

HEALTHY LIVES FOR YOUNG PEOPLE

Brook offer sexual health assembly's to young people across Hillingdon.

We are commissioned by Hillingdon Council.

Please email onwl@brook.org.uk or amber.newman-clark@brook.org.uk to book

We offer 15-30 minute assembly's to Year 9 upwards on Introduction to sexual health and accessing local services.

Learning outcomes:

- What is sexual health?
- What is sex?
- How can you keep yourself safe?
- How to access local health and support services in your area

For more information about Brook, visit our website: www.brook.org.uk

Healthy lives for young people



HEALTHY LIVES FOR YOUNG PEOPLE

Brook are offering relationship and sexual health education workshops to young people across Hillingdon.

We are commissioned by Hillingdon Council.

Please email onwl@brook.org.uk or amber.newman-clark@brook.org.uk to book

See [here](#) for topics for delivery

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Healthy lives for young people



HEALTHY LIVES FOR YOUNG PEOPLE

Brook provide **free** professional training across Hillingdon.

Our professional training sessions:

- Directly address young people's needs around relationships and sex
- Deepen knowledge on key subjects
- Provide guidance on how to challenge discrimination around sexuality, race and disability
- Help you to explore your own values, beliefs and religious, moral and ethical dilemmas

[Book here](#)

Any questions email: onwl@brook.org.uk or amber.newman-clark@brook.org.uk

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Healthy lives for young people



HEALTHY LIVES FOR YOUNG PEOPLE

Brook are offering the My Life One- to One programme to young people aged 11-25 across Hillingdon.

We are commissioned by Hillingdon Council.

Brook One-to-One My Life Programme

The work requested must be for education purposes only as this **is not a counselling service**. To refer a young person to Brook for the MyLife one-to-one programme fill out the form [here](#)

If you are unsure about a referral or wish to discuss this in more detail please contact your local coordinator:

Amber Newman-Clark

onwl@brook.org.uk

07748755212

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Healthy lives for young people

