



OUR IMPACT 2022/23

See how we made a difference
in 2022/23.



WE'VE HELPED 1.43 MILLION PEOPLE THROUGH OUR CORE STRATEGIC PRIORITIES

“Brook believes that excellent sexual health, mental health and wellbeing is a right. In 22/23 we have worked collaboratively with our service users, sector partners, commissioners, funders and corporates to help 1.43 million people through our core strategic priorities. Thank you for your continued support as we approach our 60th year.”

Helen Marshall
Chief Executive

Dame Sally Dicketts
Chair

OUR AWARDS



Queen Elizabeth II Platinum Jubilee Volunteering Award

Queen Elizabeth II Platinum Jubilee Volunteer Award

In recognition of our outstanding work empowering and supporting young people.



The I Want Great Care Certificate of Excellence 2023

In recognition of outstanding care and positive reviews from our services users.



Stonewall Workplace Equality Index Silver Award

Recognises exceptional employers who are committed to supporting their LGBT+ staff and customers.



Cannes Lions International Festival of Creativity 2022, Bronze Award

In recognition of our #StopCyberflashing campaign, devised in partnership with creative advertising agency Grey.



LGBT Alliance Awards (nomination)

For our positive impact on LGBT health in Teesside.



Best Partnership at the Performance Marketing Awards

For our campaign to raise awareness of STIs and testing with London Dungeons.

How we made a difference

1.43MILLION

people helped through our
frontline services



60%

of our clinical clients
accessed digital services

34,330

people supported by our
all-age clinical services

126,368

young people supported
through our education and
wellbeing work

19,204

people helped
through outreach in
local communities

66%

of our clinical clients
are under 25

140,000

people used our find a
service digital tool

63,161

visits to our digital
front door

16,165

STI online home test
kits administered

139,128

people benefited from
our education, training
and consultancy

73,260

people attended our Big
RSE Lessons Live

693

service users engaged in our
participation opportunities

30,781

subscribers to our
Brook Learn online
learning platform

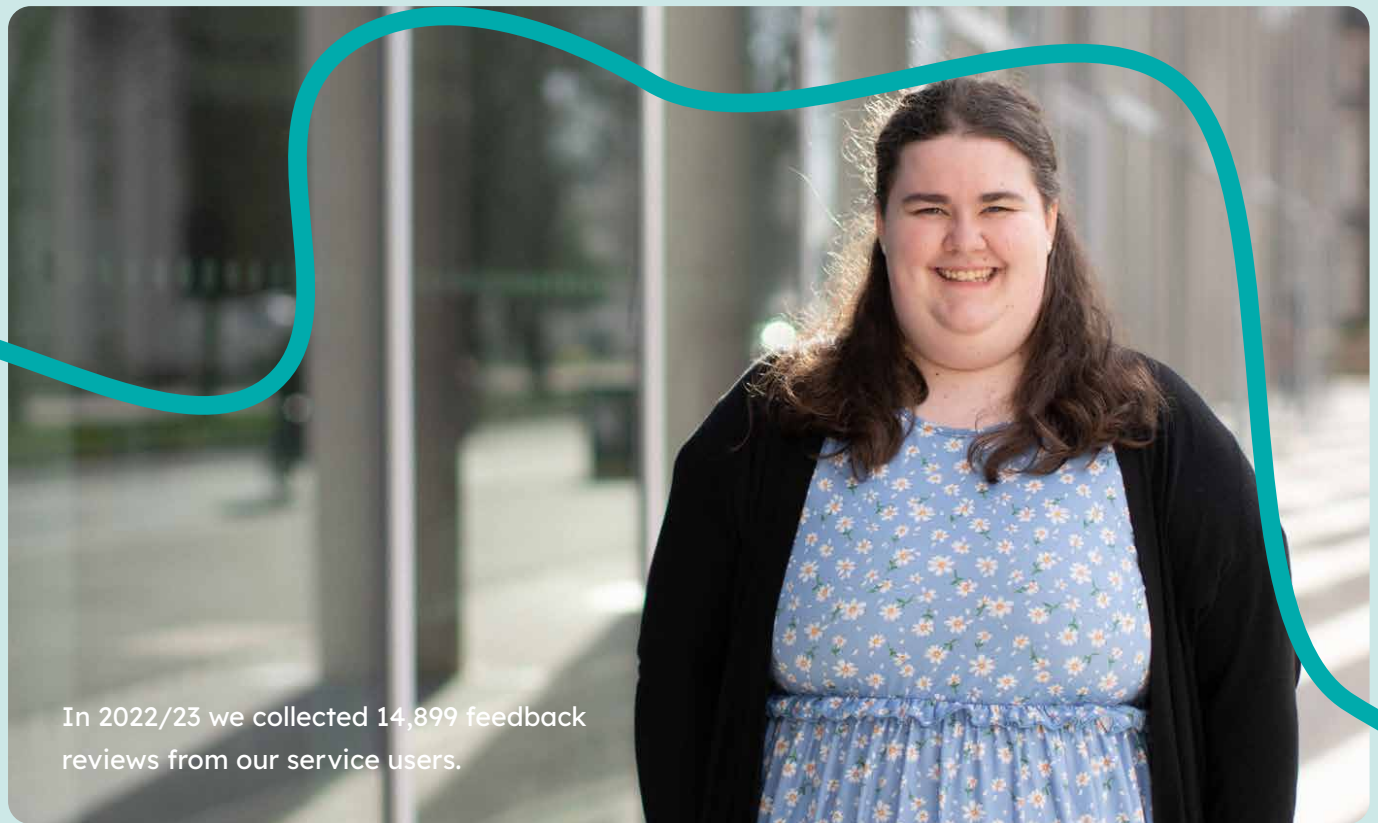
68%

of clinical clients from the
top 40% of the most deprived
communities

12,000

festival goers engaged
through our partnership with
Festival Republic

How our users rate our services



98.69%

of clients rated our clinical services very good or good

4.96/5

Treating clients with dignity and respect

4.94/5

The ability of our clinical staff to provide timely information about care and treatment

4.95/5

Involving clients appropriately in decisions made about their health

81%

of young people reported improved knowledge in sexual health and relationships

96%

of professionals rated our training services very good or good

92.3%

of participants in our forums feel valued by Brook

98%

of young people found Brook staff delivering 'MyLife' were very helpful and supportive

TESTIMONIALS



I have been using Brook for a number of years, the staff are friendly yet professional and everyone makes me feel incredibly supported and safe.

📍 **Burnley**



I've had 11 counselling sessions and whilst it has been a difficult process because of the in-depth conversations we have had, it has been invaluable, and I've been left feeling as though I understand and can control my problems so much better than before. My counsellor was so patient with me, and I will forever be grateful.

📍 **Euston**



Amazing service from the start to finish. Made an effort to see me in an urgent situation. Great communication and service on the phone. The nurse was amazing. Very kind, comforting and informative. I would give more stars if possible for the service and care I received.

📍 **Cornwall**



At Brook you are always met with zero judgement and so much care. I always feel like I can be completely open with the nurses, and they are so amazing. Literally has changed my life having Brook. Thank you!

📍 **Bristol**



The staff were very kind and compassionate, they explained everything very clearly and didn't rush. Whoever reads this, Brook is an amazing service, and your staff deserve all the praise and recognition.

📍 **Dudley**



Brook staff were amazing, friendly, respected my name change and new pronouns. They gave me appropriate information for my implant and even referred me to the counselling service when I asked about

📍 **Blackburn**

KEEPING PEOPLE SAFE

It's our number one priority

Our long-established expertise enables us to respond effectively to the ever-changing needs of young people and vulnerable adults. As Brook's services expand, so too does the complexity and level of vulnerability that we encounter. In 22/23, the most frequently raised safeguarding concerns related to mental health (38%), followed by those involving sexual abuse (19%).



We've evolved our approach to safeguarding

We have strengthened our support for vulnerable service users accessing emergency hormonal contraception and pregnancy testing. We have also established a Safeguarding Solution Forum to utilise the skills and talents of our workforce and enhance our systems.


Supporting the mental and emotional wellbeing of our staff is vital

By streamlining our safeguarding processes, we have increased capacity and offered greater manager support, guidance and oversight. As a result, our staff can navigate safeguarding episodes with increased confidence and focus, ensuring that we continue to protect people of all ages with diligence and sensitivity.



Spotting the Signs tool

We relaunched our nationally recognised and respected Spotting the Signs tool, following its redevelopment in consultation with young people and professionals. The new toolkit is a valuable resource for professionals working with young people under 18 and is designed to enhance their ability to recognise and respond to child sexual exploitation and child criminal exploitation.



Our impact

CHALLENGING INEQUALITY IN 22/23

Brook and our sector partners are witnessing and experiencing increasing attacks on Relationships and Sex Education, fuelled by misinformation and exacerbated by stigma. Specifically, we are seeing threats to the rights of trans and non-binary people, as well as young people's rights to confidentiality and to consent to medical treatment.

Brook is resolute in its commitment to challenging inequality and standing for and with those affected. We will not rest until all young people – especially those that face additional barriers – enjoy equitable access to RSE.

CHALLENGING INEQUALITY THROUGH EDUCATION

Countering online misogyny in the classroom

We have seen a marked rise in popularity of influencers who promote hateful and often misogynistic views among young people. We are seeing first-hand the effect that this is having in the classroom, and the impact on teachers who are struggling to communicate with pupils to counter this rhetoric. In response we have developed new professional training on the subject called ‘exploring masculinity and tackling misogyny’ which comes with a new suite of education resources for young people.

Addressing sexual harassment in schools

To help tackle widespread sexual harassment in schools, we conducted user research on behalf of the Department for Education to inform new guidance that will support RSHE delivery. We consulted 180 teachers and students and it was a fantastic opportunity to explore how everyone can be supported to learn and teach about this critical issue.



Brook was so supportive and helpful. They are, honestly, so aware that us young voices have a mind that we want to speak, and they are supportive of this, thank you so much!”

👍 Year 9 pupil

London sexual violence education & training programme

Brook was awarded a grant from NHS England to deliver a Sexual Violence Education and Training Programme. In partnership with Let Me Know we delivered education sessions to 3,642 young people across seven London boroughs on topics ranging from consent to identifying harmful sexual behaviours. We upskilled more than 240 professionals through our training sessions including managing a disclosure of sexual assault, pornography and responding to difficult questions. Our sessions support educational settings and community groups to embed a whole school/organisation approach to addressing sexual violence and abuse. With our partner, the Women and Girls Network, we have established an Expert Working Group to embed their voices throughout this three-year contract.

LBs Lambeth & Lewisham education contract

We were awarded a contract to deliver RSE training to professionals across Lambeth and Lewisham in partnership with the Rape and Sexual Abuse Support Centre. In 22/23 we trained 726 professionals, supporting them to teach challenging and sensitive subjects, manage difficult questions and increase their confidence to deliver RSE to SEND young people.

PROMOTING HEALTHY RELATIONSHIPS



Scouts and Girlguiding

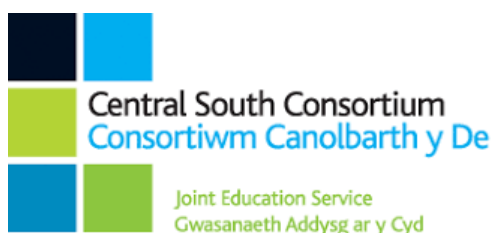
Brook worked with Scouts and Girlguiding to develop a suite of educational resources to help young people prepare for navigating relationships at their World Jamboree in South Korea, as well as in their home lives. 40,000 young people aged between 14-17 attended the event and benefitted from our high quality RSE.



**START
SOMETHING**

The Prince's Trust

Brook designed and developed content for The Prince's Trust Achieve Programme. The focus was healthy relationships; what they look like, how to identify if you are in a healthy or unhealthy relationships and what to do if you think you are in an unhealthy relationship.



Central South Consortium Wales

Brook worked with the Central South Education Consortium to provide a wide range of professional training for teachers focused on the new Relationships and Sexuality Curriculum which came into force in September 2022 across Wales.

The training gave teachers knowledge on a range of different topics and helped to improve their confidence to deliver high quality RSE for children and young people.



FIGHTING FOR ABORTION RIGHTS

Defending access to abortion

Brook was deeply disappointed by the decision to overturn Roe v Wade and we joined FIGO and sector allies to call on governments to defend access to abortion. In this blog article below, we examine the implications of the US Supreme Court's decision and explain why abortion rights in the UK cannot be taken for granted.

Ending the criminalisation of pregnant people

Brook signed a letter to the Director of Public Prosecutions to issue urgent guidance to stop two prosecutions for illegal abortion in the UK. We do not believe it is in the public interest to prosecute those who choose freely to end a pregnancy and we stand with medical experts to call for an end to the criminalisation of pregnant people.

Challenging the coercive practice at crisis pregnancy centres

Bodily autonomy is a fundamental right. In February 2023, BBC Panorama contacted 57 crisis pregnancy advice centres and discovered more than a third gave misleading information about abortions. We are extremely disappointed that so little has changed since our own research in 2014.

Early medical abortion guidance

As a member of The Association for Young People's Health and a key player in abortion policy, we were invited to support the development of the RCPCH Safeguarding guidance for children and young people under 18 accessing early medical abortion services. We provided detailed feedback; drawing on our experience of safeguarding via telemedicine during Covid-19. We also supported our Participation Forum members to feed in, providing robust input on the importance for YP of maintaining confidentiality and minimising unnecessary information sharing.

FIGHTING FOR GENDER EQUALITY

Women's health strategies in England and Wales

Brook is a member of Women's Health Wales coalition. On International Day of Action for Women's Health 2022, the coalition published a new report: The Quality Statement for the Health of Women, Girls, and those Assigned Female at Birth 2022. As a result, the Welsh Government pledged to support the Coalition's work and has committed to producing a 10-year women's health plan.

The Department for Health and Social Care has published the Women's Health Strategy. The ten-year strategy aims to take a life course approach to boost health outcomes for all women and girls through a six-point, long-term plan which align with Brook's values and objectives as set out in our new strategy.

Women's reproductive health survey

Brook partnered with the London School of Hygiene & Tropical Medicine (LSHTM) to promote and disseminate an online Reproductive Health Survey in England. Funded by the Office for Health Improvements and Disparity, Brook's involvement ensured that young people's voices were captured by the survey.

CHALLENGING INEQUALITY THROUGH PARTICIPATION AND ADVOCACY

National Participation Forums

Our national participation Forums were established in February 2022. The Forums offer continuous support and consultation to strengthen Brook's offer to our service users. We have provided training and workshops throughout the year, hosted by Brook staff and our Ambassador, Ruby Rare.

In their first year, the 50 members from across the UK have:

- Supported Brook's digital team to test out new digital tools
- Worked with Brook's policy team to discuss advocacy ideas
- Supported the design of grant applications
- Produced content for Brook campaigns including Sexual Health Week

Local participation forums

This year we established four local forums:

- Brook's Professional Participation Forum: 10 professionals from England and Scotland who work with children, young people and adults. In 22/23, they reviewed and improved our mandatory RSE training offer.
- The Manchester College Local Forum: 15 young people with Special Educational Needs (SEN) explored how Brook's services for young people with SEN could be improved.
- The Wirral Local Forum: 8 young people who identify as LGBT+ reviewed Brook's gender and sexuality KS3 and KS4 education resources.

- Brook's CAMISH Participation Forum: Young people aged 17-21 in Camden and Islington focussed on the promotion of the local condom distribution scheme.



The staff were blown away with Brook's delivery and content and really see how they can inform their working practice"



Participant

Pornography education project Wales

Brook was awarded a grant from the National Lottery Community Fund to improve pornography education in Wales for young people and professionals.

We worked with over 80 young people in 7 schools across Rhondda Cynon Taff and Cardiff to understand how young people want to be taught about pornography. Thanks to their feedback, we've updated and improved our pornography education offer.

Your Best Friend Fund

Members of our national participation forum helped with the successful application of funding to deliver a project that encourages peer support amongst young people. Thanks to Your Best Friend, we co-produced a campaign with 17 young people from across Wales, delivering a series of animations for different age groups on the topic of healthy relationships.

Partnering with Childnet for Safer Internet Day

In 2022, in anticipation of the Online Safety Bill, Brook conducted qualitative research to explore what young people want from technology companies and regulators. We weren't surprised by their concerns about the security of their data, anonymity, reporting and the lack of responsiveness of tech companies.

It was through this research that Brook became a partner with Childnet and contributed to Safer Internet Day 2023, which focussed on 'making space for conversations about life online'.

Influencing Welsh Government

In August 22, the Welsh Parliament's Children, Young People and Education committee published Everybody's Affected, their report into peer-on-peer sexual harassment in schools. Brook submitted both written and oral evidence to the Committee's inquiry and we are proud to be referenced throughout this important report.

In 22/23, Brook has advised the Welsh Government as they draft guidance for schools on appropriate ways to provide support for trans and non-binary students.



The success of the day lies in collaboration, and Brook's support and partnership in sharing the qualitative data from your focus group has been wonderful"



Will Gardner, CEO, Childnet



BREAKING BARRIERS DURING SEXUAL HEALTH WEEK 2022

The theme for Sexual Health Week 2022 was Breaking Barriers. Supported by our headline sponsors, Pasante and MindWave, we amplified the voices of those who face access barriers and shone a light on the important work that Brook, partners and sector experts are doing to address health inequalities.

116.6%

increase in social media impressions

269.3%

increase in social media engagements

285.6%

increase in link clicks

32%

increase in web traffic

SUPPORTING STAFF WELLBEING

Training and development

Brook is committed to being a mentally healthy organisation. Our culture and the delivery of our services are informed by an understanding of trauma and its impact. Our rolling programme of mental health awareness and trauma informed practice training sessions are available for Brook colleagues, and a specific mental health champions programme is offered to managers. These programmes ensure that Brook staff have a shared understanding of mental health and are better equipped to support their teams and our service users.

Coaching programme

Our internal coaching programme has been tailored to suit the complexities of our work and the varying development needs of our staff. In 22/23, six staff achieved professional coaching qualifications, developing a range of policies and procedures and supporting more than 20 colleagues with 1:1 coaching.



It was really good getting to be with so many other staff in person and having chance to chat. I thought the counselling talk was excellent as it came from a really authentic place of personal experience.”



Wellbeing conference attendee

Our coaches are experienced managers and senior leaders who support staff to find their own solutions to work based issues as well as career and personal development. Our coaches all receive professional supervision to enable them to continually develop.




I practise a lot of trauma informed approaches and I thought this training today was amazing. It was really informative and gave me further insight to certain aspects.”



Trauma informed practice participant

Wellbeing conference

In February 2022, Brook ran a wellbeing conference for Brook staff with a programme of expert talks on the menopause, financial health, nutrition and guided relaxation opportunities.



Our impact

INCREASING ACCESSIBILITY IN 22/23

Brook has never been more determined to improve access to sexual health and wellbeing services, especially for young people and those who face additional barriers. The Commission on Young Lives report

Hidden in Plain Sight warns that social care, education, family support and children's mental health systems are failing thousands of vulnerable young people, costing taxpayers billions, diminishing life chances, and putting some teenagers at risk of grooming, exploitation and serious violence. Furthermore, over the last eight years two thirds of local authorities in England have cut their spending on sexual and reproductive health and contraception budgets have been halved.

RECOGNISING THE NEEDS OF NEURODIVERGENT YOUNG PEOPLE

Co-producing our services with neurodivergent young people

We know through our 1:1 wellbeing work that neurodivergent young people are more likely to experience mental health issues. Additionally, rising numbers of diagnoses and consequent long waiting lists have left many neurodivergent young people without the specific support they need. With an estimated one in seven people being neurodivergent, it's essential that our services are designed with them in mind.

To better understand access needs and effectively co-produce better services and resources, we have established a local neurodivergent participation group and an internal neurodivergence and neurodiversity working group as well as having representation from a neurodivergent young person on our Service Development governance committee.

National consultation

Through our annual consultation we engaged neurodivergent and neurodiverse young people aged 16-25 years across the country to gain insight on the ways they might choose to access a Brook service.

The anonymous findings from this consultation will help us to shape and improve Brook's clinical services for neurodivergent and neurodiverse young people.

Small Grants Programme

Adolescence can be a difficult time for any young person but can be particularly challenging for those who are neurodivergent. That's why through our 22/23 small grants programme we have distributed £50,000 to local community-based projects that improve the wellbeing of neurodivergent young people.

RUBY RARE TALKS... Neurodiversity with Milly Evans

As part of our Ruby Rare Talks series, Brook ambassador Ruby Rare was joined by sex educator, activist and author Milly Evans to discuss neurodiversity and the way it can impact sex and relationships. Milly shares their experience of being diagnosed with ADHD and autism, and what they think can be done to improve the accessibility of sex education and clinical services.



FIGHTING PERIOD STIGMA THROUGH EDUCATION

Period Dignity Project Wales

Brook has continued its successful partnership with the Cardiff Healthy Schools Team to provide period dignity education for secondary schools across Cardiff. The focus is to help young people understand body changes and periods, introducing them to a range of period products and ensuring young people can access products for free.

Brook and Lil-Lets' Big Period Lesson

In March 2023, we joined forces with Lil-Lets to deliver the Big Period Lesson Live. Aimed at years 6 and 7, the 60-minute lesson supported young people to better understand puberty, body changes and periods. A staggering 57,600 teachers and students tuned in to the live broadcast, from more than 650 schools, making it by far our biggest live lesson.



At Lil-Lets, we have a passion for education and ensuring menstruators have access to the information they need to make their own life choices. This is why partnering with Brook on the Big Period Lesson was the perfect synergy for our brand. The success of this has allowed Lil-Lets & Brook to educate thousands of students, teachers and consumers whilst still equipping them with the confidence that everyone deserves.”



Hayley Bauristhene,
Marketing Lead Lil-Lets, UK

DELIVERING ACCESSIBLE CLINICAL SERVICES

CAMISH

In July 2022, we launched our new young people's services in Camden and Islington. In partnership with Central and North West London NHS Foundation Trust, we are providing free sexual health and wellbeing services to under 25s in LBs Camden & Islington as well as RSE support for professionals.

Pioneering sexual health provision in Southend-on-Sea

In summer 2022, Brook was at the forefront of the national response to the monkey pox outbreak, delivering the vaccine in our all-age Southend and Blackburn services. In 2023, Brook allocated core capital funding to design and develop new clinical premises in partnership with Southend Council. This new shopping centre based clinic offers innovative sexual health, education and wellbeing services for the local community.

Health Promotion

We continue to work closely with communities that face access barriers, helping educate and empower people of all ages to take charge of their sexual health. In Southend-on-Sea and the London Boroughs of Barnet, Lambeth, Southwark and Lewisham, we deliver HIV prevention programmes aimed at combatting stigma, normalising testing and reducing late diagnosis. This provision combines face-to-face community-based outreach with digital health promotion campaigns and in 22/23 we reached more than 54,700 people.

Delivering high quality clinical services

Our clinical services are continuously rated highly by the Care Quality Commission (CQC), our commissioners and our services users. In 2023, eight of our clinical services were awarded the I Want Great Care Certificate of Excellence in recognition of outstanding care and positive reviews.



Staff treated patients with compassion and kindness, respected their privacy and dignity, took account of their individual needs, and helped them understand their conditions. They provided emotional support to patients, families and carers.”

Blackburn CQC report 2022

Delivering accessible digital services

In our commitment to digital accessibility, we strive for compliance with the Web Content Accessibility Guidelines (WCAG) 2.0 across our entire digital estate. We are proud to have met our 22/23 target of 80% compliance on brook.org.uk

Brook's clinical training offer

As part of our commitment to staff development, we have increased the number of Faculty Registered Trainers across the organisation, expanding our capacity to upskill our own clinical team. We have also updated our contraception and sexual health nurse-in-training programme, and in March 2023 we began delivery of the STI Foundation theory course.

Our impact

TRANSFORMING DIGITALLY IN 22/23

Through the successful delivery of our three-year digital strategy, we have radically transformed the way that we approach digital at all levels of the organisation. Our holistic clinical, education and training provision has been enhanced and improved by our digital tools, allowing more people to benefit from our high-quality products and services.

Brook will remain focused on our pioneering journey of digital transformation in 2023-2026.

DIGITAL FRONT DOOR

What is the Digital Front Door?

The Digital Front Door is an innovative, user-led online platform that empowers our service users to take control of their sexual health and wellbeing.

By providing seamless, remote access to our existing services through a range of digital tools, information and advice, we can better prioritise those most in need of face-to-face help whilst providing improved and more efficient services for those who can self-care.

22/23 progress

Building on the successful launch of Brook's Digital Front Door, 22/23 saw us win our first digital home testing contract in Tameside, Trafford and Stockport as well as extending this functionality as part of our existing Dudley and Manchester services. 98% of users who provided feedback on these pilot sites rate the system as 'very good' or 'good'. We have also strengthened our [safeguarding approach](#) to support staff in adopting our new tools, ensuring that our new digital pathways provide opportunity to safeguard even more vulnerable people.

Celebrating digital success and future plans

In an [independent evaluation](#) of the first development phase of the Digital Front Door, Service user feedback was overwhelmingly positive. Users were particularly impressed by the accessibility, convenience and perception of care and safety when using the tools, such as ordering a STI testing kit. The evaluation showed that not only have the features and functionality of the platform exceeded the expectations of both staff and service users but the project has contributed to cultural change and improved working practices within Brook.

We secured additional funding from the Peter Sowerby Foundation, Bayer PLC and the Charles Wolfson Trust for the next phase of digital development. This will increase the accessibility of our services for particularly vulnerable groups.

Countering online misinformation about contraception

In March 2023, we were delighted to see Dr Nighat from ITV's This Morning recognise Brook's website as [a great source of contraception information](#). This year, we have noticed a downturn in people accessing hormonal contraception alongside a worrying rise in popularity of apps such as Natural Cycles which are being promoted widely on social media and may be fuelling a distrust and/or rejection of hormonal contraception.

Find a Service tool

Brook's best used online feature, our Find a Service Tool, has revolutionised the way that people can find sexual health and wellbeing services that best meet their needs. The tool was used over 140,000 times in 22/23 and has been improved by the addition of a location-specific search for at-home STI test kits.

Risk of Pregnancy Calculator

We know that [emergency contraception](#) is an area of sexual health that is littered with misinformation, so we developed and launched a new digital Risk of Pregnancy Calculator to help people assess their risk of pregnancy, make an informed decision about using emergency contraception and understand their options. The calculator sits within our interactive online help and advice pages, which have been visited more than 15,000 times in 22/23.

TRANSFORMING RSE WITH DIGITAL SOLUTIONS

Improved access to our education offer

We have relaunched the education and training section of our website to showcase our ever-expanding offer for professionals and young people. The new pages on brook.org.uk support busy teachers and school leaders to easily find the right RSE and training solutions for them and their students.

New Brook Learn course

Brook Learn is our bespoke digital learning platform for professionals and we offer 13 online courses. Our latest Brook Learn course, Introduction to RSE, had 1,200 registrations in the first 12 months with 92% rating it as 'good' or 'very good'.

Produced in partnership with the Open University and Cardiff University, and available in English and Welsh, this course uses the findings of the National

Surveys of Sexual Attitudes and Lifestyles (Natsal-3) to give education professionals a grounding in the core themes of sex and relationships education and deliver evidence and data supported teaching.

JPM Force for Good Project

We were grateful to JP Morgan Chase for their support to Brook after our successful application to their competitive Force for Good programme. The programme provides support in kind from JPM's technologists who worked with us to make improvements to Brook Learn following its rapid growth in users since 2020 (users reached 29,000 in 2022).

Working with the team at JPM, we refined our ideas and made technical changes to ensure the platform was more robust and future-proofed ready for continued rapid growth in future years.

Brook Learn in numbers

30,780

registered users from over 300 local authorities

16,000


surveys found 95% of feedback surveys rated all courses as 'good' or 'very good'

9,100+

enrolments of our popular Traffic Light Tool course since its launch in December 2020

6,900

enrolments of our consent course, relaunched as part of Sexual Health Week 21



Our impact

DRIVING INNOVATION IN 22/23

We pride ourselves on being responsive to new, emerging and unmet needs that are faced by the communities we support. This year, our staff have witnessed a rapid decline in young people's mental health with a rise in unhealthy relationships, self-harm and risk of suicide. In response, we have committed to innovating and developing new support mechanisms to meet these challenges.

We have expanded our all-age provision in Cornwall to offer wellbeing support to those affected by menopause, addressing the stigma and raising awareness of the impact the menopause can have within the workplace.



INNOVATING OUR MENTAL HEALTH AND WELLBEING OFFER

My Life 1:1 wellbeing programme

Our My Life programme equips young people to build resilience, recognise and value their strengths, and take personally meaningful steps to improve their health and wellbeing. This year, we have successfully extended our My Life delivery across our services. We have strengthened training for specialists based on a review and evaluation of delivery to date so that more young people can benefit.

Mental health literacy

We have adapted our My Life programme to specifically focus on supporting young people to build mental health literacy. The programme supports young people to develop an understanding of what it means to have positive mental health, normalises and destigmatises mental health difficulties, equips young people to label and manage their feelings and understand when and how to seek support.



As an Education and Wellbeing Specialist, it's a real privilege to deliver this programme and witness first-hand the positive impact it has on the young people that are referred to Brook."



Lucy Harker, Brook



OUR INNOVATIVE LIFE COURSE APPROACH

All age integrated sexual health services

Our life course approach to sexual and reproductive health is now firmly embedded in our strategic direction and, while we remain committed to fighting for the rights of young people, we are proud to extend our services to wider communities. In 22/23 we supported 34,330 people through our digital-first clinical services in Cornwall, Southend on Sea and Blackburn with Darwen.

Menopause Project Cornwall

Thanks to funding from the Department of Health and Social Care, we are delivering an innovative menopause support programme in Cornwall aimed at women and those experiencing the menopause with a specific focus on the impact on their working life. The programme in partnership with local employers provides core information about the menopause, challenges stigma and supports participants to make meaningful changes and manage challenges in a positive way.

“

After many years of successfully delivering young people's services locally, [Brook] showed an incredible commitment and ability to overcome all and any challenges they faced in making the transition to all-age provision. They took over the service from a long-established NHS Trust, supported staff throughout the transition and mobilised at speed at the height of the first COVID lockdown.”

👍 **Blackburn commissioner**

THOUGHT LEADERSHIP AT BROOK

Brook learning labs

We have launched Brook's Learning Labs to explore innovative solutions to embedded problems and to challenge the status quo. Our first thought leadership event brought together experts in the field of child sexual exploitation. 11 experts from a range of organisations worked together to create a strategy to disseminate Spotting the Signs and maximise its use in multidisciplinary contexts.



INNOVATIVE BRAND PARTNERSHIPS



Festival Republic

In the second year of our strategic partnership with Festival Republic, we distributed 36,000 condoms to festival goers across six of the biggest UK music festivals. In addition to onsite sexual health and wellbeing support, condom and lube distribution and consent messaging on screens, we implemented push notifications to festival goers directing them to Brook's Find a Service tool once they had returned home.



Lil-Lets

In March 2023, we joined forces with Lil-Lets to deliver the Big Period Lesson Live. Aimed at years 6 and 7, the 60-minute lesson supported young people to better understand puberty, body changes and periods. A staggering 57,600 teachers and students tuned in to the live broadcast, from more than 650 schools, making it by far our biggest live lesson.

SH:24 BRAND PARTNERSHIP

We received over 2000 votes for the third year of the Brook X SH:24 Sexual Health Awards and we were impressed by the individuals and organisations working to de-stigmatise sexual health and wellbeing. Thank you to our expert judges **Ruby Rare**, **Jay Hawkrige**, **Marc Thompson**, **Aisha Mirza** and **Dee Whitnell**, and congratulations to the winners:



Young person of the Year

Milly Evans
@itsmillyevans



Grassroots initiative of the Year

Outspoken Sex Ed
@outspokensexedforparents



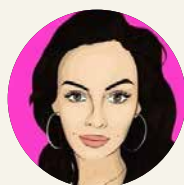
Micro-influencer of the Year

Cassie Rattray
@radicallove.co.uk



Influencer of the year

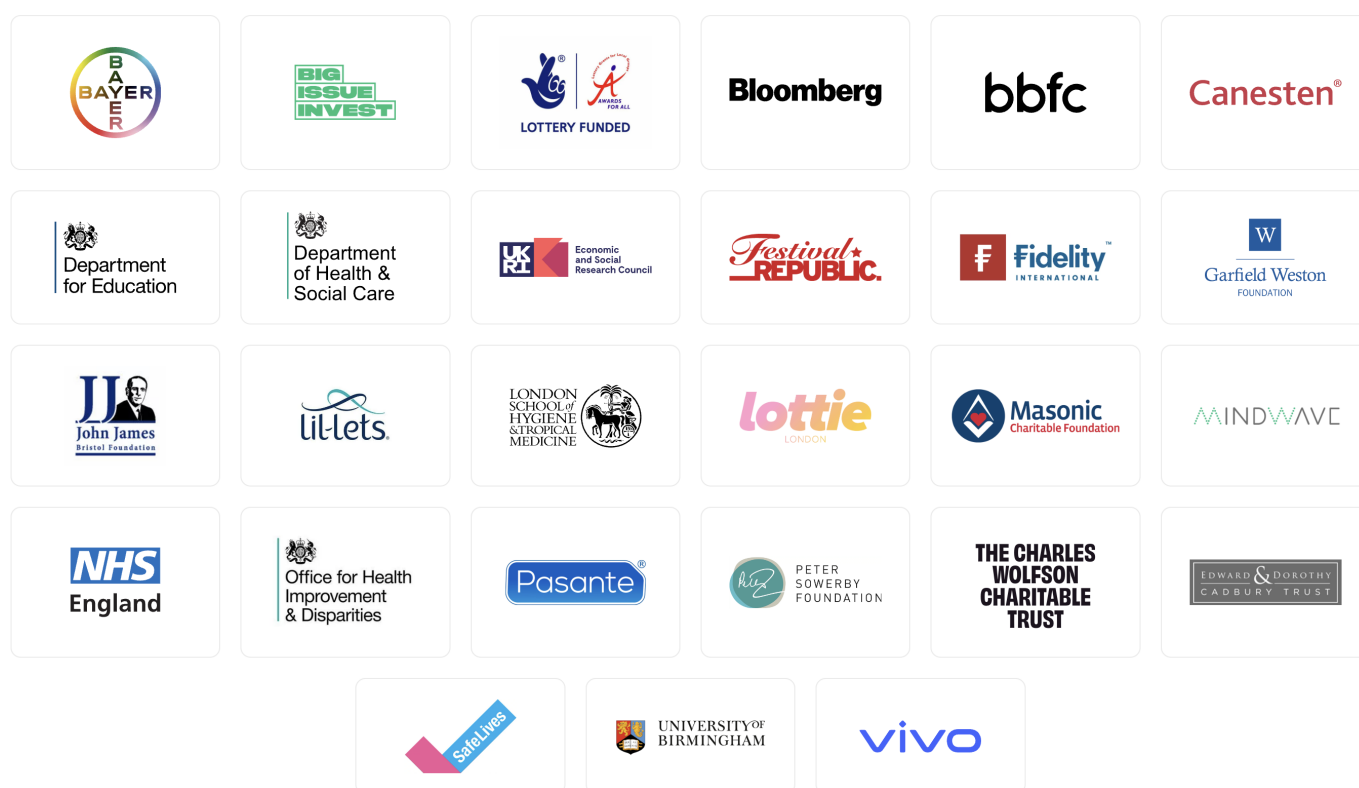
Lalalaletmeexplain
@lalalaletmeexplain



Writer of the Year

Grace Alice O'Sé
@grace_alice_oshea

THANK YOU TO OUR FUNDERS & SUPPORTERS





brook.org.uk

FOLLOW US



Instagram

https://www.instagram.com/brook_sexpositive/



LinkedIn

<https://uk.linkedin.com/company/brook>



Facebook

<https://www.facebook.com/BrookCharityYP/>



Twitter

<https://twitter.com/BrookCharity>

Brook

Penhaligon House
Green Street
Truro
TR1 2LH

Registered charity number 703015
Company number 2466940