychotherapy Service lies at the heart of our work, having been a key part of the centre since it was founded in 1969.

We offer a free counselling and psychotherapy service to young people aged 16-25 living in Camden and Islington. The service is staffed by our team of experienced counsellors, psychoanalytic and psychodynamic psychotherapists, and clinical psychologists, who are passionate about working with young people.

Young people come to us with a wide range of difficulties including anxiety, depression, trauma, suicidality, relationship problems, and difficulties regulating their emotions. We work with young people from very diverse cultural backgrounds and work in a sensitive way, understanding challenges through different cultural lenses.

Our approach is based on a psychoanalytic understanding of adolescent development, however we offer both exploratory (psychoanalytically informed) and structured (CBT informed) psychotherapies, depending on the needs and preferences of the young person.

Our work is evidence-based and we routinely monitor and evaluate our interventions with young people, using a range of psychometric outcome measures and feedback questionnaires.

We have consistently found that young people make significant improvements in their mental health as a result of the interventions we offer.

This service is commissioned by the London Boroughs of Camden and Islington and NHS North Central London ICB.

Impact and Outcomes 2023/2024

632

young people seen (217 self-referrals)

4,021

treatment appointments offered

Following psychotherapy treatment, young people had a significant reduction in their mental health distress/symptoms, as evidenced by routine outcome measures.



Psychotherapy Feedback

“I was listened to and respected – very empowering. I feel very relieved knowing that there are such services that offer meaningful support for young people.”

“I had such a positive and healing experience.”

“I had a really wonderful experience here and would recommend the centre to a friend who needed it. My therapy here was really truly life changing.”

“To think about where I was before therapy in comparison to where I am now is mind-blowing to me.”



Services for Young People



Homeless Mental Health Outreach Service

Our Brandon Centre therapist works directly within two Islington Homeless Hostels - YMCA LandAid House and DePaul London Youth Hostel. We deliver one-off, brief and long-term therapy to 16–25-year-old young people who are experiencing homelessness. This is particularly important for this cohort of young people who have a higher prevalence of mental health difficulties, find it difficult to access services, often cannot afford to travel to appointments and waiting lists for support are lengthy. As well as therapeutic interventions, we are also encouraging activities that enhance young people's wellbeing by hosting activities, trips, providing books, art equipment etc, to ensure that their welfare extends beyond therapy sessions. In addition, we support key hostel workers by providing them with training, consultation, reflective practice and crisis intervention/ trauma informed strategies. This service is generously funded for 3 years by Comic Relief.



Therapeutic Yoga

We provide free therapeutic yoga classes for 16–24-year-olds who are looking to get more active in our local area. There are so many mental and physical benefits of yoga. Through movement, breathwork and meditation, therapeutic yoga can boost energy levels and increase flexibility whilst also relieving stress and calming the nervous system. Therefore, yoga greatly improves both physical health and mental health. Our 6-week programme has been carefully designed by an experienced Clinical Psychologist and Yoga Teacher. Sessions take place in local venues and in our own mindful garden and nearby parks in the summer. Newly learned therapeutic and mindful practices can be taken off the yoga mat and into the young people's daily lives. This service is generously supported by the London Marathon Foundation's Active Spaces Fund.



Care Leavers

We provide a specialist psychotherapy service specifically for care-experienced young adults. Care leavers are formerly looked after children (LAC), including unaccompanied asylum-seeking children (UASC).

We help UASC care leavers with a particular set of support needs, including complex trauma from their country of origin, their experiences seeking asylum and isolation from their families. Our support helps young people with a history of complex psychological trauma, including abuse and neglect, and who require a high level of emotional and practical support to navigate this key time of transition in their lives.

Our psychotherapy service for care leavers is delivered by an experienced integrative psychotherapist in partnership with the Camden and Islington Leaving Care Services. The Islington Ofsted Report on Local Authority Children Services (2022) commended our Care Leavers' service as an example of good practice. This is funded by Camden Local Authority and the NCL ICB Inequalities Fund for Islington.



Social Prescribing

We're proud to be delivering the Social Prescribing Service for young people in Camden along with our local partners: The Hive and Fitzrovia Youth in Action. Using a non-clinical approach, Social Prescribing aims to boost the general health and wellbeing of any young person who is experiencing challenges with their mental or physical health.

Social prescribing links young people to activities they may be interested in, and which are beneficial for their wellbeing. Engaging in fun and meaningful activities – whether art, sport, or gardening, for example – can give young people a sense of enjoyment, achievement, and connectedness, which we know play an important role in improving our wellbeing. This service is funded by the London Borough of Camden.



Brandon Connect

Brandon Connect is a service providing outreach therapeutic support to 16-25-year olds living in Islington, who have emotional and mental health difficulties that are becoming a barrier to them being in education, employment or training. For example, depression and social anxiety that are stopping the young person being able to move on in life.

The service is goal-focused and solution-oriented addressing the difficulties that are holding the young person back as well as focusing on what they would like to achieve. We maintain strong links with local employment support providers and creative projects that signpost young people to us.

Brandon Connect is funded by Islington Giving and focuses on young men living in Islington who are feeling stuck and struggling to access support.



She is Supported (SIS)

Brandon Centre is the consortium lead member delivering the She is Supported 'SIS' Service alongside our Islington youth hub partners Highbury Roundhouse, Prospex and St Mary's Youth Club. This is funded by the Mayor of London in his initiative to improve life chances for young Londoners through Mentoring Frameworks. Together we deliver to Islington Girls (aged 10-24 years old), 1-2-1 mentoring with a qualified youth worker, 1-1-1 therapy delivered directly within the youth hubs, weekly group activities, Wellbeing Ambassador Scheme for peer-to-peer mentoring and an annual retreat.

Services for Families

BC-SIT

About BC-SIT

In 2017, after 14 years of delivering Multisystemic Therapy (MST), our team developed a new model of Systemic Integrative Treatment (SIT) for treating antisocial behaviour, conduct disorders and harmful sexual behaviours in young people.

Developed in accordance with NICE guidelines, our model, known as BC-SIT, is an intensive, community-based treatment programme, where therapists work primarily with parents and carers to address the causal and maintaining factors to the antisocial or harmful behaviours which put the young person at risk of out-of-home care, permanent school exclusion and criminal justice involvement.

Our BC-SIT therapist becomes the lead clinician for behavioural management and works closely with the young person's professional (social care, CAMHS, YOS, police) and social (extended family, peers, local community) networks to ensure a consistent and joined up approach.

Our BC-SIT Team successfully works with families across six London boroughs treating around 40 young people, aged 8-16, each year.

Brandon Centre have secured funding from The Portal Trust for a 2-year project working with two local schools (Regents High and Acland Burghley) to reduce the numbers of student persistent absenteeism. This project will draw on the hugely successful SIT model to provide 6-week parenting groups to empower parents to re-engage their child with education, alongside regular teacher trainings provided to all staff in the schools to support with attendance and behaviour management.

Case Study from a BC-SIT Family:

This 13-year-old girl was referred to our BC-SIT team due to significantly low school attendance, and a long history of physical and verbal aggression towards her parents. After working with our SIT team, her school attendance increased to nearly 100%, and the levels of physical and verbal aggression reduced dramatically. A heartfelt thanks from her parents below:

Thank you for helping us to move forward. It's the best present. Our daughter's life and our family life is so much better.

She is back at school and on time every day. She received many awards-character points, hot chocolate and cookies with the head and positive emails home. It of course hasn't been plain sailing and will always be a little so, but she is such a happier child with a much better future ahead. Last year she wasn't at school, miserable, depressed, violent. We were all so sad and worn out.

We are in such a better place. I have returned to work, there is some sense of a return to normality.

The Phase 2 Therapist was also keeping my partner and I in check. It was brilliant to have the support of BC-SIT. It has been extremely helpful, keeping us on the right track.

Thank you for working with us and we wish you the very best.

Impact and Outcomes (2023-2024)

87%

of young people treated were in education by the end of treatment

100%

of young people had no further offences by the end of treatment

88%

of young people treated were living at home at the end of treatment

86%

sustained those changes at 6 month follow-up



Feedback from Families

"We were in a state of crisis when you turned up. You guided us through a difficult journey and we're in a much better place now. You've given us some skills we can use moving forward to change things for the better, and in other areas."

"I am eternally grateful for this service, it was exactly what we needed. It has transformed my child's life and changed their entire trajectory. It has transformed our whole family."

Feedback from Professionals

"There is a sense of involvement and support that comes with the home visits that can't be replicated in an office or over the phone. I am very happy that this service exists. It is valuable and important."

"BC-SIT have been extremely beneficial and helpful to the network, been reflective and have given some valuable ideas and strategies."

Services for Families

Parent Programmes

Young people live, develop and learn within family and community systems. If we can strengthen, inform and support those systems, then they, in turn, are better able to positively contribute to their young people's wellbeing.

A word from Tania Bashar, our Parenting Programmes Lead

"At Brandon Centre, working with parents and caregivers is a special privilege. Parents and carers play a key role in supporting and navigating their children through moments of crisis and recovery. Through the support groups we offer we've gotten to know hundreds of families and have helped them to understand more about the dynamics between their child's mental wellbeing as well as their own. Through opening up about difficulties and challenges, parents and caregivers can explore new ways of connecting and strengthening the parent-child bond and we are here to support that process."



Families, Food and Feelings:

Families, Food and Feelings is a 6-week programme for parents and carers of children and young people aged 5-17 who are above a healthy weight. The programme is both supportive and informative, covering topics including fussy eating, boundaries, emotional eating, instrumental feeding and emotional wellbeing. We can deliver the programme to groups and as 1 to 1 sessions.

"Thank you for all your help. The knowledge given will change our lives for the better."

Love and Limits:

Love and Limits is a 6-week online parent group for parents/carers of teenagers aged 12-16 who present with challenging behaviour. The group offers strategies to improve the parent-teen relationship, understand teenage behaviour and set clear boundaries.

"Realising all parents are going through experiences similar to me but most importantly, it reminded me how hard it must be for my daughter because it's not easy being a teenager and it's hard growing up."

ADHD Parent Programme:

The ADHD parent support programme is our 6-week online parent group for parents/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.

"Very enlightening and comforting; well run and very calm. Coping strategies and discussion were very helpful. Great group, will definitely recommend others to attend."

CAMHS Waiting List Parent Support Group:

In partnership with Mind in London, our 8-week parent support group aims to support parents/carers of adolescents aged 11-16 who are waiting for mental health treatment from specialist services. The group provides broad strategies to support young people's mental health and offers facilitated peer support.

"I found the facilitators excellent - in their delivery of the psychoeducational material and how they facilitated the reflective questions. I felt it was helpful to hear other parents' approaches and difficulties. It made me feel not so alone."

Consultancy and Training for Professionals

Mental Health Training

We deliver half and full-day CPD accredited training on a range of mental health topics. The training is suitable for a range of professionals including those who work with young people and those that support staff with their wellbeing.

Health and Wellbeing Training

Our Enhanced Healthy Living Service provides consultations and trainings to professionals and schools in Camden and Islington who work with young people struggling with excess weight. We can deliver one-off or regular consultations 1:1 or in groups.

Teacher Support

Brandon Centre offers comprehensive support for teachers through individual coaching sessions, wellbeing consultations, psychotherapy, and supervision for mental health leads. These services provide teachers with a supportive and informative space to address challenges, explore mental health difficulties, develop coping strategies, and work towards personal and professional goals.

Mental Health Consultancy and Supervision

We support youth workers, volunteers, social workers, personal advisors and school staff with 1:1 or group mental health consulting, mental health supervision, reflective practice and debriefing.

Leadership and Coaching

Brandon Centre provides tailored consulting, coaching and leadership training programmes. We are excited about supporting individuals and teams to develop and retain a happy and productive workforce. We have specific expertise working in the young people's, charity, health, social care and education space.

Impact

250
professionals trained

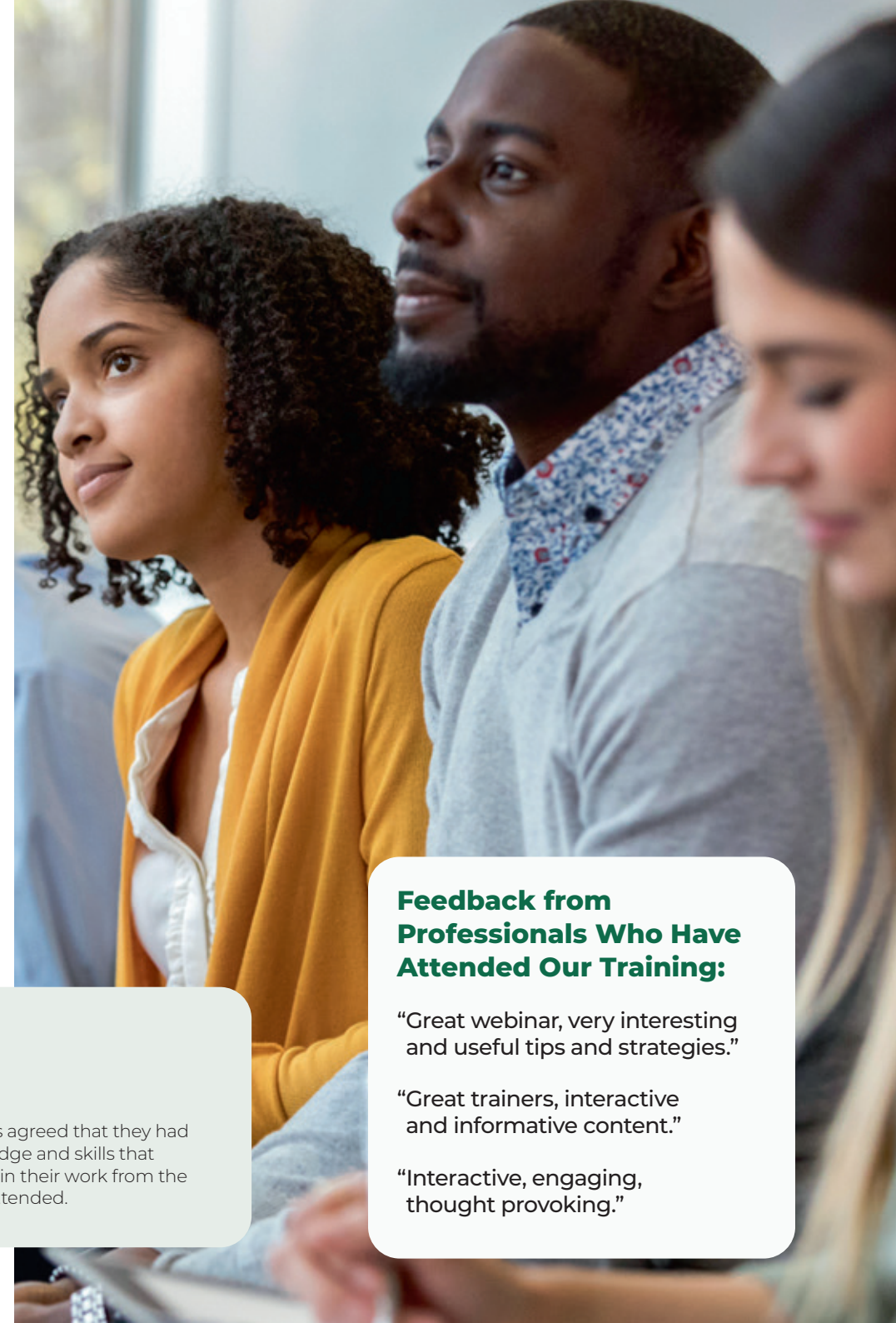
91%
of professionals agreed that they had gained knowledge and skills that they could use in their work from the training they attended.

Feedback from Professionals Who Have Attended Our Training:

"Great webinar, very interesting and useful tips and strategies."

"Great trainers, interactive and informative content."

"Interactive, engaging, thought provoking."



In Our Community



Arsenal

We teamed up with Arsenal in the Community to provide counselling and psychotherapy to young people, aged 16 to 25, attending an Arsenal in the Community programme. The service, part of our Brandon Connect offer, helps them deal with a range of emotional and mental health difficulties.

Brandon Centre also provides emotional wellbeing support to the Arsenal Girls Kicks programme, which is a community football programme for girls aged 8-18. We have a dedicated Sport and Exercise Psychologist who has developed an innovative support package to improve the girls' resilience, communication, and wellbeing, both on and off the pitch.

Our work with Arsenal is supported through grants from Islington Giving.



C-Card

We offer the C-Card service which is a free and confidential program designed to provide young people with access to condoms and sexual health advice. Available to individuals aged 13-24, the service aims to promote safer sex practices by offering an easy way to obtain condoms from several Come Correct outlets across the borough. Our friendly staff provide confidential, practical and judgement-free sexuality and relationship advice and information.

In Our Community

A word from Pavlos Rossolymos, Our Clinical Director

I am incredibly proud of the exceptional work our Brandon Centre staff are doing to support young people and their families with their mental health and wellbeing. Every day, we welcome individuals from diverse backgrounds who seek our services to improve their wellbeing and alleviate distress. Many young people take the courageous step of referring themselves to our counselling and psychotherapy services, recognising when they need support or are struggling with difficult experiences. We are committed to honouring the trust they place in us by providing a compassionate and inclusive service.

Our family interventions, including BC-SIT and parenting groups, often serve as a vital resource for families during challenging times. We approach each family with empathy and without judgment, aiming to instil hope and help families overcome their difficulties through evidence-based interventions. Our commitment to delivering effective support is reflected in our consistently excellent outcomes, with most young people and families experiencing significant improvements in their symptoms and functioning. We take great pride in the positive impact we have on the lives of those we serve.

Minding the Gap and The HIVE

Brandon Centre is a founding partner organisation of Minding the Gap and The Hive in Camden.

Minding the Gap is a collaboration between the local NHS mental health trusts and voluntary sector mental health and youth service providers. There are three pillars to Minding the Gap: 1. Brandon Centre Counselling and Psychotherapy Service for young people, 2. The Hive (Youth Hub), and 3. the Minding the Gap Transitions Meeting. These three pillars ensure that young people don't fall between the "gaps" in service provision, particularly when transitioning from child and adolescent to adult mental health services.

The Hive is an innovative, therapeutically informed, youth hub in Camden led by the national charity Catch 22. It is delivered by a consortium of NHS and voluntary sector providers including Brandon Centre, Camden and Islington NHS Foundation Trust, the Tavistock and Portman NHS Foundation Trust, the Anna Freud National Centre for Children and Families, the Winch, and Fitzrovia Youth in Action.

Lift

We've been delivering counselling and psychotherapy sessions from Lift Youth Hub in Islington for several years. Our collaboration means that young people can access therapy services in a space where they feel comfortable, and where they can also access a range of other holistic services.



Volunteering and Corporate Partnerships



HandsOn London

Brandon Centre enjoys a collaborative partnership with HandsOn London, a charity that connects volunteers with good causes within the community and other charity projects. The projects get an extra pair of hands and the volunteers get a great sense of achievement.

HandsOn London continuously help develop our mindful garden. Our mindful garden is a lovely reflective space for therapy in our garden room, young ambassador wellbeing evenings and community events. Lloyds Bank, JP Morgan, Advanz Pharma and Autonomolus, are just some of the volunteers who have helped make this possible, and they themselves have benefitted from the experience of gardening, working with nature and engaging with the local community.

Volunteering

We encourage members of the community to engage in volunteering with Brandon Centre. We provide opportunities for individual and group contributions from corporate and community organisations. While we continue to develop our volunteering and Corporate Social Responsibility offer, some examples of volunteer work available include gardening, reception, finance and HR, work and college experience, student placements and fundraising (university student challenges and events).

Developing a Charity for the Future

Sound Governance

Brandon Centre's Board enjoys the support of a broad range of experienced Trustees. It meets quarterly, with one Annual General Meeting and Board Development Sessions where relevant. The Board is responsible for ensuring Brandon Centre's aims are delivered effectively and sustainably. It incorporates sub-committees for Finance, Audit & Remuneration, Quality, Safety & Risk, People, Business Development, Information Governance and Fundraising.

Our Chief Executive, supported by the Senior Leadership Team, is accountable to the Board for administration and financial management and works together with the Board to develop Brandon Centre's long-term strategy, business development, budget and business plan.

Our Young People's Board and Parent Ambassadors Board reports into the main Board. Via these boards, our Young Ambassadors and Parent Ambassadors support the Senior Leadership Team in making the best service developments and recommendations for young people and families in our community.



Strategy

From 2023 and 2026, we aim to build on our sound 50+ years of specialist experience to meet the increasing mental health and wellbeing needs of our young people. This will include continuing to develop our services in an innovative and accessible way.

- 1** Continue to develop a compassionate, inspiring and thriving environment for young people and families, our employees and volunteers
- 2** In partnership with other community organisations, strengthen and grow our specialist adolescent services which improve and maintain the health, wellbeing, and independence of young people and families
- 3** Ensure financial and governance sustainability with the capacity to grow our impact
- 4** Further develop equity, inclusion and opportunity in our ways of thinking and ways of working
- 5** Increase awareness and reach of our services through effective communications and marketing.

A word from Julia Brown, Our CEO

"Brandon Centre is 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 who they are 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 make sure 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, our 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 has a hugely beneficial impact on the future mental health of the young adults we see.

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."

Contributing to Our Work

Donating

We know that the impact of our prevention work with young people in the early years of their lives can be life-changing. But we also know there are many more young people in need of help.

Our waiting lists are growing, and we need to expand our capacity so that we can support our young people with the increasingly complex challenges they face today.

- Without our work, the stories in our community could be very different

It can make the difference between:

- Young people staying in education, training or employment, or letting past trauma and unpredictable mental health dictate their future
- Youth workers learning essential skills that build resilience and healthy boundaries, or struggling with complex cases in isolation
- Keeping families together, or losing a child to care or custody

Your support means we can reach more vulnerable young people who otherwise might not seek help. As a result, the whole community benefits.

We help our young people to not only survive but to thrive, with opportunities to develop their leadership and peer support skills so that they, in turn, can support the next generation.

If you would like to donate, please scan the QR code on the last page of this document, and select the appropriate donation option. Alternatively, visit our website:
www.brandon-centre.org.uk/donate-now.

Your support is truly appreciated, and your donations will ensure we can fund more critical projects and reach out to even more young people in need.

Corporate Giving

Brandon Centre welcomes close partnership working with a range of corporate organisations. Often this work supports the centre with key projects such as developing our garden, corporate governance, fundraising, training or providing corporate spaces for staff away days and other events.

The benefits of getting involved:

- Raise your profile in the community
- Help make a difference
- Share your expertise
- Entertain clients and colleagues

Ways to get involved:

- Employee fundraising activities
- Attend a fundraising event
- Sponsor a Brandon Centre event
- Make a donation
- Support us through Payroll Giving
- Corporate Employee Volunteering within Brandon Centre operations

Future Funding

We are continually looking for relevant, meaningful funders with similar values to us at Brandon Centre to support our ongoing work. This can be to fund a specific pilot project or support our core mental health counselling provision.

If you'd like to get in touch, please contact fundraising@brandoncentre.org.uk.

Together We Can Give Our Community a Promising Future.

Brandon Centre Thanks

Our sincere thanks to the following statutory bodies, trusts and donors for their support in 2023/24:

BUPA Foundation	NHS North Central London ICB
Camden and Islington Mental Health Trust	The Oakdale Trust
Catch 22	The Portal Trust
Comic Relief	Propel
Evelina London Children's Healthcare	The Rhododendron Trust
The Charles Hayward Foundation	The Royal Borough of Kensington and Chelsea
The City Bridge Trust	Screwfix Foundation
The Greater London Authority	The Sir Mark and Lady Turner Charitable Settlement
Groundwork London	Tavistock and Portman
The Henry Smith Charity	University College London
The Heller Family	University College London Hospital
The Hollick Family Foundation	University of East London
Islington Giving	University of Hertfordshire
John Lyons Charity	The Vandervell Foundation
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	



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