



OUR IMPACT 25/26

 brook

Over the past three years, Brook has faced some of the most significant challenges in our history.

Soaring STI rates and years of underfunding have left sexual health services struggling to meet increased demand. Women and girls are facing increased harassment and sexual violence, as a culture of misogyny spreads both on and offline. Meanwhile, there have been numerous attempts to restrict reproductive rights and limit what young people can learn in schools. Brook has met these challenges head on, with the same courageous spirit that inspired our founder Helen Brook to open her first clinic over 60 years ago.

Throughout 2025/26, we have seen significant victories in our fight for people's right to excellent sexual health and wellbeing. The new Crime and Policing Act marks an important milestone in our decades-long struggle to end the criminalisation of those who terminate their own pregnancy. We have also successfully campaigned against harmful restrictions to the RSHE curriculum and secured a commitment from the government to extend mandatory RSE to further education settings.

Despite these successes, there is still much work to be done. The new RSHE guidance does little to improve provision for SEND young people, leaving many schools ill-equipped to make this subject truly accessible. To address this, we have launched a new suite of SEND-inclusive lessons, co-designed with neurodivergent young people, covering vital subjects such as consent and healthy relationships.

With two in five teenagers now experiencing abuse in their romantic relationships, it is crucial we develop innovative approaches to tackle misogyny and harassment.

Almost 250,000 university students now have access to our digital consent and bystander intervention courses, while our recent Big RSE Lesson on healthy online relationships was broadcast live to over 70,000 pupils. Thanks to support from the Youth Endowment Fund, we hope to reach over 1,200 young people across London in the next two years, transforming attitudes and behaviours to sexual violence.

Young people's mental health remains in crisis, with over 78,500 now waiting more than a year for NHS treatment. In this climate, our early intervention mental health support programmes provide a lifeline for young people, providing support before they reach crisis point. In the last year, we made over 4,000 crucial interventions, both in outreach and from our flagship Wellbeing Hubs in Blackburn and Cornwall.

Alongside these innovations, Brook continues to expand the reach of our core offer, ensuring more people than ever benefit from our life course approach to sexual health and wellbeing. Brook is now delivering vital health promotion programmes for diverse communities across Bristol, North Somerset and South Gloucestershire as part of the Yuno sexual health partnership. In Sefton, we secured our sixth all-age integrated sexual health service contract, which sees us providing compassionate, confidential care from our clinics and online.

These achievements are only possible thanks to our supporters. As we commence delivery of our ambitious new strategic plan, we invite those who share Brook's values to join us in our fight against stigma and inequality. By working collaboratively, we can continue to provide inclusive, non-judgmental support for those communities most in need.

Helen Marshall, Chief Executive
Dame Sally Dicketts, Chair



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HOW WE MADE A DIFFERENCE

1.45 million people helped through our frontline services

111,931 people supported through our education and wellbeing work

57,071 people supported through our all-age clinical services

46% of our clinical clients accessed our digital services

43% of our service users were under 25

64% of our clinical clients from the top 40% of the most deprived communities

8 out of 8 clinical services received the iWant Great Care Certificate of Excellence

190,000 people used our Find a Service tool

31,299 home STI kits administered

4,053 mental health and wellbeing interventions delivered

48,438 registered users on our Brook Learn online learning platform

72,000 people attended our Big RSE Lesson live

98% of clients rated our clinical services very good or good

4.95 out of 5 rating: treating clients with dignity and respect

4.92 out of 5 rating: the ability of our clinical staff to provide timely information

4.93 out of 5 rating: involving clients appropriately in decisions about their health

95% of professionals rated our training services very good or good

99% of young people thought that staff delivering our My Life one-to-one wellbeing programme were helpful and supportive

78% young people reported a positive change in their knowledge about sexual health and relationships



WHAT OUR SERVICE USERS SAY

"You can feel the effort that is made by all members of staff to ensure that young people feel welcomed and comfortable. The person who took my appointment was one of the kindest people I've ever met, and took great care in communicating the confidentiality and safeguarding profiles. I identify as non-binary and disclosed this on my form upon entry in the form. No big drama was made about this, and I could see she was taking care in how she phrased things to ensure it aligned with my identity. She even helped me when filling out paperwork, and what boxes to tick to ensure this would be recorded correctly. At no point did I feel rushed or intimidated, I felt cared for and safe when using the service. She was absolutely amazing in making sure I was okay and staying safe with no judgement."

"This was the first time I've been to a health professional who made me feel respected and not judged for my age. Definitely recommend for young people who haven't felt comfortable talking about their sexual health."

"Excellent service cannot be bettered. I first used Brook Clinic 53 years ago and its service and treatment is excellent the staff are just fantastic. If this service and understanding was delivered to in all business's what an amazing customer experience it would be."

"I have never done something like this before and to put it simply I was horrified, throughout the entire process I was in my head and then I finally visited and I was overwhelmed with kindness and compassion. My nurse was phenomenal at alleviating my stress and she made me feel so comfortable. The receptionist was incredible and overall every person I met on site was a joy in a time of anxiety for me. I truly cannot thank you enough."

"Never had to go to a sexual health clinic before, I was treated with dignity and respect. The woman I saw was very polite and professional, asked a few questions too. I went for my own peace of mind, as I had just found out that my boyfriend has been sleeping around for a while!! if you ever have any sexual health concerns please go to a clinic, it's all confidential! you're health matters to you and to the staff at the clinic!! would recommend to anyone of any age! Thank you so much, I really appreciate what you did for me. Thanks again"

"The nurses who work at Brook Cornwall are the most wonderful people. My daughter is autistic and they make the experience for her really pleasant. They are so professional and caring and know exactly how to speak to my daughter and manage her additional needs. The world needs more people like them."

CHALLENGING INEQUALITY

Tackling the inequalities that contribute to poor health outcomes remains at the core of Brook's mission. While the recent increases to public health funding are welcome, they only go some way to addressing the real term reductions of the past decade, which have disproportionately impacted marginalised communities. Throughout 2025/26 Brook has continued to work hard to ensure that those who need our support the most can benefit from our sexual health, mental health and wellbeing provision.

Education is essential part of the fight against inequality, and we have been successful in defending young people's access to high quality, inclusive RSE in schools. In 25/26, Brook focused on ensuring those outside mainstream secondary education could continue to access RSE, and the development of innovative new programmes to tackle abuse and misogyny.

Fighting for high quality RSE

In June 2026, the Department for Education published the new statutory guidance for Relationships and Sex Education. This new guidance did not contain the harmful restrictions on topics such as abuse and contraception which had featured in the previous government's draft guidance. This was due in no small part to the efforts of Brook and our sector partners, who had tirelessly campaigned to protect young people's right to learn crucial information that would keep themselves and each other safe.

Although the new guidance is welcome on the whole, its reduced clarity and content on LGBT+ identities, and vague wording on gender is likely to cause uncertainty for teachers and leave young people feeling unsupported and ill-equipped for life outside school.

To address this Brook worked alongside Sex Education Forum, the PSHE Association and several other organisations to develop additional guidance for schools on how best to address LGBT+ topics within the new curriculum.

In collaboration with Sex Education Forum, End Violence Against Women Coalition and Make it Mandatory, Brook has been campaigning to extend mandatory RSE to 16+ education settings. Thanks to our campaign, the government has committed to making RSE mandatory up to the age of 18 as part of their new strategy to tackle violence and against women and girls.

Fighting for abortion rights

In recent years there has been a troubling surge in women facing criminal investigations for illegal abortions. This is despite the fact that between 1861 and 2022 only 3 women had ever been convicted for the illegal termination of a pregnancy. Brook believes that abortion is healthcare and should not sit within the criminal law, and has been campaigning alongside 30 other organisations to decriminalise those who end their own pregnancy.

Thanks to this campaign, an amendment was added to the Crime and Policing Bill removing people from the criminal law for undergoing an abortion. This landmark amendment was passed by both the Commons and the Lords, so that those who terminate a pregnancy will no longer face investigations, criminal charges or custodial sentences.

The new legislation also pardons those who have previously convicted under England and Wales outdated abortion laws. These changes mark a huge victory in the fight to ensure people can access free, safe abortions without fear of prosecution.

Challenging abuse and sexual violence

In August 2025, new regulations from the Office for Students came into effect, requiring universities in England to take meaningful action in the prevention of harassment and sexual misconduct. To support universities in their duty to tackle abuse on university campuses, Brook developed a new Bystander Intervention course for students.

The new e-learning programme is designed to empower students and staff with practical strategies to safely intervene in harmful situations and combat harassment and sexual misconduct. It sits alongside our existing Consent course, and over 15 universities subscribing to the training, making it available to almost 250,000 students

“We have used the Consent for Students training designed and provided by Brook for the last 3 years. We’ve been really pleased with how communicative and collaborative this partnership has been and would recommend Brook to other higher education institutions looking for student training.”

University of Oxford

“I have discussed how I felt about several aspects of the training already with my partner which was a really comforting experience.”

University student

““I didn’t even realise there are so many different ways I can help as an active bystander.”

University student

Thanks to the support of the Youth Endowment Fund, Brook has expanded our London Sexual Violence Project. The programme is aimed at Year 9 pupils and aims to address harmful behaviours in relationships as a foundation for preventing abuse and sexual violence. The project aims to engage 12,800 pupils across 64 schools in London over two years, and will be evaluated by the University of Manchester to assess the impact of this intervention.



Thought leaders in safeguarding

Keeping people safe is at the heart of Brook's mission and work. In a climate marked by social, political and economic uncertainty, Brook has remained steadfast in its commitment to protecting people of all ages.

The trust we build with our clients enables us to identify issues that go beyond sexual health. For the sixth consecutive year, mental health-related issues have been the most prevalent safeguarding concern in our services, making up 33% of all cases.

We continue to seek out opportunities to share our learnings, insights and expertise with other organisations that share our commitment to safeguarding. As well as chairing this year's Safeguarding in the Voluntary Sector conference, Brook also presented its Spotting the Signs of Exploitation Tool at the Community Child Health Conference.

In March 2025 Brook relaunched its Traffic Lights® framework, marking the first major update in 6 years. Used by thousands of professionals across the UK, Traffic Lights® helps professionals identify, understand and respond to harmful sexual behaviours in children and young people. The updated version has a renewed focus on the full contextual factors that influence behaviour, such as trauma, abuse and technology-facilitated harm.

INCREASING ACCESSIBILITY

In January 2026 the government committed to developing a new sexual and reproductive health framework, following evidence presented by Brook and other organisations to the Health and Social Care Select Committee in October 2025. This will be the first new sexual health strategy for over a decade and cannot come a moment too soon, with local sexual health services struggling to meet increased demand.

At the same time, record numbers of young people are facing mental health difficulties. Over 1 million under-18s are now in contact with NHS mental health services, but due to a lack of investment and capacity, many young people cannot access the support they need. Mental health concerns continue to be the most prevalent safeguarding issue within Brook's services.

In the face of these challenges, Brook continues to develop innovative approaches to ensure we reach those who need our support the most.



Expanding our reach in new geographical areas

Brook expanded into new geographical areas in 2025/26 with 64% clients from the 40% most deprived areas, working with partners to provide services at the heart of communities.

In April 2025, we commenced delivery of one of our largest health promotion contracts across Bristol, North Somerset and South Gloucestershire. The all-age service sees Brook specialists delivering targeted outreach in a range of community settings as part of Yuno, the new integrated sexual health service covering the three local authority areas. As part of Yuno, Brook continues to deliver its specialist young people's sexual health service in Bristol, first established almost 60 years ago.

We are delighted to have won the contract to provide the integrated sexual health service in Sefton from 1 April 2026. Our clinicians are providing face-to-face clinical support from two locations in Sefton, while residents can also access a range of online services via the Brook website thanks to our partnership with SH:24. Brook is also working with schools and in the local community to increase access to RSE and improve sexual health outcomes through targeted outreach.

Increasing accessibility through participation

Brook's Participatory Advisory Groups (PAG) comprise 40 people from across the England, Scotland and Wales who contribute to the development of our services, resources and campaigns. Through meaningful consultation and co-production, the PAGs ensure that as Brook's work evolves, it remains accessible, inclusive and responsive to diverse needs. The PAG members are at the heart of our governance structure with representation on the Brook Board.

In the past year, the PAGs have made key contributions to the development of Brook's 2026-29 strategic plan, as well as co-designing our London Sexual Violence project. The PAGs have also:

- Presented evidence on young people's engagement with services to the All Party Parliamentary Group on Sexual and Reproductive Health
- Featured on the panel at the My Body, My Right event at the Hay Festival
- Participated in focus groups for Brook's research on menstruation
- Contributed to Brook's response to the government's proposals for mandatory reporting of sexual abuse as contained in the Crime and Policing Bill

The PAGs identify and lead their own projects which this year included the development of a pornography awareness lesson for Key Stage 5, a social media campaign critiquing media representation of sex and relationships, and web content about pleasure aimed at adults. They also developed a webinar for parents and carers on how to talk to primary school-aged children about puberty and sexual development.

Championing HIV prevention in local communities

Brook delivers a number of health promotion initiatives as part of the national commitment to eradicate new HIV transmissions by 2030. Since 2022 our Take Charge campaign has been using targeted social media to promote PrEP, condom use and HIV testing, last year reaching over 240,000 people.

In Buckinghamshire and the London Borough of Barnet, we deliver HIV prevention programmes to fight stigma, normalise testing and reduce late HIV diagnosis.

This year, we expanded our HIV prevention work in Southend-on-Sea, thanks to support from Gilead. Our new initiatives see us offering targeted support for newly arrived migrants as well as racially-minoritised communities in the city, as well as a suite of translated resources and a dedicated WhatsApp broadcast channel.

As part of Yuno Sexual Health, Brook is responsible for HIV prevention and education across Bristol, North Somerset and South Gloucestershire. Working in partnership with Briggstowe, Brook launched its More to Me than HIV campaign for World AIDS Day, profiling real life stories of people leading healthy, happy lives while being HIV positive. Brook is also collaborating with Common Ambition Bristol to raise awareness of HIV prevention within the city's Black African and Caribbean communities.

Improving access to condoms

With diagnoses of STIs such as gonorrhoea and syphilis reaching record highs, and teen pregnancies beginning to increase for the first time in over 14 years, it is vital that young people have simple access to condoms. Yet Brook's own research has shown that young people face many barriers, with 49% saying they don't know where to get free condoms, and 58% reporting that they would be too embarrassed to discuss how to access them with someone.

Following extensive engagement with young people, commissioners and our own health promotion teams, Brook has evolved its condom distribution model to directly address these challenges. The new approach removes the barriers identified by young people such as the registration and data capture processes and the requirement to present a physical card at outlets. Greater emphasis is placed on empowering staff at distribution sites to use their professional judgement, ensuring ease of access while maintaining safeguarding standards.

This revised condom distribution scheme was first rolled out on 1 April 2025 in Manchester and Bristol, North Somerset and South Gloucestershire (BNSSG) in April 2025, before being introduced in our Cornwall and Dudley services.

The new approach has been a huge success; in our BNSSG service we distributed over 71,600 condoms, a 784% increase on the previous year. This new approach is now being taken in our services in Sefton, Buckinghamshire, and Camden and Islington.

Improving accessibility for neurodivergent young people

Brook believes that all young people should have access to inclusive, high quality RSE. However, we know that many neurodivergent young people often miss out on this vital education, as schools often lack the capacity and resources to make this subject truly accessible.

To address this, Brook has developed RSE for All, a series of SEND and neurodivergent inclusive lesson plans, thanks to the National Autistic Society's Boshier Grant Scheme. The suite of 9 lessons address subjects such as consent, healthy relationships and life online for years 7, 9 and 11. Coproduced with autistic young people, the lessons use Brook's accessible image bank and take a flexible approach to accommodate a diverse range of learning styles.



In Manchester, we have worked with a group of neurodivergent service users to audit the accessibility of our young people's sexual health service. The all aged between 18 and 25 conducted an audit of our premises, making several recommendations regarding our signage and the visual aids we use in consultations, all of which have been implemented.

Increasing access to education and training

At Brook, we pride ourselves on equipping young people to navigate the realities of sex and relationships, both on and offline. Exploring Pornography Perspectives is a new Key Stage 5 lesson developed to equip young people to think critically about the online content they consume.

Co-designed by our Participation Advisory Group, the innovative lesson addresses the unhealthy expectations that pornography can perpetuate and encourages reflection on its impact on wellbeing, relationships and wider society.

Brook Learn, our online training platform for educators and those working with young people, now has over 47,000 registered users. Its 16 courses cover topics such as STIs, consent, gender identity and healthy relationships, and are designed to equip professionals to deliver high quality RSE and keep young people safe.

In 2025/26, we redeveloped our How to Deliver RSE course in line with the new RSE guidance ahead of implementation in September 2026. We also updated our Contraception course to better equip teachers in addressing misinformation young people encounter on social media.

In South Wales, we are continuing to provide young people aged 11+ with comprehensive, age-appropriate education on pornography, misogyny and gender stereotypes as well as offering free training for teachers and professionals who work with young people. We are also supporting young people through My Life, our one-to-one early intervention wellbeing programme, empowering young people to make healthy choices about relationships and consent.

As part of our commitment to ensuring all young people have access to inclusive, high quality RSE, Brook delivers numerous programmes in alternative education settings. In the past year, we have reached over 8,600 young people outside of mainstream education, through a combination of RSE lessons, targeted mental health literacy programmes and one-to-one early intervention support.

FIGHTING STIGMA

Stigma is one of the primary barriers preventing people from positively managing their sexual health and wellbeing. Since 1964, Brook has been fearlessly speaking out about issues that many consider taboo. The recent increases in STI rates, teenage pregnancy and abuse in teen relationships all demonstrate the urgent need to normalise conversations about condoms, contraception and consent. Through our work in our clinics, wellbeing hubs, in classrooms and our campaigns, Brook challenges the culture of silence that prevents people seeking the support they need.

Our increased dependence on digital technology presents us with ever-changing social challenges such as the rise of deep fakes, online misogyny and misinformation profoundly affecting people's wellbeing. At the same time, online spaces present unique opportunities to build communities and amplify marginalised voices. Throughout 2025/26, Brook has been raising awareness of how to combat harmful online content while celebrating those using their platforms to model positive approaches to sex, relationships and mental health.



Sexual Health Week

For Sexual Health Week 2025: Chronically Online we examined how the online world is shaping attitudes and behaviours around sex and relationships. Brook's biggest campaign to date featured a series of events, publications and collaborations focusing on the challenges and opportunities presented by the rapid developments in digital technology and AI. Key successes included:

- Taking over Superdrug's Instagram account to reach their 1 million + followers
- Bringing together leading experts to discuss the impact of digital sexual health services in our webinar
- Educating more than 72,000 students and teachers who tuned in to our Big RSE Lesson Live
- Publishing our research on the impact of online information on young people's contraceptive choices

Safer Sex Rules

Brook's annual health promotion campaign, Safer Sex Rules, runs over the festive period. Now in its third year, the national campaign advances a more holistic understanding of safer sex, not just promoting condom use and STI testing but also consent and communication.

This year, the campaign featured additional content addressing myths and misconceptions surrounding emergency contraception with our digital content reaching over 164,000 people

Fighting Stigma Together

Collaboration is one of Brook's core values, and by coming together with brands, influencers and platforms that share our beliefs, we can expand our reach and empower even more people to manage their wellbeing.

Brook x Ruby Rare

We are proud to have Ruby Rare as our ambassador for over 6 years. In 2025/26, the author and broadcaster hosted our Sexual Health Week webinar and collaborated on content addressing topics such as pleasure and period tracking apps.

Brook x Perrigo

This year Brook partnered with Perrigo to redevelop our contraception e-learning course for teachers. The updated course now covers misinformation, supports teachers to better address the myths that young people encounter online

Brook x Dee Whitnell

Activist and author Dee Whitnell has been working with Brook since 2020. This year, we collaborated on content spotlighting trans and non-binary icons, as well as the mental health and the impact of deepfakes and sextortion.

Brook x Reed Amber

For Sexual Health Week, Brook teamed up with influencer and podcast host Reed Amber to provide advice for people with ADHD on how to manage their sexual health.

Brook x Eliza Rain

Eliza Rain is a content creator and accessibility advocate, and regularly contributes to Brook's socials to explore sex and relationships through the lens of disability rights.

Brook x Dr Tara

Dr Tara, the resident sex and relationships expert from Channel 4 teamed up with Brook to provide tips on how to spot reliable content online.

Brook x Creamfields

Brook once again partnered with Creamfields, providing frontline health promotion at the music festival for the fourth year running. Brook specialists distributed over 6,000 condoms to festival goers while on-stage screens broadcast content from our consent campaign.

DRIVING INNOVATION

Helen Brook's bold and fearless approach in 1964 has underpinned our work ever since and we are passionate about pioneering innovative services to improve health outcomes for diverse communities. Our holistic approach to sexual health provision has always addressed people's broader wellbeing concerns. We continue to build on the trust invested in us and are determined to expand and reach more people than ever.



Innovation in mental health early intervention

In 2024, Brook opened new wellbeing hubs at the heart of local communities to help address the devastating shortfall in mental health provision for young people. The two hubs, in Blackburn and Cornwall, offer place-based early intervention mental health support for young people aged 11-24 with self-referral options.

Whether through our unique My Life one-to-one sessions or innovative mental health literacy programme, the hubs provide young people access to trained specialists and counsellors to improve their wellbeing. The hubs are co-located with Brook's sexual health clinics and enhance our capacity to provide communities with holistic care which recognises the intrinsic links between mental and sexual health.

Alongside our work in the hubs, Brook delivers our one-to-one support programme in schools across the country and, in the past year, has provided over 4,053 interventions for young people.

"We have been offered the most incredible support from Brook's counsellor, who has managed to build such a strong rapport with our son, who finds relationship building and trust a tricky thing to navigate. She has so naturally helped him express his emotions and feelings in an effective way whilst offering him ongoing support with his daily struggles. We are so grateful for Brook and the work they have put in to making navigating day to day big feelings more manageable for our son. Thank you Brook!"

"I've had bad experiences with counselling/therapy before but sessions here helped me trust counselling again. I was having a dip in mental health and access to these free sessions worked as early intervention and stopped my mental health from worsening."

"I've never felt so taken care of or listened to in my life, it made me understand myself a little bit more each time I came and it was a really massive help for me and even helped me with my family issues. This has honestly been the best counselling I've had and I would recommend it again."



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