

LEARNING AND IMPACT

Brook Success Report 2021/22



brook

MESSAGE FROM OUR CHIEF EXECUTIVE & CHAIR

Brook is committed to changing attitudes, challenging prejudices and championing equality. Continuing the legacy of our pioneering founder, Helen Brook, we will never stop fighting for young people's right to inclusive, accessible sexual health and wellbeing services.

The pandemic was no exception. While other services closed their doors, Brook quickly remodelled to telemedicine delivery and mobilised new contracts. Whether it was safeguarding the most vulnerable young people, providing LARC to those on long waiting lists or delivering vital training to support teachers with the implementation of mandatory RSE, Brook did not give up. We learned, we adapted and we found new, innovative ways of working.

THIS YEAR, WE MADE HUGE STRIDES IN OUR DIGITAL TRANSFORMATION JOURNEY. IN OCTOBER 2021, WE RELAUNCHED OUR FIND A SERVICE TOOL TO IMPROVE ONLINE ACCESS TO SEXUAL HEALTH SERVICES.

This is one of four innovative new tools that make up phase one of Brook's Digital Front Door (DFD) project. The DFD makes it easier, faster and more convenient for those able to self-care and protects valuable staff time for face-to-face interventions.

Our digital-first all-age services continue to thrive. Since the launch of our two new contracts in April 2021, we have supported more than 17,000 people across Blackburn with Darwen, and Southend-on-Sea. In Blackburn with Darwen, we provided iPads to local charities working with the most marginalised groups, increasing the uptake of digital services for those who need them most.

Brook was a key player during the consultation on the new Welsh Relationships and Sexuality Education Code and Guidance. The changes to RSE in Wales begin to come into effect from September 2022 and we celebrate that parents/carers will no longer have the right to withdraw their young person from this vital education.

In England, the pandemic has impacted schools' ability to implement the new RSHE curriculum and [a poll by the Sex Education Forum](#) found that young people are still not getting the education they want and need. Brook's work as education and training experts has never been more important and the demand for our services is evident from the soar in our business development activity.

In April 2021, [Everyone's Invited](#) triggered a ground-breaking Ofsted review of sexual abuse in schools in England, followed by the [ESTYN report](#) in Wales. Both exposed the shocking widespread sexual harassment in schools, peer on peer abuse and violence against women and girls in the UK.

In response to the [Ofsted review](#), Brook was commissioned by the Department for Education to lead a vital research project to inform work across government on sexual abuse including the government's strategy on tackling violence against women and girls.

Our nationally recognised and respected Spotting the Signs tool has been redeveloped and our revised Traffic Light Tool course received an excellent review in the *Child Abuse Review*, an academic journal which is one of the cornerstones of UK child protection.

During LGBT+ History Month, more than 15,000 young people and teachers from 620 schools in England and Wales tuned in to our Big RSE Lesson to celebrate LGBT+ culture through the decades, and our third Sexual Health Week campaign on the theme of consent reached more people than ever before.

AS PART OF SEXUAL HEALTH WEEK, WE LAUNCHED OUR #STOPCYBERFLASHING CAMPAIGN CALLING FOR THE CRIMINALISATION OF SENDING UNSOLICITED NUDES. THE CAMPAIGN WAS CHAMPIONED BY FAY JONES MP DURING A PARLIAMENTARY DEBATE AND WE ARE DELIGHTED THAT CYBERFLASHING IS TO BECOME A CRIMINAL OFFENCE AS PART OF THE ONLINE SAFETY BILL.

We are committed to amplifying the voices of young people and we work with them to fight for access to high quality, inclusive healthcare. In 2021, Brook worked alongside The Good Law Project and Gendered Intelligence to intervene in the successful appeal in the case of Bell v Tavistock. We intervened to protect young trans people's right to consent to their own medical treatment.

Through our innovative partnerships and collaborative working, we have been able to support even more people from vulnerable communities including sex workers, young refugees and those experiencing homelessness. We will continue to provide health and wellbeing services for those who face barriers when accessing mainstream provision.

WE HAVE ACCELERATED OUR DIGITAL HEALTH PROMOTION WORK REACHING MORE THAN 589,000 PEOPLE OVER THE LAST 12 MONTHS WITH A PARTICULAR FOCUS ON HIV PREVENTION AMONG PEOPLE FROM BAME COMMUNITIES AND MEN WHO HAVE SEX WITH MEN.

We know that sexual health and mental wellbeing are inextricably linked and we look forward to expanding our mental health and wellbeing provision for young people and adults. This year, we launched our own small grants programme, distributing over £50,000 to small and medium sized charities who specialise in improving the mental health and wellbeing of young people.

Everything we do is routed in our aim to provide quality sexual health and wellbeing services that reflect the needs of our service users. This year, we established three new participation forums. Ranging from 13 years upwards, these give people of all ages the opportunity to contribute to our service design in meaningful ways and to explore the links with our governance structure.

Thanks to our trailblazing, trustworthy, collaborative and courageous values, we have achieved an extraordinary amount during a challenging time. We could not have done this without our resilient and agile workforce, our board, partners and supporters.

We look forward to working with you to develop our new strategic plan as we adapt to the ever-changing needs of our current and future service users.

Helen Marshall
Chief Executive

Scott Bennett
Chair

YOUNG PEOPLE'S LIVES ARE FREE FROM INEQUALITY, RICH WITH OPPORTUNITY AND ENRICHED BY HAPPY, HEALTHY RELATIONSHIPS.

Our mission is to equip young people for life's challenges.

Being a young person can be tough. Through our innovative clinical services, digital support, tailored counselling and inspiring relationships and sex education, young people are able to take charge of their sexual health and wellbeing. We demand better for young people. We fight for young people's rights, amplify their voice and campaign to protect their specialist services. By changing perceptions and developing skills, we give professionals the knowledge and confidence to deliver the quality services that young people need and deserve.

589,134
PEOPLE REACHED THROUGH
OUR DIGITAL HEALTH
PROMOTION CAMPAIGNS

33,100
PEOPLE SUPPORTED
BY OUR ALL-AGE
CLINICAL SERVICES

13,976
TELEMEDICINE CONTACTS

128,086
YOUNG PEOPLE SUPPORTED
THROUGH OUR CLINICAL AND
EDUCATION SERVICES

3.2M
PAGE VIEWS ON
BROOK.ORG.UK

1.3 MILLION
YOUNG PEOPLE HELPED THROUGH OUR
FACE-TO-FACE AND ONLINE SERVICES

46%
OF OUR CLINICAL CLIENTS
ACCESSED SERVICES ONLINE

8,216
PROFESSIONALS UPSKILLED THROUGH
OUR FACE-TO-FACE RSE TRAINING

137,000
VISITS TO OUR NEW
FIND A SERVICE TOOL

78%
OF CHLAMYDIA SCREENING IN
OUR ALL AGE SERVICES WAS
DELIVERED ONLINE

128,086
FESTIVAL GOERS ENGAGED
THROUGH OUR PARTNERSHIP
WITH FESTIVAL REPUBLIC

**65% OF CLINICAL CLIENTS
FROM THE TOP 40% OF
THE MOST DEPRIVED
COMMUNITIES**

46%
OF OUR CLINICAL CLIENTS
ARE AGED 25 AND OVER

23,362
SUBSCRIBERS TO OUR
BROOK LEARN ONLINE
LEARNING PLATFORM

15,000
PEOPLE ATTENDED OUR BIG RSE
LESSON LIVE

SEXUAL HEALTH AND WELLBEING EXPERTS

WHO WE ARE

- Brook's dedicated multidisciplinary team takes a holistic approach to sexual health and wellbeing. Our unique combination of clinical services and education programmes are designed to meet young people's immediate needs and instil positive behaviours that influence their whole lives.

- Our highly skilled clinical experts deliver free, confidential sexual health and wellbeing services for people of all ages. We operate from our own specialist clinics, as well as integrated hubs and outreach in local communities, providing contraception, STI testing and treatment, pregnancy testing and decision-making support, wellbeing programmes and counselling.

- Our specialist educators provide high-quality, rights based RSE in schools and community settings across England and Wales. We share our expertise through our face-to-face and online training programmes, ensuring that other professionals are also equipped with the skills and confidence to deliver relationships and sex education.

- Brook's services are constantly evolving to better meet young people's complex and interconnected needs. Working collaboratively with partner organisations, we play a vital role in supporting young people through safeguarding pathways and access to early mental health provision. Our digital solutions help us reach even greater numbers of young people and professionals, and our expansion into all-age services ensures that whole communities can benefit from our inclusive, non-judgmental approach to sexual and reproductive health.

- We are continuously listening to and learning from young people, not just in clinics and the classroom, but also through our research, our online platforms and participation programmes. We amplify the voices of young people in our advocacy work, ensuring sexual health remains high on the political agenda and that law, policy and practice is aligned with what they need.





IMPACT AND LEARNING

We have strengthened our focus on transparency and learning by piloting new analytics platforms to summarise our data. This means that our commissioners and clinical teams can access real time dashboards and quickly adapt our interventions to respond to evolving needs. Following overwhelmingly positive feedback from commissioners and staff in Blackburn with Darwen, we will roll out the new analytics platforms across our commissioned work.

We continue to develop our applied research strategies and, through our Research Reference Group, we have built relationships with a wide range of academic and third sector researchers. We are working alongside renowned academic Sophie King-Hill (University of Birmingham) and the Lucy Faithful Foundation on a research project that seeks to understand what currently constitutes sexual behaviours – both online and offline – in children and young people aged 13-18 in the UK.

Funded by the Economic and Social Research Council, Brook will sit on the advisory panel and lead the participation element.

Last year, a survey by TES revealed that sexualised and sexist language, name calling, bullying and harassment not only exist in secondary schools but also in primary schools. As leaders in RSE, we were invited by the Department for Education to carry out user research exploring what support teachers need to deliver challenging topics and invite them to review upcoming non-statutory guidance that builds on the existing RSHE curriculum.

**THE ABILITY OF OUR CLINICAL STAFF
TO PROVIDE TIMELY INFORMATION
ABOUT CARE AND TREATMENT WAS
RATED 4.94 OUT OF 5**

**77% OF YOUNG PEOPLE
REPORTED POSITIVE CHANGE IN
THEIR KNOWLEDGE OF SEXUAL
HEALTH AND RELATIONSHIPS**

**79% OF YOUNG PEOPLE RATED OUR
EDUCATION SERVICES VERY GOOD
OR GOOD**

**INVOLVING YOUNG PEOPLE APPROPRIATELY
IN DECISIONS MADE ABOUT THEIR HEALTH
WAS RATED 4.96 OUT OF 5**

**TREATING YOUNG PEOPLE WITH DIGNITY AND
RESPECT WAS RATED 4.97 OUT OF 5**

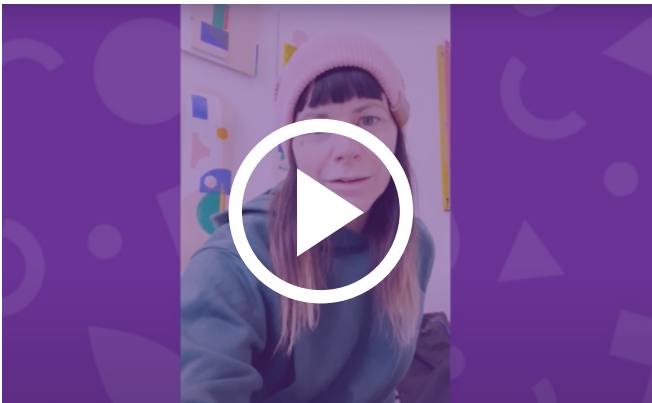
**98% OF CLIENTS RATED OUR CLINICAL
SERVICES VERY GOOD OR GOOD**

**IN 2021/22 WE COLLECTED
6,884 FEEDBACK REVIEWS.
CLINICAL SERVICES: 1,281
EDUCATION SERVICES: 5,603**

Challenging Inequality

Brook is committed to changing attitudes, challenging prejudices and championing equality. By investing in young people, we support them to transition into adulthood with the tools and confidence to manage their own sexual health and wellbeing.

It has been a year since we signed up to the Power of Youth Charter and pledged our commitment to involve young people in meaningful ways. During this time, we have established three new participation forums with more than 50 members to inform our practice, co-produce services and contribute to our governance. Meet some of our forum members in this video.



“BEING PART OF THE PARTICIPATION FORUM HAS BEEN INCREDIBLY INTERESTING AND I’VE LOVED BEING ABLE TO TALK AND LISTEN TO PEOPLE WHO TRULY CARE ABOUT CREATING A SAFE PLACE FOR EVERYONE. I CAN’T WAIT TO SEE WHAT’S TO COME AND GET INVOLVED WITH CAMPAIGNS AND ALL THE OTHER WONDERFUL THINGS BROOK HAS TO OFFER.”

Holly, 16-19 forum

“I COME FROM SOUTH LONDON, AND I COME FROM A MIXED-RACE BACKGROUND. I’M HALF BRITISH AND HALF WEST INDIAN, AND BROOK FOR ME AS A CHILD AND A TEENAGER IN THE 90S WAS A PLACE THAT I FELT SAFE AND I FELT REPRESENTED. PARTICULARLY WHEN I WAS EXPLORING MY BISEXUAL IDENTITY, I WAS ABLE TO GET THE HELP AND REFERRALS THAT I NEEDED. HAVING THIS OPPORTUNITY TO BE ON BROOK’S PARTICIPATION BOARD IS SO IMPORTANT TO ME, ESPECIALLY AS THE MOTHER OF A YOUNG BOY.”

Scarlett, 25+ forum

Our national consultation explored how boys and young men choose to access services, and the particular barriers they might face. As part of this research, we worked with boys and young men from across England and Wales with diverse lived experiences. This included young asylum seekers and refugees as well as young people in supported housing. 75% of the young asylum seeker/refugee group did not know what was meant by the term ‘sexual health service’ or ‘family planning’ and very few of the young people we spoke to had accessed sexual health services. Through a series of focus groups, we provided a safe space to listen to their challenges and discussed digital provision as a possible solution.

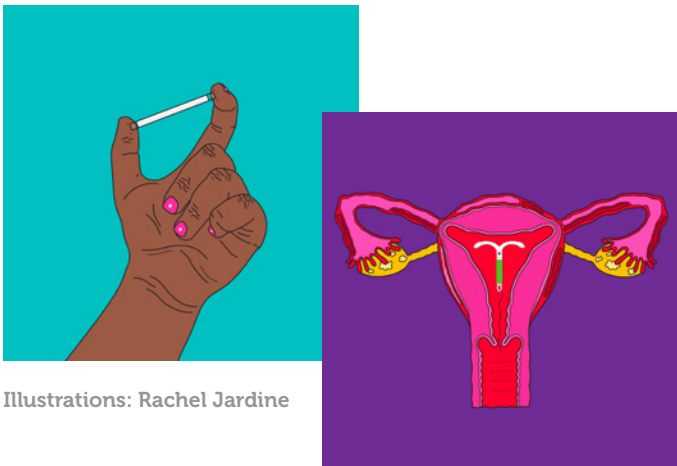
Working in partnership with The Eve Appeal, we consulted young people under 24 throughout England to support the development of a new HPV guide. Additionally, young people co-developed our workshops in schools as part of Time To Raise It, a movement backed by an alliance of organisations including the Men’s Health Forum. The workshops address erection problems, pressures and expectations relating to relationships and intimacy and have been delivered to 1,500 young people.

In October we launched [Digital Intimacies and LGBT+ Youth](#), a research project exploring and celebrating online spaces for LGBT+ young people. Led by Brook and academics from the University of Sussex, the report found that online communities are a safe space for self-exploration, celebration of queer culture and finding and fostering support in ways that contribute to improved health and wellbeing. The report demonstrates the urgent need for nuanced conversations with digital media providers about their responsibility to increase safety while also maintaining accessibility and protecting these vital online communities.

“WE ARE DELIGHTED TO WORK WITH BROOK AGAIN TO PROMOTE THE WELLBEING OF YOUNG PEOPLE AND BRING THEIR EXPERIENCES AND CONCERNS TO THE ATTENTION OF POLICY MAKERS AND PROVIDERS.”

Rachel Thomson, Professor of Childhood and Youth Studies at the University of Sussex and co-author of Digital Intimacies and LGBT+ Youth.

This year, we commissioned three young sex-positive illustrators to build an image bank of bespoke Brook branded illustrations for use across our education, clinical and digital work. The inclusive images portray types of sex, relationships, body parts, contraception and STI testing and treatment.



Illustrations: Rachel Jardine

“TO BE ABLE TO WORK AND CREATE FOR BROOK HAS BEEN A DREAM COME TRUE. MY MOTTO FOR MY WORK IN SEXUAL HEALTH IS BEING ABLE TO EDUCATE ON ALL THE ASPECTS OF SEX AND OUR BODIES THAT WE WERE SILENCED FOR ASKING WHEN GROWING UP. THIS PROJECT HAS BEEN INCREDIBLY REWARDING TO WORK ON, AND I CANNOT THANK BROOK ENOUGH FOR THEIR ENTHUSIASM, SUPPORT AND LOVE OF THE ILLUSTRATIONS I CREATED.”

Rachel, 21

Developing the confidence of professionals

Those who experience economic and social inequality may not always have the skills or knowledge to support their own health. Our evidence-based training gives professionals the confidence to deliver quality RSE, reducing inequalities and improving health outcomes.

A 2020 study by Brook revealed that

80% OF PROFESSIONALS COULDN'T FIND ACCESSIBLE RESOURCES TO EDUCATE SEND YOUNG PEOPLE ABOUT SEXUAL HEALTH

50% FELT THEY LACKED TRAINING

Thanks to a grant from the Masonic Charitable Foundation, we are delivering our My Life programme in County Durham. Through training for professionals and 1:1 work with young people, the project improves knowledge and increases confidence of SEND young people, empowering them to express when they are uncomfortable with someone else's actions.

"I'M VERY PLEASED WE'VE BEEN ABLE TO HELP BROOK WITH THEIR EXCELLENT SUPPORT SERVICE. SEX AND RELATIONSHIPS IS A TABOO SUBJECT FOR MANY PEOPLE, AND IT CAN BE EVEN MORE DIFFICULT FOR THOSE WITH SEND. THIS IS A VITAL PROJECT AND I'M PROUD THAT FREEMASONS ARE ABLE TO SUPPORT IT."

County Durham Freemasons

In Cornwall, our Covid Recovery Project improved the health and wellbeing of young people who were impacted by the pandemic. Through a combination of virtual training for professionals, online delivery of RSE and 1:1 work with SEND young people, we addressed the wellbeing needs of those at risk of poor sexual and mental health.

"I AM MORE CONFIDENT IN MY SEXUALITY, MORE OPEN ABOUT MY GENDER IDENTITY, I'M GAY, I LIKE WOMEN, BUT I WILL LOOK LIKE A BOY SOON, I WILL STILL HAVE MY FEMALE ENERGY. I AM MORE CONFIDENT IN SAYING MY PRONOUNS ARE THEY/THEM"

My Life Participant, Cornwall

"I LOVE EXERCISING MY DOG. IT'S MAKING ME CLOSER TO MY FAMILY, I'VE BEEN WALKING WITH MY MUM AND SISTER, IT'S MAKING THINGS AT HOME BETTER BECAUSE WE TALK"

My Life Participant, Cornwall

We have updated and improved our [PSHE Curriculum](#) for key stages 1-5. The curriculum is CBT-based, and trauma informed throughout. The developmentally appropriate resources are customisable including for SEND young people.

Brook offers training for professionals across the world and, building on previous work with the Foreign Commonwealth and Development Office, we forged a partnership with Cognita Trust to deliver Traffic Light Tool training to representatives from international schools in Southeast Asia.

"REALLY PERSONABLE AND KNOWLEDGEABLE PRESENTERS - MANY THANKS TO BROOK. A LOT WAS LEARNT AND THE PRESENTERS WORKED HARD TO ACCOMMODATE THE CULTURAL DIFFERENCES. WELL DONE!"

Cognita Trust



Brook Cymru

We have seen a huge demand for our training in Wales as we support schools to prepare for the implementation of mandatory relationships and sexuality education from September 2022.

As well as delivering training to Healthy School Coordinators in every local authority across Wales, we have secured new education contracts in Swansea, Ceredigion and Torfaen, and established robust partnerships with Monmouthshire Local Authority and Neath Port Talbot Youth Service.

Following the success of our Let’s Talk. Period project in 2019, we are delighted to continue breaking down the stigma of periods through a new partnership with Cardiff Healthy Schools to deliver our Period Dignity project in every comprehensive school across Cardiff.

“THE SESSIONS WERE INFORMATIVE, EMPOWERING AND COVERED THE CONTENT THAT WAS NEEDED, SIMPLY FANTASTIC”

Whitchurch High School

“I JUST WANT TO PERSONALLY THANK YOU FOR SUCH AN INSPIRING, CONFIDENCE BUILDING COURSE TODAY. YOU ARE A BREATH OF FRESH AIR FOR THIS SUBJECT AND YOU MAKE ME EXCITED ABOUT PLANNING IT/TEACHING IT. HOPEFULLY AS A COUNTY WE CAN NOW WORK TOGETHER ON MOVING THINGS ON POSITIVELY FOR THE SAFETY OF OUR YOUNG PEOPLE.

Participant on Whole School Approach to RSE training.



Protecting people

Our longstanding experience and expertise in keeping young people safe means that Brook has evolved to be a powerful voice in safeguarding and protecting children and vulnerable adults.

Brook approaches safeguarding with care, compassion and determination. We keep our service users at the heart of every decision.

In a survey of almost 2,500 young people by [Young Minds](#), 67% believed the pandemic would have a long-term negative impact on their mental health.

To ensure we can identify risk and target responses effectively, we have revised and improved our primary concern reporting processes with additional options for mental and emotional health. Additionally, we are committed to our continued delivery of trauma informed practice training so that our workforce promotes a culture of safety, empowerment and care.

We recognise that for our staff to safeguard to the best of their abilities, their own self-care and positive emotional health need to be promoted and supported. We have delivered mental health awareness training, recruited Mental Health First Aiders and appointed wellbeing champions to lead on new initiatives for staff.

“WORKING AS THE SAFEGUARDING ADVISOR FOR BROOK OVER THE LAST YEAR, I HAVE CONTINUED TO BE IMPRESSED WITH THE LEVEL OF SCRUTINY THE CHARITY PLACE ON THEIR APPROACH TO SAFEGUARDING. THE QUALITY & ASSURANCE COMMITTEE REMAINS A SPACE FOR THE SAFEGUARDING LEADS AT BROOK TO HAVE OPEN DIALOGUE ABOUT AREAS THAT REQUIRE REFLECTION, AREAS THAT ARE TO BE CELEBRATED AND AREAS THAT REQUIRE IMPROVEMENT.”

COVID-19 REMAINS A SIGNIFICANT THREAT TO THE CHARITY AND HOW SOCIETY PROTECTS CHILDREN AND BROOK WILL NEED TO RESPOND TO THESE ONGOING CHALLENGES – ESPECIALLY HOW THE PANDEMIC IMPACTS ON CHILDREN AND YOUNG PEOPLE’S MENTAL HEALTH. I AM DELIGHTED TO REMAIN PART OF THE QUALITY & ASSURANCE COMMITTEE FOR THE NEXT YEAR AND LOOK FORWARD TO WORKING WITH BROOK TO IMPROVE ITS ONGOING APPROACH TO SAFEGUARDING.”

Christian McMullen, NSPCC, Safeguarding Advisor to the Quality & Assurance Committee

Our nationally recognised and respected Spotting the Signs tool has been redeveloped in partnership with the British Association for Sexual Health and HIV and in consultation with professionals and with young people who have experienced sexual abuse and/or exploitation. Commissioned by the Department of Health & Social Care, the new toolkit is a valuable resource for professionals who work with young people under 18, helping them to better spot and respond to violence and/or exploitation.

“THIS TRAINING WAS NOT ONLY INFORMATIVE BUT VITAL IN UNDERSTANDING CONTEXT TO THE SITUATIONS INVOLVING CHILDREN AND YOUNG PEOPLE’S SEXUALISED BEHAVIOUR. AND THE RISK OF CSE IS EASILY MEASURABLE. I FEEL MORE CONFIDENT IN RESPONDING TO SUCH SCENARIOS NOW.”

Brook Learn CSE Course participant

“EXCELLENT TRAINING WHICH REALLY SUPPORTS MY ROLE AS A DESIGNATED SAFEGUARDSCHOOL LEAD AND IN PARTICULAR IN RELATION TO A CHILD I AM CURRENTLY SUPPORTING. THE TRAFFIC LIGHT TOOL IS REALLY SIMPLE TO USE AND SUPPORTS DECISION MAKING REALLY WELL.”

Brook Learn TLT participant



Influencing policy and public opinion

Stigma plays a significant part in preventing people from accessing services. This impacts people accessing all types of healthcare but is a particular barrier when it comes to sexual health.

Brook amplifies the voices of young people in order to challenge stigma, champion equality and influence public opinion and decision makers.

We work closely with sector partners, government departments and parliamentarians to ensure that young people’s experiences inform legislation, policy and strategy development across a range of sexual health and wellbeing issues.

With other sector experts, Brook intervened in the successful appeal of the case of Bell v Tavistock to ensure that the principle of Gillick competency was upheld. This means that young people have the right to consent to care in line with their evolving understanding and maturity, and that clinicians working with young people use their professional judgment to assess the capacity of individual service-users to make decisions about their care.

[Read more about the case in our blog.](#)

hensteeth #ChelseaManningisFree #FreeNazanin @vickyjane64

Just a big thank you to all of the organisations who came together to challenge the Tavi v Bell ruling. A special thanks to @BrookCharity for standing with trans people and defending Gillick

Jay Stewart

@JayAStewart

Justice prevails! A big shout out to all in the @Genderintell team for being amazing professionals, standing strong together & alongside our brilliant young people, parents & carers. Solidarity to the intervenors coalition @BrookCharity @TheEndoSociety @GoodLawProject We did it.

TeamGender @TeamGender

Thank you @GoodLawProject @genderintell @TheEndoSociety @BrookCharity For helping to ensure trans children and young people got justice today

Thanks to our national #StopCyberflashing campaign launched in September 2021, and support from Fay Jones MP, cyberflashing will become a criminal offence as part of the upcoming Online Safety Bill. Cyberflashing is one of many harmful behaviours that has been debated in parliament this year. While criminalisation sends a strong message, Brook calls for significant investment in RSE to promote the impact of this behaviour and to prioritise its prevention.



Brook championed the campaign led by the British Pregnancy Advisory Service, to continue providing at-home telemedicine abortions in England. In March 2022, we celebrated that MPs listened to the evidence and voted to maintain this access to safe, effective healthcare. It is estimated that between April 2020 and February 2022, more than 125,000 women chose to access telemedical abortion services. Those who did reported having high quality conversations during their telephone consultations and relief at not spending time on public transport or in waiting rooms. This decision has greatest impact on those who are already at risk of poorer health outcomes including people living in rural areas, those who are in coercive relationships and people who are unable to travel due to finances, illness or disability.

Brook’s voice has influenced the forthcoming Women’s Health strategies in England and in Wales, as well as the Sexual and Reproductive Health Strategy, The Commission on Young Lives, the Health and Care Bill and the Prevention Green Paper.

Fay Jones MP

@JonesyFay

I’ll be leading a debate today on why we must criminalise #cyberflashing

It’s essential we protect victims by introducing a consent based offence.

Massive thanks to @BrookCharity @bumble and @McGlynnClare and so many more for all their work on this.

Consent Coalition

@ConsentInNotts

to @BrookCharity’s #stopcyberflashing campaign as part of Sexual Health Week.

Consent is fundamental to online and real life relationships. If you can’t ask or you don’t get consent then you shouldn’t send a nude. Consent applies every time.

In Wales, we are recognised as a key player in RSE and we worked closely with the Welsh Government as consultants on the newly published Relationships and Sexuality Education Code and Guidance.

In response to the ESTYN review on peer on peer abuse in secondary schools, Brook was invited by the Welsh Parliament’s Children, Young People and Education Committee to give formal evidence on their inquiry Peer on Peer Sexual Harassment among Learners. Alongside Stonewall Cymru, we answered questions from committee members who reported that our evidence was some of the strongest they had received.

Increasing accessibility

We want to empower people to take charge of their sexual health and wellbeing by offering options to access our services in ways that best suit them.

For many, mainstream service provision is not an option and we are committed to ensuring that those who face barriers are supported to access the vital care they need.

This year we have collaborated with expert organisations including The Listening Place, Gendered Intelligence and the British Red Cross to help identify the most vulnerable. We are thrilled that 100% of our clinical services now have partnerships or referral routes in place to increase access for under-represented groups.

We feel privileged to support more than 300 marginalised young people under 25 including those from lower income households, those with care experience and those from ethnic minority backgrounds, through our first ever small grants programme. We distributed over £50,000 to six small and medium sized charities who specialise in improving the mental health and wellbeing of young people: [Key Changes](#) (London), [Parker Trust](#) (Sunderland), [Streetwise](#) (Newcastle), [Corner House Youth Project](#) (Stockton-on-Tees), [Greater Manchester Youth Network](#) (Manchester) and [The Wish Centre](#) (London).

300
MARGINALISED YOUNG PEOPLE UNDER
25 SUPPORTED THROUGH OUR SMALL
GRANTS PROGRAMM

£50K
DISTRIBUTED TO SIX CHARITIES WHO
SPECIALISE IN IMPROVING THE MENTAL
HEALTH AND WELLBEING OF YOUNG PEOPLE



Key Changes provides award-winning specialist mental health recovery services which harness music mentoring to engage young adults including those from lower-income and/or ethnic minority backgrounds.

“MY ANXIETY GOT WORSE DURING THE PANDEMIC WHEN I COULDN’T SEE SO MUCH OF MY FRIENDS AND FAMILY. I PREVIOUSLY TRIED MANY MENTAL HEALTH SERVICES THAT JUST DIDN’T WORK FOR ME - LIKE GROUP THERAPY, WHERE HEARING THE PROBLEMS OTHER PEOPLE WERE GOING THROUGH WOULD OFTEN UPSET ME QUITE DEEPLY THROUGH WRITING AND PERFORMING MUSIC, I HAVE LEARNED THAT ANXIETY AND EXCITEMENT ARE THE SAME FEELING, IT’S JUST THE THOUGHTS YOU HAVE AROUND THEM THAT ARE DIFFERENT. BEING ABLE TO COME TO A MUSIC STUDIO FOR SUPPORT WITH MY RECOVERY HAS BEEN A JOY AND I’M SO GLAD THIS OPPORTUNITY WILL BE THERE FOR OTHERS.”

Chantelle, a young person supported by Key Changes



Greater Manchester Youth Network (GMYN) delivers a range of programmes to help young people transition into adulthood feeling skilled, supported and positive. The project supported by Brook will help young people with experience of the care system.

“WE’RE SO EXCITED THAT THE GRANT WILL BE USED TO RUN REGULAR GROUP SESSIONS FOR CARE EXPERIENCED YOUNG PEOPLE IN BURY. THE AIM OF THE SESSIONS IS TO IMPROVE THEIR HEALTH AND WELLBEING. OUR YOUNG PEOPLE WILL BE GIVEN THE OPPORTUNITY TO SHAPE THE FOCUS AND CONTENT OF THE SESSIONS AND ACTIVITIES WILL BE DESIGNED TO ADDRESS THEIR OWN PERSONAL NEEDS AND WISHES ABOUT THEIR OWN HEALTH AND WELLBEING.”

Liz Gregory, Project Coordinator, GMYN

Our targeted outreach initiatives throughout England mean that people from marginalised communities can access our vital services. This includes HIV prevention and testing with BAME and LGBTQ+ communities and STI testing with homeless communities and sex workers.

We have expanded our clinical offer to provide PrEP to people of all ages in Cornwall, Southend-on-Sea and Blackburn with Darwen. We also launched our new [national HIV prevention campaign](#) for World Aids Day and, for National HIV Testing Week, we developed new content to support our pop-up HIV testing around the country. In London Borough of Lambeth, we were joined by Cllr Lucy Caldicott and in Southend-on-Sea we were joined by Cllr Aston Line.



Aston Line Labour
@AstonLineLabour



Westborough was delighted to host Southend Sexual Health Service [@BrookCharity](#) at Westcliff Library today. As part of National HIV Testing Week, the team are going to be running pop-up clinics across the borough, offering free sexual health advice & instant result HIV testing.



We are encouraged that commissioners are investing more in digital health promotion and we are delighted to be running five new contracts across London to educate and empower adults to take charge of their sexual health.

Through our innovative digital outreach, we were able to reach more than 589,000 people in 2021/22. This includes HIV prevention in London Boroughs of Lambeth, Southwark, Lewisham and Barnet, and reducing sexual health inequalities in Trafford. Our campaigns in Cornwall address contraception, pregnancy options and mental health for young people, and in Manchester, London and Southend we have used digital to promote our frontline clinical services.

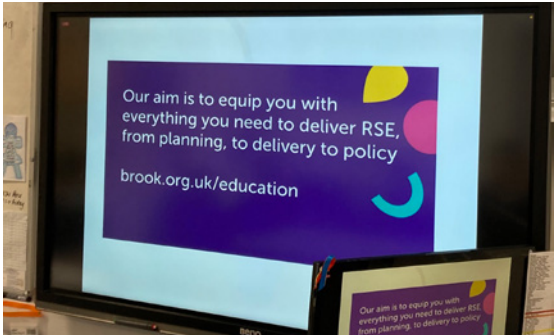
15,000
PARTICIPATED IN OUR BIGGEST EVER
VIRTUAL RSE LESSON

During LGBT+ History month in February, we delivered our biggest ever **virtual RSE lesson** to more than 15,000 people across England and Wales. During the free 60-minute session we gave an overview of key points in LGBT+ history and highlighted some influential LGBT+ figures from the last 100 years, as well as discussing the importance of inclusivity and allyship in the present.

“BROOK IS DOING INCREDIBLE WORK IN PROVIDING YOUNG PEOPLE WITH INCLUSIVE AND FUN SEX AND RELATIONSHIPS EDUCATION – THEY ARE WORKING DIRECTLY WITH YOUNG PEOPLE AND WITH THE ADULTS WHO EDUCATE THEM TO BREAK DOWN BARRIERS TO DISCUSSING SEXUAL HEALTH. A RECENT EXAMPLE OF THEIR BRILLIANT WORK WAS THE “BIG RSE LESSON LIVE” WHERE THEY BROADCASTED OUT A FREE RSE LESSON TO STUDENTS (YEAR 9+) IN SCHOOLS. MANY YOUNG PEOPLE’S SEX EDUCATION WILL HAVE TAKEN A BACK SEAT AS THEY CATCH UP ON WORK FROM THE PANDEMIC BUT BROOK IS MAKING SURE THAT NOBODY MISSES OUT ON THESE IMPORTANT LESSONS. I BELIEVE THAT WE ALL NEED TO BE FINDING CREATIVE WAYS TO REACH PEOPLE WHO MAY OTHERWISE GO UNSERVED, PARTICULARLY AS THERE ARE NOW ADDITIONAL BARRIERS DUE TO THE PANDEMIC”

Laura Clarke, National LGBT Partnership

Key Stage Five ALS
@ALS_KS5



Thank you to @BrookCharity for the RSE live lesson this morning. Our students found it informative and supportive, they engaged in lots of discussion afterwards too! they discussed supporting one another and respecting people’s decisions. @AbbottsLeaSchool

Chorlton High School
@chorltonhigh



Huge thank you to Brook for their Big RSE lesson today, celebrating diversity and challenging stereotypes for #lgbthistorymonth. 🌈

#community #understanding #rse #positive
#westandtogether #chooselove #loveislove
#stonewall #rainbowflag

WHY PEOPLE TRUST BROOK

I received very helpful, kind and compassionate treatment today by all of the workers here at Brook. It has really improved my mental health knowing that this specific type of service is available to me.

”

I felt genuinely cared about – it was more than just clinical.

”

I always associated sexual health clinics with those who are very sexually active and very young, I never even considered it as part of your ongoing annual health checks. It was such an education. Everything was done at my speed which really helped. The nurse and I were laughing at things that I never even thought I could discuss with another woman. This team are truly fantastic. This is how excellent health care should be delivered.

”

The doctor I saw was probably the best doctor I've ever seen. He was very helpful with advice, very understanding and I didn't feel like I was a rushed case number. He was very good at listening too.

”

I felt very supported and comfortable in my telephone consultation. It was very thorough and I felt very well looked after. I got a lot more out of this experience than expected.

”

The receptionist was lovely on arrival. The nurse was the most professional and caring person, so kind and gentle and listening to everything I had to say. It was the best experience I have ever had.

”



There was no shame when you were with Brook and that was the main thing for me. I didn't want to feel embarrassed or shameful – so that's why I used Brook. **Cassie, 24**

”

[Read Cassie's full story.](#)

I was seen firstly on the telephone and then in person. Brook's nurse was professional, informative but most of all helpful- I've suffered with issues for several months now and this service has provided the most clarity and help -FAR more than my own GP.

”

Best sexual health service I have experienced in the four different countries I have lived in. Extremely informative, a very safe environment, efficient, calming and non-judgemental.

”

I have been coming to Brook since I moved to London and it is by far the best place I ever received sexual health care. All staff are considerate and respectful. It is clear that individuals from the LGBT community would feel valued from the inclusive questions. I am really grateful to be able to come and use this service.

”

Transforming Digitally

We are now in the third and final year of our ambitious digital strategy, and the last 12 months have demonstrated more than ever how vital digital healthcare can be.

Our website has seen more than 3.2 million page views in 2021/22 and our vital help and advice pages for young people have been accessed more than 1.1m times. Additionally, our free resources for professionals have reached 6,988 downloads. This year, our content has been reviewed and restructured to meet the needs of our users, with new pages covering topics such as virginity, sexting and talking about STIs.

We have introduced new and improved tools to increase access to sexual health services as part of our transformative Digital Front Door project. We relaunched our national [Find a Service tool](#) in October, providing an intuitive and inclusive online experience that helps people to identify their options and find their nearest service provider.

In March, we launched our new online home testing tool and staff hub. The online order for home testing has been designed in response to our users' accessibility and usability needs and supports them to understand the testing process as well as signposting to our relevant help and advice content. The new staff hub was designed in collaboration with our clinical teams to support Brook staff to easily identify, prioritise and respond to safeguarding flags.

“AS A MEMBER OF THE DISABILITY COMMUNITY, I REALLY APPRECIATE THE ACCESSIBILITY FILTER FEATURE AND JUST WANTED TO FORMALLY THANK YOU FOR THE CHANCE TO HAVE MY NEEDS FEEL SEEN IN SUCH AN IMPORTANT HEALTH SPACE.”

Find a Service user

Responding to what young people told us about the ways they like to access support online, our new Signposting Tool uses tailored online journeys and tools to support young people with some of the most common questions and concerns around sexual health and wellbeing. Featuring a chatbot, a risk of pregnancy tool, a mythbuster and a series of dilemmas, it brings together Brook's expert RSE and sexual health provision to promote positive relationships, facilitate self-care and signpost to further support.

The rising demand for Brook's RSE expertise has meant a sharp increase in subscribers to our [Brook Learn](#) platform for professionals, which now stands at over 23,000. We have updated and improved our courses on consent, puberty and STIs as well as our consent course for university students. Through our newly established relationship with University of Wales Trinity St David, students across five campuses are now benefiting from our self-directed consent course.

New additions to Brook Learn include our CPD certified Introduction to Safeguarding and our new Introduction to RSE course. This is based on evidence from Nastal-3 as part of [Engaging Sexual Stories](#), a Wellcome research project in partnership with Cardiff University, Open University and the Sex Education Forum.

We were excited to be selected for J.P. Morgan's Force for Good initiative, which is designed to match skills-based volunteers with charities looking to accelerate their mission. We are working with a team of tech experts to build on our existing offer, bringing quality and accessible online learning to RSE professionals across the UK and provide an even better experience for our learners.

3.2M
WEBSITE PAGE VIEWS IN 2021/22

23,000+
BROOK LEARN SUBSCRIBERS

Online leaders in sexual health and wellbeing

We are committed to building a safe, open online community for young people to explore their sexuality and share their experiences. This year we have developed a dedicated section of our website to amplify the voices of young people through our real stories.

We continue to build our online presence through social media and have adapted our Instagram content creation strategy to ensure we stay relevant to our audiences. Working with our Ambassador, Ruby Rare, as well as content creators [@Disabled_Eliza](#) and [@s3xtheorywithdemi](#), our reels and videos promote our sex positive messages to even more young people.

“I LOOK FORWARD TO YOUR POSTS THROUGHOUT THE MONTH. YOU'RE A BRILLIANT RESOURCE FOR OPEN MINDED SEXUAL HEALTH!”

“I REALLY APPRECIATE THE EFFORT BROOK GOES TO, TO MAKE THESE REAL STORIES AND OVERALL CONTENT AS ACCESSIBLE AS POSSIBLE.”

“THIS PAGE HAS REALLY HELPED ME TO UNDERSTAND AND EXPLORE MY SEXUALITY, THANK YOU FOR ALL THAT YOU DO.”

“I JUST WANNA SAY THANK YOU TO YOU GUYS FOR RUNNING SUCH A FANTASTIC PAGE. YOU'VE GIVEN ME SUCH STRENGTH TO TALK ABOUT SOMETHING TRAUMATIC THAT HAPPENED TO ME AND I'M SO GRATEFUL TO YOU FOR MAKING ME SO BRAVE.”

“POSTS LIKE THESE CAN BEGIN TO MAKE US FEEL SO MUCH MORE AT EASE WITH OUR SEXUALITY AND MAKE IT OK FOR US TO LEARN ABOUT OURSELVES AND OUR BODIES. THANK YOU SO MUCH FOR THIS!”

Driving innovation

A new study by Cambridge historian Dr Caroline Rusterholz demonstrates the courageous and innovative ways in which Helen Brook launched a secret birth control session for unmarried women in London in 1962.

“To begin this experiment, Helen Brook, then director of the Marie Stopes clinic, used a loophole in the Foundation’s constitution to expand its clientele to include unmarried mothers, a highly controversial move at the time.”

Sixty years later, we continue to blaze a trail with progressive and life enhancing solutions to sexual health and wellbeing. Our life-stage approach to integrated services means that whole communities can benefit from our first-class care while protecting specialist provision for young people.

In April 2021, we launched two digital-first all-age services in Blackburn and Southend in partnership with SH:24, including new service websites and live chat function. These websites now have more than 31,000 users. Thanks to our innovative approach, clients in these areas are now able to access PrEP for the first time and there are no longer extensive LARC waiting lists.

“IT TOOK A WHILE TO GET THE IMPLANT OUT, IT WAS JUST DIFFICULT (IT'D BEEN IN FOR 4 YEARS DUE TO COVID DELAYS AND WAS ALSO MY SECOND SO THE SCAR TISSUE FROM THE FIRST MAY NOT HAVE HELPED). SO ANOTHER NURSE CAME IN TO HELP WHO AGAIN WAS REALLY LOVELY AND DESPITE THE DIFFICULTY THEY BOTH KEPT ME AT EASE. I WAS ALSO OFFERED AN STI TEST WHILE I WAS THERE AND I THINK IS A GREAT IDEA, I'VE NEVER HAD THIS OFFERED BEFORE IN OTHER CLINICS BUT I FEEL THAT PEOPLE WILL BE MORE LIKELY TO TAKE THE TESTS IF OFFERED WHEN THEY'RE IN FOR OTHER THINGS”

Clinical service user



During the last 12 months we have supported 33,100 people through our all-age provision including our inaugural Cornwall service, and 78% of our chlamydia screening has been delivered online.

“IT REALLY IS A TESTAMENT TO THE DIFFERENCE IT'S MADE HAVING BROOK AS LEAD PROVIDER, AND THE REAL INVESTMENT AND COMMITMENT TO A DIGITAL FIRST APPROACH. I THINK LOTS OF PROVIDERS MIGHT TALK ABOUT DIGITAL FIRST, BUT THIS FEELS LIKE ONE OF THE MOST TANGIBLE EXAMPLES OF WHERE THIS HAS ACTUALLY BEEN ACHIEVED IN PRACTICE.”

Justin Harbottle, Business Development Manager, SH:24

Strategic partnerships are key to our success and help us to enhance our holistic offer. Through our partnership with Lil-lets, we are delivering puberty sessions to primary school pupils in Manchester, Sandwell and Wirral. Our ongoing partnership with Festival Republic gave our consent campaign exposure at six UK music festivals while delivering outreach and providing 36,000 condoms to festival goers.



“OUR PARTNERSHIP WITH BROOK CONTINUES TO STRENGTHEN GOING INTO OUR THIRD YEAR OF WORKING TOGETHER. THIS YEAR WE ARE SO IMPRESSED WITH THE LESSON PLANS THEY HAVE PRODUCED FOR SUCH A WIDE AGE GROUP OF YOUNG PEOPLE, RANGING FROM YEAR 4 TO YEAR 9. THE LESSON PLANS ARE COMPREHENSIVE, EDUCATIONAL AND INFORMATIVE, REMOVING THE MYTHS & BREAKING THE TABOOS THAT CAN SOMETIMES EMERGE AROUND PUBERTY & PERIODS. WE ARE BLOWN AWAY BY THE HARD WORK THAT HAS GONE INTO THESE PLANS, ALONG WITH THE DELIVERY IN SCHOOLS. WE ARE EXTREMELY PROUD TO BE PART OF THIS PARTNERSHIP AND LOOK FORWARD TO CONTINUING OUR WORK WITH BROOK THIS YEAR.”

Lucy Anson, Category Insight Manager, Lil-lets

Sexual Health Week

With the issue of sexual harassment and assault in schools dominating the media throughout 2021, we chose consent as the theme for our third Sexual Health Week campaign. Under the banner of “Consent: Do you get it?” Brook hosted a range of activities to normalise conversations around consent and empower people to discuss it positively and proactively.

To support schools, we created a new downloadable consent handout for young people and a guide for teachers on how to handle disclosures of sexual assault and harassment in their schools.

More than 200 people attended our [webinar on Consent, Young Men, and RSE](#) with Susie McDonald, Chief Executive of Tender, and Ben Hurst, Head of Facilitation at Beyond Equality, as well as Brook staff and champions. Together we explored how to constructively engage boys and young men in conversations on consent and how gender stereotypes contribute to fostering cultures of toxic masculinity.

London Assembly
@LondonAssembly



Sexual Health Week 2021 starts today.

This year, [@BrookCharity](#) is hosting a range of activities to broaden understanding of consent & empower people to put this into practice in their everyday relationships.

[#SHW21](#)

Sexual Health Awards

We were also proud to host our second [Sexual Health Awards](#) in partnership with SH:24. The awards champion influencers, journalists, organisations and young people working to destigmatise sexual health. The final nominees for the awards were chosen by an expert panel of judges including writer Jason Okundaye, Brook Ambassador Oloni and former winner Rukiat. Our finalists received over 5,000 public votes and the winners were:

Micro-influencer
From Tops to Bottoms

Journalist
Dr Opeyemi Adeyemia

Young Person
Artika Singh

Grassroots Organisation
Fumble

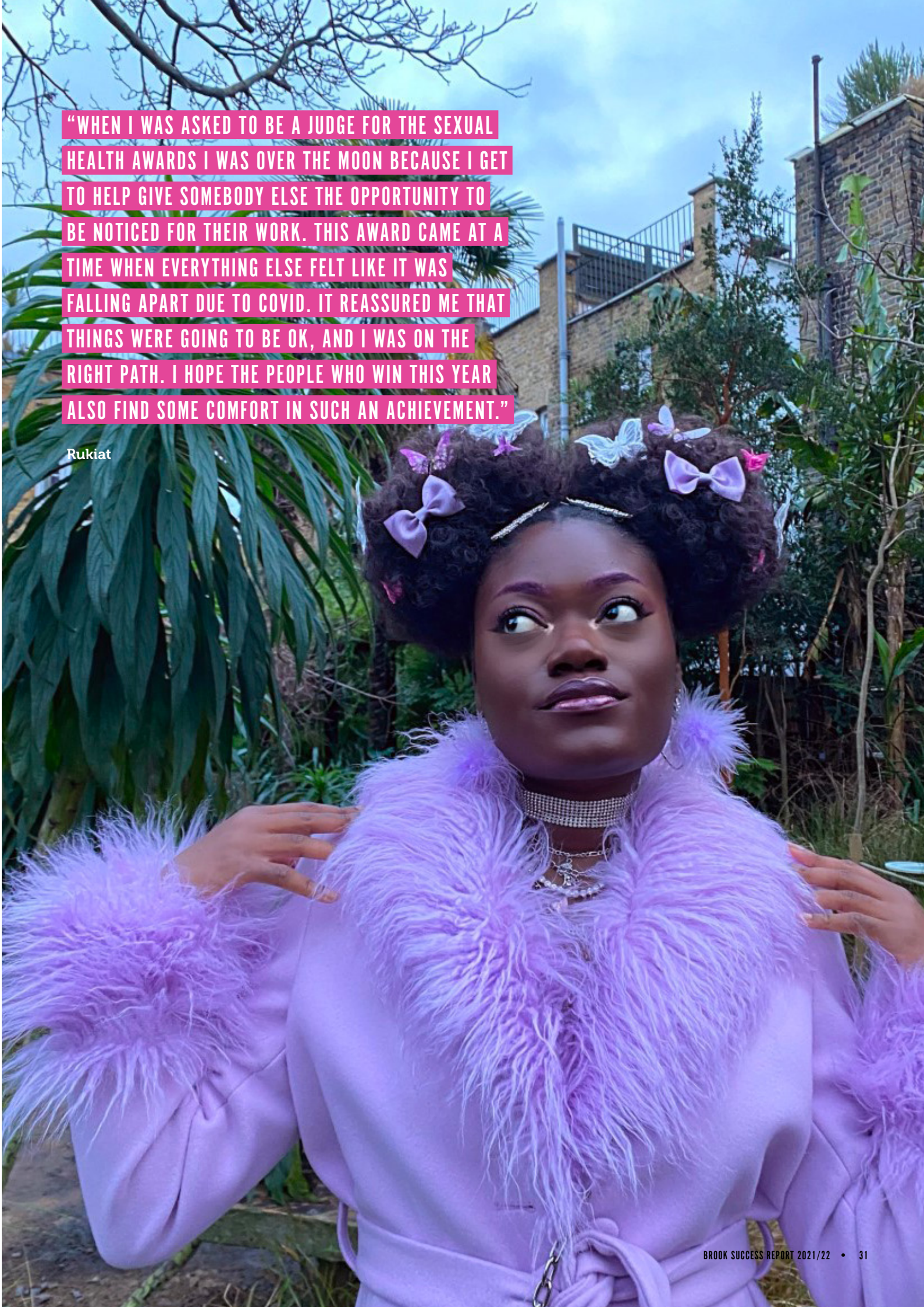
Influencer
Karishma Swarup

Emma Walters 🇳🇮 🇬🇧 🇮🇪 🇧🇪
@JayAStewart

Thank you [@BrookCharity](#) along with your panellists from [@TenderUK](#) and [@Beyond_Equality](#) for an insightful, informative and interesting webinar. Lots of learning to take back to [@SBSexualHealth](#) [#SHW21](#) [#consent](#)

“WHEN I WAS ASKED TO BE A JUDGE FOR THE SEXUAL HEALTH AWARDS I WAS OVER THE MOON BECAUSE I GET TO HELP GIVE SOMEBODY ELSE THE OPPORTUNITY TO BE NOTICED FOR THEIR WORK. THIS AWARD CAME AT A TIME WHEN EVERYTHING ELSE FELT LIKE IT WAS FALLING APART DUE TO COVID. IT REASSURED ME THAT THINGS WERE GOING TO BE OK, AND I WAS ON THE RIGHT PATH. I HOPE THE PEOPLE WHO WIN THIS YEAR ALSO FIND SOME COMFORT IN SUCH AN ACHIEVEMENT.”

Rukiat





Thank you to Supporters



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EBM Charitable Trust & Fidelity UK Foundation

brook.org.uk

Changing attitudes. Challenging prejudices.

Championing equality.



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