



## BRENT CENTRE FOR YOUNG PEOPLE – SEEKING TRUSTEES

### **Overview**

The Brent Centre for Young People (BCYP) exists to improve young people's lives so they can manage their challenges now and become happy and healthy adults. BCYP's trained therapists are specialists in the provision of effective mental health treatment of young people who need it most.

BCYP is now looking for new trustees to join our Board at an extremely important and dynamic time for the organisation as it responds to the growing crisis of mental health among young people. The BCYP is one of the few Centres with an established track record in treating young people with mild to complex mental health needs, whether in their communities or the Centre itself. We are an independent organisation but also a trusted partner of the NHS, funders, schools and community organisations and we believe that in the current climate we have a responsibility to increase our support to Young People who have the greatest need for our help, develop further our clinical research, and share our expertise.

As part of this process we are investing heavily in our organisation and refreshing and refocusing our Board to best guide the BCYP into the future. The new trustees will be part of an exciting stage, helping us to cement our platform for growth and then develop our next three-year strategy in order to reach more young people who are struggling with mental health challenges and the consequences for them and their families.

Currently, the BCYP is a leading mental health charity for young people in North West London, supporting over 700 young people a year with a wide range of issues. We offer specialised treatment in the areas of suicide prevention, tackling self-harm, eating disorders, exam anxiety and more. Our approach is rooted in psychoanalytic psychotherapy and tailored specifically to young people in the form of Adolescent Exploratory Therapy (AET) and specific Adolescent Psychoanalytic Psychotherapy. We aim to reach significantly more young people in the years ahead, drawing on our heritage that combines specialist treatment in house and outreach into communities.

Set up 50 years ago to focus on preventing suicide amongst adolescents, and working in the heart of the community, we expanded into schools in the 1990s, and continue to work closely with the NHS CAMHS to treat a wide range of young people.

As well as one-to-one support, we offer a range of innovative and effective programmes. These include our Youth Offending Service project, Sport and Thought - football-based therapy, as well as Family Therapy, parenting support and practical support for young people with housing issues, those at risk of exclusion, or those not in education, employment or training.

<https://www.brentcentre.org.uk/news/news/post/85-bbc-radio-5-live-brent-centre-psychotherapist-adam-kay-on-solutions-to-knife-crime>

### **Expertise Sought**

Our Board of Trustees provides strategic vision and ensures that our organisation is well run. See the annex below entitled Board Responsibilities for more details on the general responsibilities of all Board members.

We are now looking for two to three new trustees, including a possible Deputy Chair, who would also have expertise in one or more of the following categories:

- (i) Experience of strategic leadership and management, preferably at CEO or director level in a medium to large business /charity;



## Brent Centre for Young People: Trustees

- (ii) Clinical expertise as an NHS GP;
- (iii) Child and Adolescent Psychotherapist/Psychoanalyst;
- (iv) Other specific expertise in areas such as legal, fundraising, finance, policy/advocacy, technology or communications;
- (v) Peer mentoring, youth leadership, representation of Black, Asian, Minority and Ethnic people within the policy, education, health or related Social, Emotional or Mental Health (SEMH) needs space.

For all trustees, a requirement would be an understanding and/or appreciation of the mental health challenges facing adolescents and young people aged 12-24, and the importance of quality, in-depth approaches to treating these.

In addition, networks in London, the UK or internationally in relevant areas, and experience in organisations that rely on fundraising would be desirable.

We are seeking to make our Board more diverse, in terms of representation of BAME, disabled and Young People themselves. In addition, we wish to increase our overall skill levels and areas of expertise. We are committed to ensuring our Board embraces our values and is transparent, appreciates critical thinking and demands accountability and professionalism, in addition to being passionate about mental health in young people.

Time committed by trustees includes preparing for and attending four evening Board meetings per year, involvement in a Board sub-committee or advisory role (finance and audit, Board development, Research or another committee), attending occasional events, including fundraising events 2-3 times a year. Trustees may also be asked to provide ad hoc advice to senior staff in areas in which they have particular skills or experience.

This is an unpaid position. Travel and other out of pocket costs may be paid for.

You can obtain further information about BCYP, including our latest annual report, from our website [www.brentcentre.org.uk](http://www.brentcentre.org.uk).

### **Process**

If you have the profile and interest to join our Board, we would love to hear from you. Please send a covering letter with your CV to our chair Jeremy Bard via [katekuper@bateleurpartners.net](mailto:katekuper@bateleurpartners.net). Bateleur Partners is a social impact consulting firm providing support to our strategic process, including our governance.

Closing date: 13 January 2020 but early applications encouraged.



### Annex: Board Responsibilities

The Board has the following responsibilities, which can be loosely categorised as follows:

1. Setting the policy for the organisation. This is done by:

- Creating or updating the vision and mission statements.
- Determining the organisation's programmes and services.
- Approving the strategic plan.

2. Monitoring the organisation's operations:

- Hiring and periodically evaluating the organisation's chief executive officer.
- Working with and providing support to the executive.
- Approving the annual budget, annual report, etc.
- Approving major contracts and grants.
- Soliciting and reviewing programme evaluations.
- Troubleshooting as necessary.

3. Serving as a public figure for the organisation

- Fundraising, by directly donating to the non-profit and soliciting donations from others; or indirectly through networking on behalf of the organisation.
- Advocating for the organisation.
- Documenting policies and decisions to create an organisational memory.
- Preparing for and attending Board meetings.
- Researching and discussing issues before decisions are made.
- Replacing and orienting Board members when a vacancy arises.

The Board of trustees also has certain legal obligations, known as duties. BCYP is a UK Charities Commission registered charity and is governed by the associated laws. The common legal responsibilities for members of charitable Boards are to:

- Take reasonable care when making decisions for the organisation (called "duty of care")
- Act in the best interest of the organisation (called "duty of loyalty")
- Act in accordance with the organisation's mission (called "duty of obedience")
- Stand aside when there is a conflict of interest (called "recusal")