

Impact Report

2025-2026

Brandon Centre
Here for Young People

A word from our CEO



Julia Brown
Brandon Centre CEO

WHY THE WORK MATTERS

For more than 57 years, Brandon Centre has been a trusted voluntary sector provider, supporting generations of young people and families in our community. Our work matters because we provide accessible mental health support at moments when it is often hardest to find.

We offer support in a non-clinical, confidential and discreet environment where young people feel safe to talk openly about their mental health. Our self-referral model for both young people and parents removes barriers to accessing help, enabling earlier intervention and reducing the risk of challenges escalating.

Brandon Centre meets a critical gap in the mental health system, particularly for young people aged 16–25 who often fall through the transition between child and adult services. We are also unique in offering longer-term therapeutic support, allowing young people to build lasting resilience.

At a time when statutory services are under significant pressure and private therapy is unaffordable for many, demand for our services continues to rise. We see this reflected in increasing referrals, particularly from young people from diverse and underserved communities. Brandon Centre is therefore vital in providing free, accessible mental health support, ensuring that financial barriers do not prevent young people and families from getting the help they need.

Our Systemic Integrative Treatment Service for families at the edge of breakdown has developed its own evidence base and is recognised as an example of best practice across London, while our growing parenting groups provide significant, practical support to families.

Despite a challenging funding landscape, we are immensely proud of the impact we have achieved this year and of the dedication of our team. The work captured in this report shows why Brandon Centre matters, providing holistic, compassionate support that helps young people move forward with confidence, to live happier and healthier lives.

Our Story So Far

OUR VALUES

COMPASSION.
We provide a welcoming and non-judgemental environment where our team can enjoy their work and where young people and families can access support that helps them live healthy and fulfilled lives.

RESPECT.
We respect our diverse community and Brandon Centre team and work with a willingness to collaborate, adapt, and recognise the importance of difference and choice.

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

OUR MISSION

To maintain and develop our accessible, flexible, and specialist services.
We aim to respond to the psychological and social needs and challenges of young people under 25 years old.

OUR VISION

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.

RESEARCH & AWARDS

Our Arsenal Girls' Kicks programme is the focus of a **mixed-methods service evaluation research project**, examining participation trends and capturing the experiences of young people, parents and staff to better understand the outcomes and mechanisms that drive programme impact.

The Mindful Movers Therapeutic Yoga Programme is being independently evaluated by the Salomons Institute for Applied Psychology, with the aim of **strengthening the evidence base for our therapeutic yoga approach**.

Our Impact in 2025-2026

449
FAMILIES SUPPORTED

221
PROFESSIONALS TRAINED

100%
THOUGHT THEY RECEIVED THE HELP THEY NEEDED

1110
YOUNG PEOPLE SUPPORTED

3
NEW SERVICES LAUNCHED

85%
REPORTING POSITIVE OUTCOMES

INCLUDING EMOTIONAL WELLBEING, ANXIETY, DEPRESSION, OVERALL PSYCHOLOGICAL DISTRESS, CHILD BEHAVIOUR AND PARENTAL CONFIDENCE

95%
WOULD RECOMMEND TO A FRIEND

8434
SESSIONS OFFERED

10
NEW FUNDING STREAMS FOR 2026-2027

66%
STAFF WITH LIVED EXPERIENCE

141
YOUNG AMBASSADORS

2.1M
YEAR INCOME AS COMPARED TO £2.05M LAST YEAR

5
BOROUGHS COVERED



100%
STAFF FEEL THEIR WORK IS MEANINGFUL AND VALUED

27K
IN DONATIONS IN 2025-2026

54%
YOUNG PEOPLE FROM A GLOBAL MAJORITY SEEN AT BRANDON CENTRE (COMPARED TO 40% IN LOCAL NHS SERVICES)

19%
YOUNG PEOPLE WHO IDENTIFY AS LGBTQ+ SEEN AT BRANDON CENTRE

39%
PEOPLE WHO IDENTIFY AS GLOBAL MAJORITY IN THE LOCAL BOROUGH

7%
PEOPLE WHO IDENTIFY AS LGBTQ+ IN THE LOCAL BOROUGH

Our Reach and Partnerships

North Central London Integrated Care System

CASTLEHAVEN heart of your community

LIFT

YMCA

Arsenal Community

APEX

PROSPEX realising young people's potential

KentishTown CONNECTS

DEPAUL Homelessness has no place

MARY'S YOUTH CLUB

THE HIVE

REGENT HIGH SCHOOL

mind

HIGHBURY ROUNDHOUSE Putting the heart back into the community

acland burghley

CHG CREATIVE HEALTH CAMDEN

BETTER

17 ORGANISATION COLLABORATIONS

11 SERVICE PARTNERSHIPS

71% PROFESSIONAL REFERRALS

54 VOLUNTEERS ENGAGED

Stories of Change

Our impact is best understood through the voices and experiences of the people we support. These story snapshots highlight the journeys behind our outcomes and offer a window into the real changes made possible through our services.

After finishing university, Aisha was struggling with the transition to working life, with feelings of anxiety and panic making it difficult to engage in social situations and take steps towards employment. She found it hard to take part in everyday activities and lacked confidence applying for jobs or attending interviews. Aisha accessed both our psychotherapy service and a six-week therapeutic yoga programme. The yoga sessions provided a supportive space to connect with other young people, helping her feel less isolated while learning practical strategies to manage anxiety, such as grounding and breathing techniques. Alongside this, one-to-one therapy offered a consistent space for her to reflect on her experiences, build self-understanding and begin to recognise and tolerate feelings she had previously minimised or avoided. Over time, Aisha developed greater confidence in herself and her ability to manage anxiety. She began to re-engage with opportunities, including job interviews, marking a significant step forward in her independence and future plans.

"I felt listened to, understood and taken seriously. It felt like a safe space that helped me understand myself better and taught me to be kinder to myself."

Simon, aged 21, was referred to Brandon Connect by a local adult mental health team while he was not in education, employment or training. He experienced severe anxiety and depression and had an autism diagnosis from childhood. Following a breakdown in his late teens, Simon had dropped out of college and previously attempted suicide, leaving him feeling stuck, isolated and hopeless about his future. While medication from the GP, CBT and mentoring from other organisations had provided some support, it was felt Simon would benefit from longer-term, exploratory psychotherapy to address his longstanding difficulties. Having expressed a strong desire to return to education, the work focused on both his mental health and the practical steps needed to help him re-engage. Through psychotherapy, and in collaboration with support available at his university, Simon was able to rebuild his confidence and manage the challenges of returning to study. As a result, he successfully completed his first year, marking a significant step forward in his recovery and independence.

"The service has given me everything I need in terms of mental support".

Samina joined one of our parenting groups feeling overwhelmed by challenges at home and unsure how to best respond to her child's behaviour or support their needs. Through connecting with others and taking part in the sessions, she began to feel less alone and developed a greater understanding of her child's needs. With practical strategies and guidance, Samina grew more confident in responding calmly and balancing empathy with clear limits. Over time, this led to improved communication, fewer conflicts, and a more settled home environment. Samina also reported being better able to advocate for their child in school and other settings, contributing to a more positive family dynamic.

Dev was referred to our service when feeling overwhelmed and unsure whether their family situation could improve. As a single parent, he was supporting a teenage son with neurodevelopmental needs who was experiencing significant challenges at home and at school. Difficulties with emotional regulation and multiple school exclusions left Dev feeling uncertain on how best to support his son and hopeless about the future of their relationship.

Through tailored therapeutic intervention over the course of a year, Dev developed a greater understanding of his child's needs and gained practical strategies to support emotional regulation. The work focused on strengthening the parent-child relationship, improving communication and helping Dev advocate more confidently for his son within the school environment.

Over time, Dev reported feeling less isolated and more confident in responding to challenges. He described a significant improvement in family relationships and a renewed sense of hope for the future, supported by strategies he continued to use beyond the intervention.

"Our therapist was my rock during some of our most difficult times. Their support helped me feel hopeful about the future again."

Ron's parents accessed our Enhanced Healthy Living Service following a referral from a healthy living nutritionist, seeking support to improve both Ron's and their family's healthy habits. Ron, who has an ASD diagnosis, found it challenging to accept new foods, had high screen use and often requested snacks when feeling anxious. Through the parent programme, Ron's parents developed and applied practical strategies to support positive change. They were able to encourage Ron to try healthier foods without pressure, establish clearer and more consistent boundaries around mealtimes and screen use, and create more opportunities for family connection. Alongside this, the programme worked collaboratively with services involved in the family's care, including CAMHS and Early Help, to ensure a joined-up, holistic approach. As a result, Ron began to spend more time engaging in family activities, with a noticeable reduction in reliance on snacking. Ron's parents reported increased confidence in talking to both Ron and his sister about healthy habits and eating, as well as describing a reduction in tension around mealtimes, contributing to a calmer family environment.

Sara was referred to our Hostels psychotherapy service by her case worker whilst living in temporary accommodation, following a period of homelessness. After being asked to leave her family home at 18 and experiencing the loss of a parent two years earlier, Sara had not had the opportunity to process her bereavement and was struggling with low mood, anxiety, and the breakdown of her relationship with her remaining parent. Through therapy, Sara was able to explore her experiences and begin to process her grief, as well as reflect on her relationships and what she wanted for the future. Over time, her depression and anxiety reduced, and she began to re-engage with daily life, reporting increased social connection and a renewed interest in creative activities she had previously enjoyed. As Sara's confidence grew, she was able to take steps towards greater stability and is now preparing to move into more permanent accommodation.

"Having the space to process my past has opened up my world, and I feel excitement about my future now."

A staff team supporting young people accessed a programme of consultation with GroundUp, which included supervision, reflective practice, and training. Initially, staff described feeling overwhelmed by the complexity of young people's needs, uncertain in their decision-making, and at times isolated when managing risk and safeguarding concerns. Through regular sessions, staff developed a stronger understanding of trauma-informed approaches and identified practical strategies for managing challenging situations. The space for reflection and shared learning helped to build confidence, improve communication, and promote greater consistency in responses across the team. Over time, staff reported feeling more confident in managing challenging situations, setting appropriate boundaries, and recognising when to seek additional support. This led to more coordinated and effective support for young people, alongside an increased sense of connection, wellbeing, and confidence across the team and wider organisation.

Ari was referred to our social prescribing service by their school. As a young carer, they spent much of their time studying and supporting a parent, leaving little opportunity for hobbies or activities of their own. Through working with our social prescriber, Ari explored activities that might interest them and set a goal of finding a creative outlet. After attending a soap-making workshop and later a beginner's crochet class, they discovered a passion for creative activities and developed a new hobby they could enjoy at home. Having dedicated time for themselves helped Ari feel more relaxed and less stressed, while building their confidence through learning new skills and meeting new people. With a greater sense of balance between their studies, caring responsibilities and personal wellbeing, Ari felt more confident and better able to cope with the pressures of university applications and upcoming exams.

"Having something that's just for me has helped me feel calmer and more positive."

These stories are for illustrative purposes only. The names, identifying details and certain circumstances have been altered to maintain the privacy and confidentiality of individuals and organizations involved. Any resemblance to actual persons or events is purely coincidental.

Acknowledgements

A heartfelt thank you to everyone who makes our work possible, including our dedicated staff, volunteers, partners and wider community of supporters. Your commitment, expertise and generosity enable us to provide vital services and create meaningful change for the young people and families we support.

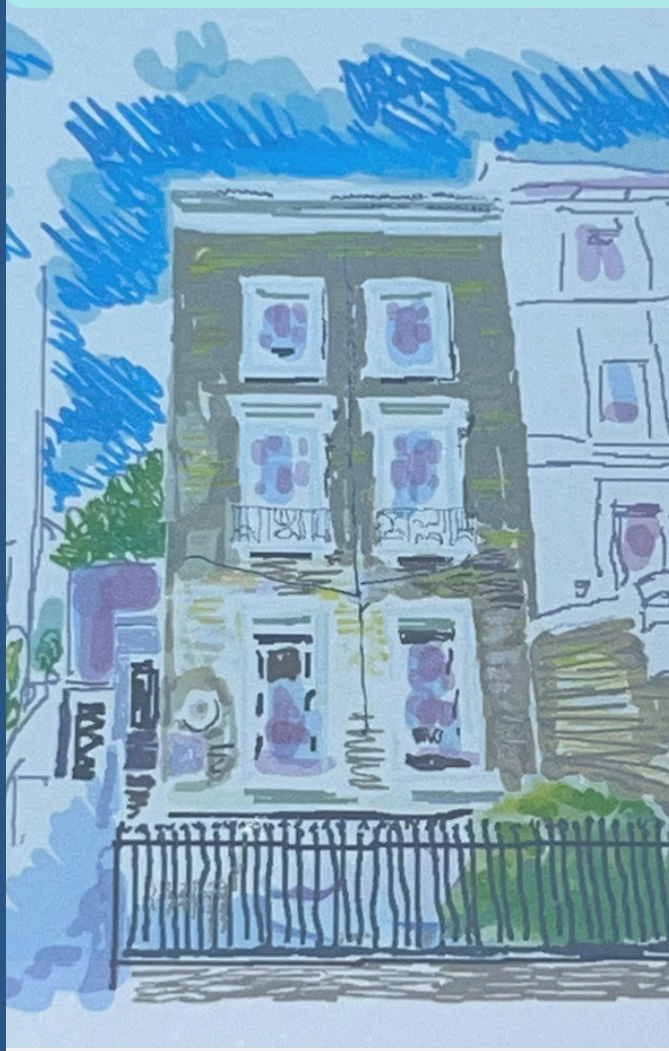
We are also deeply grateful to our funders, whose generous funding allow us to sustain and grow our impact across the community.

Catch 22
Collective Acting Studio
Comic Relief
Compass Wellbeing CIC
City Bridge Foundation
HCML
Islington Giving
Linklaters
London Borough of Barnet
London Borough of Camden
London Borough of Enfield
London Borough of Haringey
London Borough of Islington
London Boroughs of Richmond and Wandsworth
London Marathon Foundation
London Youth
Mayor of London
Mercers Charitable Foundation
Mind in Enfield and Barnet
North Central London NHS ICB
Propel
The Hampstead Wells and Campden Trust
The Henry Smith Foundation
The Lambert Charitable Trust
The Oakdale Trust
The Pixel Fund
The Portal Trust
The Sir Mark and Lady Turner Charitable Settlement
The Talent Fund
The Tavistock and Portman NHS Foundation Trust
The Vandervell Foundation
Young Camden Foundation

As well as any additional individual or anonymous donations.

We also extend our thanks to our academic partners for their collaboration, insight and commitment to improving outcomes for young people and families.

Birkbeck, University of London
Canterbury Christ Church University
Imperial College London
Royal Holloway, University of London
Tavistock Education and Training
University College London
University of East London
University of Hertfordshire



Brandon Centre
26 Prince of Wales Road
London, NW5 3LG
02072 674792
reception@brandoncentre.org.uk
www.brandon-centre.org.uk