

# LUSSMANN'S

## FISH & GRILL

NEWS RELEASE – December 2016

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### Lussmanns and Youth Talk launch their new charity partnership with The Dream Team Dinner on 7 February 2017



Left to right: Richard Cramer (Oxscale), Andrei Lussmann (Lussmanns), Drew Knight (Dylans at The Kings Arms), Phil Thompson (Thompson St Albans), Nick McGeown (Lussmanns)

[Lussmanns Fish & Grill](#), the independent restaurant group based in Hertfordshire, has chosen local counselling charity [Youth Talk](#) as its new community partner for 2017.

The group's four restaurants in St Albans, Hertford, Harpenden and Hitchin will support the award-winning charity for a year, with the aim of raising as much as possible to help Youth Talk assist depressed, distressed or disturbed 13- to 25-year-olds through confidential counselling services.

To launch the new partnership, Andrei Lussmann will be hosting **The Dream Team Charity Dinner** on **7 February 2017** at Lussmanns St Albans. Expert chefs from four local restaurants - Dylans at the

King's Arms, Lussmanns, Oxscale and Thompson St Albans - will prepare a very special fundraising meal. Guests will be welcomed with drinks and canapés, find out more about Youth Talk, hear each chef introduce their dishes, enjoy four courses and finish the evening with coffee and petits fours. All the proceeds from this special evening will go to Youth Talk and it is hoped that The Dream Team Charity Dinner will become an annual local event.

Lady Verulam, one of Youth Talk's patrons, and the charity's Chief Executive, Trevor Fromant will be attending the Dinner. Tickets are £70 per person and may be purchased from [www.lussmanns.com](http://www.lussmanns.com).

Andrei Lussmann, founder and managing director of Lussmanns explained: *"This local charity is at the heart of what matters in the community. I am particularly impressed by Youth Talk's ability to help rebalance and reset the course for these young, bright and often brilliant individuals. Support for our young people is essential for both developing and improving our relationships throughout our community"*.

Trevor Fromant, Chief Executive of Youth Talk said: *"We are delighted to have been chosen by Lussmanns as their charity for 2017. Being that it is our 20th anniversary year makes it even more special. The work that Andrei and his team and partners are putting in to make The Dream Team Dinner so enjoyable is incredible. It's going to be a fantastic event"*.

**ENDS**

### **About Youth Talk**

Youth Talk is an award winning community counselling charity located in the centre of St Albans where depressed, distressed or disturbed 13 – 25 year olds, who live, work or attend school in the District of St. Albans and Harpenden can refer themselves for help. It was founded by a local GP in 1997 after she realised there was a need for a safe place where young people could come for counselling and support. Since then, over 2,400 young people have used the service and in 2017 Youth Talk will be celebrating its 20th anniversary.

Youth Talk provides a discrete, secure, warm and non-judgmental environment. All counsellors are qualified therapists and highly experienced in working with young people. Although young people are not charged a fee, it costs around £170,000 a year to run the service. With a growing waiting list and over 50 young people being seen each week, Youth Talk needs funds and is trying to establish broader community support.

Mental illness in the young has nearly doubled in a generation. Early access to a psychological intervention has been shown to improve emotional and mental health and resilience and change relationship patterns, breaking negative cycles. On

average 80% of Youth Talk's clients show improvement with a number of independent evaluative measures being used together with feedback from the young people seen, and the therapists who treat them.

### The need for Youth Talk

'Hertfordshire has one of the highest numbers of children and young people aged under 18 in England (282,100). Children make up a quarter of Hertfordshire's total population. About 23,000 0-19 year olds in Hertfordshire will have a diagnosable mental health problem.' – Centre for Mental Health 2015

'Waiting for a child's mental health to deteriorate until it hits crisis point causes untold distress and damage to their lives and carries a heavy social and economic cost. We have to take action now to offer high quality help quickly to children and young people everywhere.' – Lorraine Khan, Associate Director for Children and Young People at Centre for Mental Health 2016

### In their own words

*"Coming to Youth Talk has probably been the single most beneficial thing for my mental health in my life."* Emily (not her real name) aged 15

*"If I hadn't come to Youth Talk I would have 'got more depressed. Thank you, this service has made a massive difference to my life".* Nina (not her real name) aged 17

*"Having come to Youth Talk, I am more honest than I have ever been about trauma in my past. I am learning to trust someone in a safe manner with my difficulties. I am trying to consider change in my life."* Ben (not his real name) aged 20

### **About Lussmanns Fish & Grill Restaurants**

- Lussmanns is the locals' fish & grill restaurant, championing the best welfare-driven British producers, and dedicated to looking after all the family.
- We have been recommended by *The Good Food Guide* since 2010.
- We are founder members of the Sustainable Restaurant Association (SRA), SRA Three Star Sustainability Champions and won UK Sustainable Small Restaurant Group of the Year at the SRA Awards 2014 & 2015.
- We were voted 'People's Favourite' at the national Food Made Good Awards 2016 and described by the awards partner, the Independent on Sunday as *'Ethical, delicious and preach-free'*.
- We have restaurants in St Albans, Hertford, Harpenden and Hitchin in Hertfordshire.
- For more information, including supplier details, please visit our website at [www.lussmanns.com](http://www.lussmanns.com), join us on facebook at <http://www.facebook.com/LussmannsRestaurants> and twitter @lussmanns and @AndreiLussmann.

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