

A group of four diverse young people are shown from the chest up, smiling and looking towards the right. From left to right: a Black man with glasses, a young woman with long curly hair, a white man, and a young woman with long dark hair. They are all smiling broadly. The background is a bright, out-of-focus outdoor setting.

**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 and non-judgemental environment for young people to access support that helps them live healthy and fulfilled lives.

Respect:

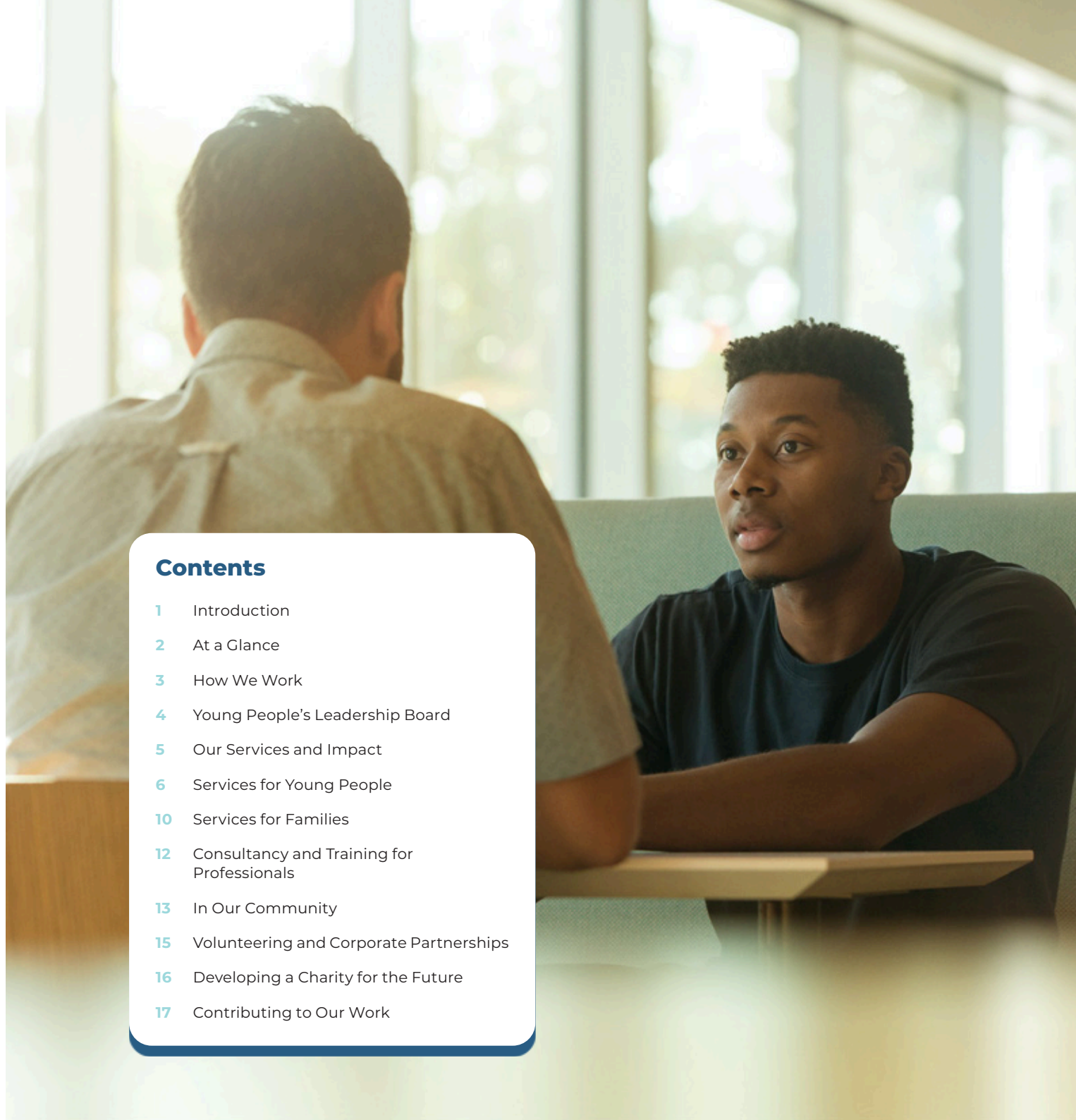
We serve our diverse community, and work with our partners, with a willingness to collaborate, adapt and recognise the importance of choice.

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 to young people under 25 and their families, so they can overcome difficulties, mobilise their resources and shape a future they want.

For more than 50 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).
- One in six children aged five to 16 were identified as having a probable mental health problem in July 2021, a huge increase from one in nine in 2017. That's five children in every classroom (NHS Digital, 2021).
- 83% of young people agreed that the coronavirus pandemic had made their mental health worse (Young Minds, 2020).

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

"I see respect, compassion and inclusion every day. As a gay Polish man, being accepted and respected means the world to me, and I meet young people who tell me they come to Brandon Centre, rather than other services, because they feel comforted here. They know they can count on us, and that's a really great feeling." (Brandon Way Survey, 2021)

"There's a lot of freedom and trust in what you're doing. You can put forward ideas, and that's encouraged and spoken about." (Brandon Way Survey, 2021)

From Young People

"Brandon Centre went over and beyond to help me."

"I always feel safe and understood here."

From Parents

"Very personal, thoughtful and effective, delivered in a friendly, professional and accepting manner."

"Someone to listen to what I struggled with in a non-judgemental way and supported to find solutions."

Brandon Centre in Numbers

50+
years helping young people

20
services supporting young people, families and professionals

1,560+
young people helped every year

600+
professionals provided with training

12
young ambassadors

62
volunteers working in the community

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,

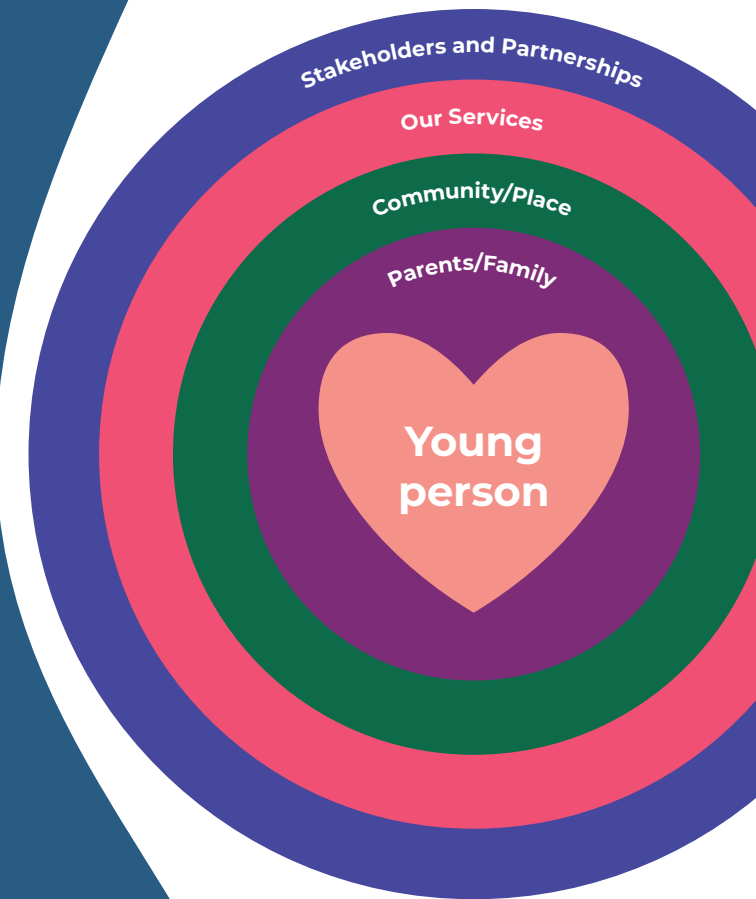
youth offending services and advice agencies we're able to engage and reach out to high priority groups of young people. This way of working makes a significant difference to the outcomes achieved for young people by keeping them in their own home, in education and away from youth offending.

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.



Our Young Ambassadors

Shaping Services

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 team of young people and to establish processes that make sure these plans continue to become a reality.

An example of this commitment in action, and one of the recent achievements of our Young People's Involvement work has been the funding secured from the National Lottery Reaching Communities fund for the development and delivery of a pilot service providing health coaching to young people – our innovative BWell service.

Members of our Young People's Leadership Board played a key part in the development of the bid with Lillan, our Chair, attending the final interview with the National Lottery.

We're also delighted that two of our Young Ambassadors are working within the new Bwell service undertaking Health Coach training, alongside other members of the Bwell Team.

Young People's Involvement Strategy

Our Young People's Involvement Strategy was co-developed, co-designed and co-produced with young people in 2021. Based on what young people feel is important and what could be improved, the strategy focuses on three core areas:

- Service Design and Delivery – a mechanism for staff and young people to work together to design and implement changes in services and service delivery.

- Communication – channels and forums (online and offline) to make sure young people are being reached, brought together and their voices and opinions listened to.
- Education and Opportunity – A range of relevant training, employment and volunteering opportunities that engage and excite our young people.

We continue to involve young people at the beginning of discussions to make sure their opinions on what works and what could be better are voiced, heard and acted upon.

Young People's Leadership Board

To deliver the strategy, our Young People's Leadership Board is crucial. It's the mechanism, conceived and created together with young people, that helps the whole team design and implement the above three key areas of the strategy. The Young People's Leadership Board supports our senior leadership team in making the best decisions for young people.

Development of Parent Ambassadors

As well as our continued commitment to Young Ambassadors, we are also developing a programme to ensure we have Parent Ambassadors involved in developments at Brandon Centre. These will be parents from our parenting programme as well as parents who have been supported by our BC-SIT team. The opportunity for parents to be involved and to hear their unique perspectives and voices is a new development at Brandon Centre and one we are very excited about.



Lillan Lemouchi
Young Ambassador

I'm Lillan and, since teenhood, I've had an unrelenting passion and care for all things around relationships and wellbeing. I'm specifically interested in LGBTQI+ youth advocacy and am so enjoying developing the Young People's board and working as a wellbeing coach (Bwell).



Clara McDade
Young Ambassador

I'm Clara and I'm passionate about young people's mental health. I also do a lot of work around gender-based violence and intimate partner abuse in young people.



Haven Pope
Young Ambassador

I'm Haven. Being a Young Ambassador has given me a great opportunity to get into a job that I really enjoy. I started by attending meetings and giving feedback on a range of things including developing projects and tenders. I was later given the opportunity to apply to become a Health and Wellbeing coach for the new Coaching service which I really enjoy and is teaching me so much.



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.

Our Services and Impact

**Services for
Young People**

**Services for
Families**

**Consultancy and
Training for
Professionals**

**In Our
Community**

2021/22

98%

of young people felt
listened to

98%

of young people felt they
were treated well

93%

of young people would
recommend the service
to a friend

98%

of young people felt their
views and worries were
taken seriously

95%

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 Camden and Islington NHS Clinical Commissioning Groups (now part of NCL ICB).

A word from Pavlos Rossolymos, Our Head of Mental Health

"Counselling and psychotherapy can be life changing for young people. Many of the young people we see have experienced significant adversities - including childhood abuse and neglect - and we are often the first people to hear their story. Telling their story can have a very powerful therapeutic impact on them: being understood by someone and gaining a new understanding of their difficulties. In turn, this new understanding can help them to make positive changes in their lives."

Impact and Outcomes 2021/2022

314

young people seen (94 self-referrals)

3,271

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’ve done therapy for many years and never found someone that made me feel as comfortable with myself and therefore able to explore my feelings with.”

“Working with my therapist was so life-changing, I couldn’t appreciate them or Brandon Centre’s services more.”

“I like that it was a long course of therapy as it allowed us to explore certain areas of my mental health more deeply.”

“Always felt comfortable talking about my experiences/feelings. Always felt listened to and supported.”



Services for Young People



BWell

BWell coaching explores and challenges habits and beliefs that may be inhibiting positive change for a young person. Focusing on solutions rather than problems, we set one or two specific goals to help tackle the issues that matter to them. We support young adults in Camden & Islington, aged 12-25, from a range of backgrounds such as young carers, care leavers and those in full/part-time education.

Our BWell service is generously supported by a grant from the National Lottery.

“Overall, the support, motivation and goal setting help I received was phenomenal and I have highly recommended this to friends.”



Young People’s Brief Counselling Service (YPBCS)

This service provides rapid-access, brief counselling (up to 6 sessions) to young people aged 12-25 who present to health services for a medical reason, but who would benefit from a space to talk about their difficulties. This service helps young people across nine London boroughs to think about their mental wellbeing in a safe way.

We’re piloting this service in partnership with the New Horizon’s Youth Centre, which supports homeless young people, and local primary care services. Our work is supported by a grant from the John Lyon’s Charitable Trust.



Care Leavers

We provide a specialist psychotherapy service specifically for care leavers. Care leavers are either formerly looked after children from the UK, or formerly unaccompanied asylum-seeking children (UASC) from abroad.

We help UASC care leavers with a particular set of support needs, including complex trauma from having fled their native country or entered the UK illegally. Our support for native UK care leavers 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 as young adults.

Our psychotherapy service for care leavers is delivered by an experienced integrative psychotherapist in partnership with the Camden and Islington Leaving Care Services. It’s commissioned by NCL ICB through the NHS England Wave 3 Suicide Prevention Fund.



Social Prescribing

We're proud to be delivering the Social Prescribing Pilot 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.



UCL Psychotherapy

This is our specialist psychotherapy provision for UCL (University College London) students from disadvantaged (e.g. first in their family to go to university or young carers) and underrepresented (e.g. girls in STEM) backgrounds, who are experiencing mental health difficulties. We aim to support these students, in a way that allows them to continue their studies uninterrupted.

This work is supported by a grant from The Mitchell Charitable Trust.

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 SIT Team successfully works with families across six London boroughs treating around 40 young people, aged 8-16, each year. We see families in their homes at least twice per week for 6 months, and then support them to sustain change for a follow-up period of 6 months, taking treatment time up to a year.

Case Study from a BC-SIT Family:

This 12-year-old boy was referred to our BC-SIT team due to poor school attendance at the point of breakdown and a long history of physical aggression towards his parents. After working with our BC-SIT team, his school attendance increased to over 90% and his physical and verbal aggression stopped altogether.

Our picture prior to working with Brandon centre was bleak. It felt lonely and desperate. Our child had become violent at home, verbally aggressive, anxious and would not go to school. We tried really hard, nothing was working. Genuinely, thank goodness (and I'm continually grateful for this every day) we were referred to Brandon Centre. Our therapist was lovely, incredibly patient, caring and really listened and understood. Now, 18 months after our first meeting with Brandon centre, our child gets ready for school and is out by 8 every morning (with no parental input). Attendance is over 90%. No more violence. No more verbal abuse. We get hugs, smiles, nice chats, get to laugh together. A life I didn't imagine we'd have. It's like there were two paths ahead for our child. One continued down a broken road and the other, via Brandon Centre, a positive path with a better future and hope. I rave about the process to friends, family and professionals. It is definitely the best possible help we could have had and I am grateful, and will probably continue to be grateful for our 'new normal' every single day.

Impact and Outcomes (2020-2022)

89%

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

95%

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

91%

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

100%

sustained those changes at 6 month follow up



Feedback from Families

"BC-SIT is an intense process and we were supported every step of the way. I would do it again in a heartbeat if it meant getting to where we are now."

"The intervention has resulted in such a massive transformation, it's extraordinary. I don't know how to express enough gratitude."

Feedback from Professionals

"I have found BC-SIT workers to be helpful, knowledgeable and committed practitioners. I just wish we could refer more families to you."

"The SIT therapist working with this family has made more progress than any other professional involved with this family and they have had a long history of professional involvement."

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 Michelle Drummond, Our Head of Clinical Training and Consultancy

"Research has consistently shown what an important role parents and caregivers play in their young people's mental health and wellbeing. Parenting is such a dynamic and complex task and, in the context of poor mental or physical health or behavioural difficulties, parenting can feel all the more challenging. Providing guidance and support to parents, better enables them to navigate these challenges in ways that promote understanding, connection, and resilience in families."



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.

"I would recommend this group to any parents who are struggling with their child's eating or any other behaviour."

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.

"Thank you so much; this group has given me vital knowledge, tools, skills and hope to deal with challenges in teenage behaviours."

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.

"I found learning new strategies have been so helpful for me like 1-2-3 Magic and also little tips in ways of talking to my child and asking her to do things."

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 strongly recommend this support group to any parent whose child suffers with a mental health disorder. The group's leaders provide professional guidance and advice in many aspects in a kind, respectful and sympathetic manner. It is just great!"

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.

BC-SIT Training

Introductory training into Brandon Centre's successful Systemic Integrative Treatment Model (BC SIT) and how to apply this to young people who are at risk of: CSE, using drugs, violence, truanting from school and/or displaying harmful sexual behaviours. This training is for professionals working with young people (8- 16yrs) who display these behaviours.

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.

Haringey Care Leavers Consultation

Our training and consultancy team deliver mental health consultations to social workers and personal advisors working in the 6 teams of the Young Adults' Service in Haringey. The Young Adults' Service supports young people who have left the care system. The consultations are a way of supporting professionals who are working with high levels of risk and mental health complexity and a way to embed psychological thinking.

Impact

600+

professionals trained

91%

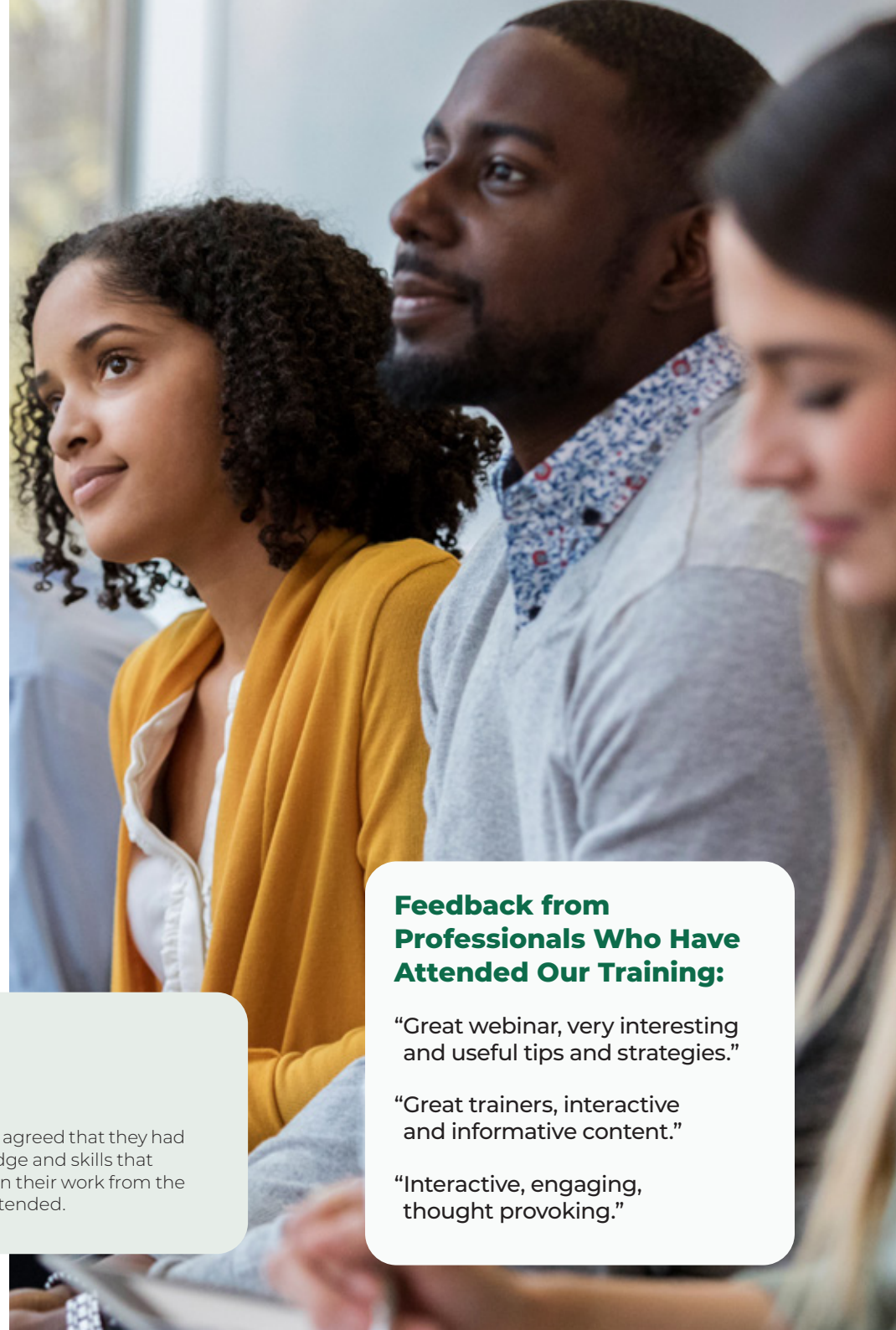
of professionals agreed that they had gained knowledge and skills that they could use in their work from the training they attended.

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.



UCLH OnWARD: Brandon Centre with UCLH

The UCLH Outreach service for the Wellbeing of Adolescents (OnWARD) provides a multi-professional service for young people aged 13-18 living or studying in Camden and Islington.

It offers a new approach to adolescent health, providing a holistic review of a patient's physical health, mental health and general wellbeing within the context of their wider lives and needs. The service is based at our Brandon Centre building and we provide a counsellor to the service.

The multi-clinician approach is beneficial to young people who often have complicated needs that don't easily fit into a service delivered by a single specialist. At a single appointment young people can access a doctor, psychotherapist, counsellor, physiotherapist, Clinical Nurse Specialist and youth worker, depending on how much intervention and support they need. The combination of specialists in one space, seeing patients at the same time, is an innovative new approach to the care of young people.

In Our Community



Platform and Lift

We've been delivering counselling and psychotherapy sessions from the Platform and Lift Youth Hubs 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. We are now also delivering individual and group coaching, as well as wellbeing workshops at the Hubs, as part of our BWell Service.



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.



Volunteering and Corporate Partnerships

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).

Young People's Progression Programme

Our Young People's Progression Programme, funded by the Drapers' Charitable Fund aims to help young people take charge of their own mental health and wellbeing, supporting them into the world of work with renewed resilience. We develop and offer work-based opportunities for young people, with a system that allows them to set personal development objectives and track their progress towards achieving them. These voluntary roles are developed in consultation with the young person volunteering and our young ambassadors.

If you're interested in volunteering opportunities at Brandon Centre get in touch with us at reception@brandoncentre.org.uk. We'd love to hear from you.



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 helped us transform our outside space into our mindful garden, giving us a lovely reflective space for coaching and other wellbeing activities, and giving our young people even more choice over how they access our services. Baringa, Asante Capital, Wordplay for FIS and Amazon, are just some of the young 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.

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

Strategy

Between 2022 and 2025, 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 our young people, employees and volunteers
- 2** Strengthen and grow our specialist services which improve and maintain the health, wellbeing and independence of our young people
- 3** Increase research and evidence-based practices throughout our organisation and partnerships
- 4** Fully integrate diversity, equality, inclusion and opportunities in our ways of thinking and ways of working
- 5** Ensure financial sustainability and capacity to grow

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 hard work put in by each member of the team. They regularly go the extra mile to make sure young people 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, 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 is now on growing and scaling our 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 2021/22:

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 and Foundations

Arsenal in the Community

BUPA Foundation

Catch 22

Cripplegate Foundation

Drapers' Charitable Fund

Groundwork London

Islington Giving

John Lyon's Charity

London Youth

National Lottery Community Fund

The Charles Hayward Foundation

The City Bridge Trust

The Henry Smith Charity

The Lambert Charitable Trust

The Mitchell Charitable Trust

The Oakdale Trust

The Rhododendron Trust

The Sir Mark and Lady Turner Charitable Settlement

The Vandervell Foundation

UCLH Charity

Young Camden Foundation

Youth Endowment Fund



[Donate here](#)

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Brandon Centre

Brandon Centre

26 Prince of Wales Road
Kentish Town
London NW5 3LG

Tel: +44 (0)20 7267 4792

Fax: +44 (0)20 7267 5212

Email: reception@brandoncentre.org.uk

Website: www.brandoncentre.org.uk

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