



The Black Prince Trust – A Neighbourhood approach to Health and Wellbeing

Background to BPT

The Black Prince Trust (BPT) is a not-for-profit charity whose primary purpose is to both manage the Black Prince Community Hub in the Princes Ward, Lambeth, South London and deliver key social outcomes to the local community. BPT has a 125-year headlease with Lambeth Council to operate the Hub as a community asset. The Hub comprises a 2.5-acre site of first-class sporting facilities, learning facilities and an administration building with office space and a community café.

It is an inclusive, inter-generational community centre focussed on creating opportunities in life skills, training, education, healthcare, employability for the local population, which is in an area of high multiple deprivation. The Trust's ethos is to inspire participation, learning and development in a safe and non-discriminatory environment. With the help of its partners, BPT delivers a wide range of sessions and programmes using many delivery methods to achieve social impact for the community. Many of the sessions are provided free at the point of use.

BPT works in collaboration with multiple partners to deliver a range of social outcomes to the local community, typically using sport as the platform to engage people using many delivery methods to achieve social impact (Sport for Development). Our 6 social impact strands are: **1. SOCIAL INCLUSION 2. YOUTH INTERVENTION 3. HEALTH & WELLBEING 4. MENTAL HEALTH 5. EMPLOYABILITY 6. FEMALE ENGAGEMENT.**

Overview of the Health and Wellbeing Strategy

A key platform for how BPT delivers social impact is its Health and Wellbeing strategy. Two of our social outcomes are directly health and wellbeing related however BPT believes that health and wellbeing is relevant across all the targeted social outcome strands.

Since 2018, The Black Prince Trust (BPT) has been implementing a neighbourhood based health and wellbeing strategy. Driven by the partnership ethos of the Black Prince Trust, it is a "live strategy", co-developed and co-delivered with local stakeholders. It is constantly evolving as the needs of our community and our partners changes and is continually updated to align with the key priorities of Lambeth and National Health and Wellbeing strategies such as The Lambeth Health and Wellbeing Strategy and the NHS 10 year plan.

This document provides a summary of BPT's Health and Wellbeing strategy and outlines the different ways you can get involved and work with us to make it a reality. This document also provides you with a snapshot of what we have done in each area of our strategy to give you a sense of what you can achieve at BPT and the range of different partners who have made this all possible.

2018 has been a fantastic year for BPT rounding off with a Lammy award for "Going the Extra Mile". Jason Henley, our Community Manager, received the award for the work BPT has done engaging with Local Care Network partners to support members of the local community to become and sustain being active in their daily lives.

Each year we welcome over 150,000 per year through the site. With just 3 full time staff we can only achieve what we have through partnership. To get involved and help us make 2019 an even greater success, please contact our Strategic Director, Kirk Harrison (kirk@blackprincetrust.org.uk) or our Community Manager Jason Henley (Jason@blackprincetrust.org.uk) or call 0207 840 2904.

BPT – Health and Wellbeing Strategy – our guiding principles

Our strategy is underpinned by 4 guiding principles:

1. Tackling the wider social determinants of health

In line with the *Lambeth Health and Wellbeing Strategy and the NHS 10 year plan*, core to BPT's strategy is the recognition that we need to address the wider social determinants of health – i.e. that health and well-being is determined by multiple social, economic and environmental factors, many of which can be changed for the better. Our approach at BPT is not just about focusing on physical or mental health issues in isolation but considering the things that prevent ill health and poor wellbeing and reduce the need to access care services; i.e. the things that make us happy and healthy like keeping physically active, strong social networks and connection to community assets, equality with those around you, good education, employment and housing, freedom from discrimination and a clean environment.

2. Incorporating the 5 ways to wellbeing

We believe that the cornerstones of health and wellbeing for communities and individuals are captured and evidenced by the [five ways to wellbeing](#). The 5 principles are embedded in all elements of our strategy and in our approach to delivering it:

- I. **Connect** - with the people around you and your local community and neighbourhood.
- II. **Be active** - Exercising makes you feel good. Discover a physical activity that you enjoy and suits your level of mobility and fitness.
- III. **Take notice** - Be curious and aware of your surroundings and what you are feeling.
- IV. **Keep learning** - as well as fun, learning new things will make you more confident.
- V. **Give** - Giving to the wider community can be incredibly rewarding and will create connections with the people around you.

3. Taking a partnership approach

Achieving the goals set out in our strategy will require us to work in partnership with local people to make changes in their own lives and in partnership with the Council, NHS, VCS and businesses. While BPT does not automatically assume that it can help address all aspects of health and wellbeing, through partnership working there are several areas where BPT's health and wellbeing strategy can help address common aims and objectives. We have determined the areas of focus for our strategy through adopting a co-productive approach and holding discussions with key partners about their priorities as well as analysing data and reports on the most prevalent health challenges in our local area.

BPT's partnership with Fight4Change (F4C) is a good example of this part of the strategy in action. F4C is a charity engages disadvantaged individuals and communities primarily across Lambeth and Southwark with a social outcome agenda including female engagement, empowerment; employability; gang culture; Mental health self-awareness and empowerment. F4C work in close partnership with BPT in developing our mental health strategy and specific programmes to match our mutual social outcomes. As an example of this, F4C have developed a Mental Health programme entitled Brain Box, of which BPT have adopted and added additional Physical activity sessions too - see Mental Health strategy section below for details.

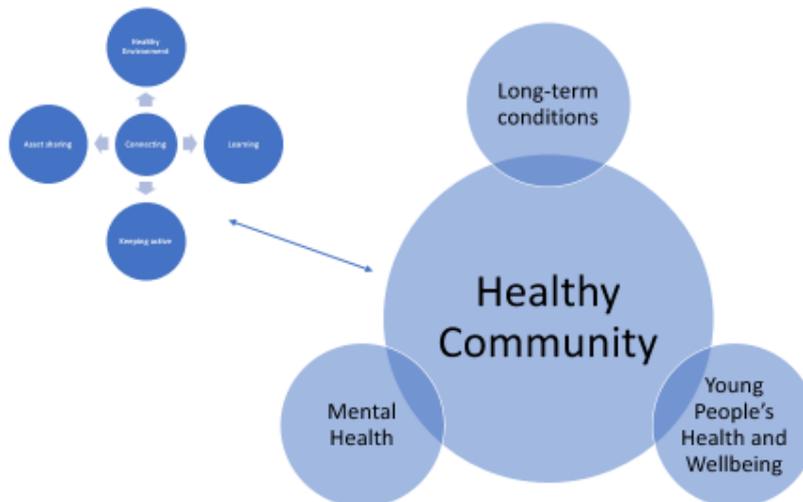
4. Playing to our strengths

BPT is uniquely positioned to contribute to the health and wellbeing of our local communities and to help Lambeth deliver its health and wellbeing objectives. The following outlines what we believe are the key benefits and value of BPT to local stakeholders in the local health and care system:

- BPT engages people in health and wellbeing in a positive way through sports and physical activity, rather than treating “ill-health”.
- The Hub is an inspiring physical asset that belongs to the local community and which can engage local people from all backgrounds in physical activity and to create a positive environment for learning and education through sport (Sport for Development).
- Affordability is often cited as a major barrier to participation and BPT has a large amount of free community activities that engage people in all aspects of their health and wellbeing (physical, mental health and social connections).
- BPT’s unique partnership model is a major asset as it provides choice to local people. Through our partners, BPT provides an enormous range of activities that can reach and engage a large and varied audience of all ages, abilities, gender and backgrounds.
- BPT can offer local groups space to run their own activities at affordable prices or at no charge. There are few places like BPT that can do this.
- BPT has a dedicated and positive Community Manager, Jason Henley, who provides a capacity, connectivity and facilitation resource for the health and care system. His and BPT’s “can do” attitude is a key factor in building trust and relationships with both participants in our activities and partners who seek to put on activities.
- BPT offers an independent and safe space outside the normal boundaries and ways of working – i.e. it is not a statutory or traditional community venue.
- BPT’s nimbleness and flexibility allows us to support/curate collaborative meetings on behalf of other organisations and engage participants in a more equal and co-productive way e.g. the North Lambeth Local Care Network. This helps local initiatives overcome power imbalances and siloed working.
- BPT has a wide and varied network and strong working relationships with key stakeholders at a local, borough-wide and regional level. This ranges from the emerging North Lambeth Primary Care Network and the Oval Learning Cluster of Schools to Lambeth Clinical Commissioning Group (CCG) to London Sport who all help promote the offer at BPT and signpost people to the services on offer at the Hub.
- The Hub is an inspiring and positive venue for meetings. The environment itself helps people to think aspirationally and beyond the status quo and enables the facilitation of creative meetings such as the Health and Wellbeing event that are not typically used by the current system.
- BPT offers a variety of large, flexible and affordable meeting space in central London with capacity to host large meetings at convenient times. The Hub is open 9am-10pm Monday to Fridays and 9am-5pm at weekends.

BPT Health and Wellbeing Strategy – Our areas of focus

Using these guiding principles and recognising that BPT cannot address all aspects of health and wellbeing, BPT is focusing on the following areas where we believe we can make the greatest impact playing to our strengths:



The main emphasis of our strategy is centred on creating a healthy community in and around the BPT hub. This recognises the importance of creating the right environment and the positive conditions from which everyone who engages with BPT can thrive. From this foundation we, along with our stakeholders, are focusing on specific areas of local need recognising that none of these issues exists in isolation and that there are important connections between each area:

1. Young People's Health and Wellbeing
2. Mental Health
3. Long-term conditions

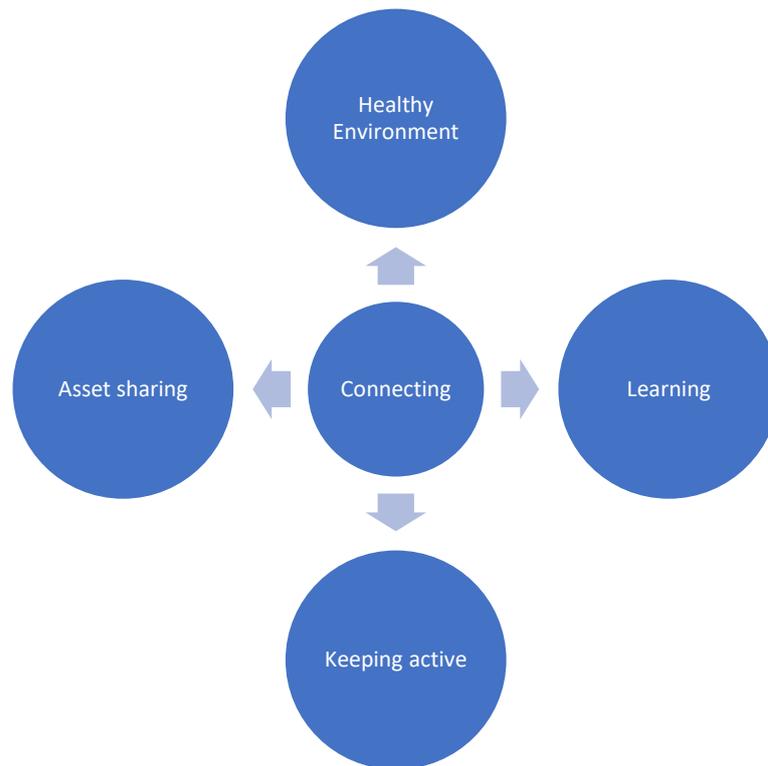
In line with our guiding principles, we will continue to develop our areas of focus with our stakeholders and as the interests and needs of the community change over time.

1. Healthy Community

BPT is committed to working towards a healthy community for not only the Princes Ward but also the wider Lambeth Borough. The Healthy Community strand is structured around the 5 ways to wellbeing and aims to tackle the social determinants of health and supports all of BPTs social outcomes. It:

- I. Encourages active healthy lifestyles with good access to local services and facilities
- II. Is a safe place to be active and can be accessible by walking, cycling and public transport
- III. Supports social interaction
- IV. Combines physical activity, healthy lifestyle choices and mental well-being
- V. Meets the needs of children and young people to grow and develop, as well as being adaptable to the needs of an increasingly elderly population

BPT's focus within Healthy Community is as follows:



- **Connecting** – the foundation of a healthy community at BPT is connecting and relationship building at every level:
 - i. **Individual** – All programmes and activities run at BPT aim to support social interaction and encourage participants to connect with others. For example:
 1. Seated yoga or chair exercise classes bringing together people from the local community
 2. Inclusive sports and physical activity - work with disability partners (eg Disability Advice Services Lambeth, Wheels for Wellbeing) to remove barriers to interaction and become a truly inclusive provider for all
 3. Hosting a monthly Age UK My Social Bookclub at BPT cafe bringing together older adults in a social setting
 - ii. **Organisation** – a key benefit of being based at BPT is the opportunity to connect and collaborate with a wide-range of on-site partners. This includes:
 1. Setting up a partner group on Mental Health delivery (See below)
 2. All on-site partners sharing data via the Upshot Monitoring and Evaluation system. This provides organisations with the opportunity to benefit from collective data on top of their individual analysis.
 3. Everything provided at BPT is registered on the Age UK My Social site.
 - iii. **Community** – BPT exists to benefit the community. However, we recognise that community comes in many forms and consequently we aim to connect with a number of different communities at the hub:
 1. **Our local neighbourhood** – BPT is situated in the heart of the Ethelred estate and a key aim is to positively connect with local residents. To do this we host the Ethelred Tenant Management Organisation at BPT and are considering hosting community events to engage local people and local stakeholders (eg community BBQ, Fair (summer open day). We also

attend TMO meetings and visited the Ethelred Sheltered Housing Scheme to talk to residents about the offer at BPT.

2. ***The North Lambeth neighbourhood*** – BPT is on the border between the Bishops and Princes Ward of North Lambeth between Vauxhall, Kennington and Waterloo. We aim to connect with the community and key stakeholders across in this part of North Lambeth through:
 - a. Partnership working with local community groups and organisations such as schools and GP practices
 - b. Do' in the Lambeth Walk – BPT are leading an initiative to bring together a group of passionate local community leaders to meet and walk around the local area to build local relationships, learn more about North Lambeth and to develop joint community projects and activities
 - c. North Lambeth Health and Wellbeing Forum – BPT will seek to work with the emerging North Lambeth Primary Care Network to run a quarterly Health and Wellbeing forum for the local community
3. ***Sporting communities*** – BPT aims to support the development of communities based around different interests and activities. For example BPT's basketball strategy has been developing a community centred around Basketball at the Hub. The basketball community includes young people from all across London as well as professional clubs, basketball related sports for development organisations and sponsors. In 2019, we are recruiting for a football community coordinator to supplement our existing basketball and boxing community officers.
- iv. **System** – BPT, through its flexibility and connections, can play an important role in supporting our statutory partners in the Council and the NHS to achieve their system level aims and objectives. BPT adopts the following approach:
 1. Hosting the North Lambeth Local Care Network has supported system wide discussions on neighbourhood health and wellbeing whilst raising awareness of BPT's role in delivering this.
 2. Convening events to facilitate system change – eg the Lambeth Physical Activity and Wellbeing event brought together over 80 people and organisations from across different sectors. In 2019, we are seeking to bring together a similar event for "Business and Community".
 3. Attending and presenting at Lambeth wide events such as Lambeth First, the Borough's annual strategy day.
 4. Social prescribing – see below
- **Healthy environment** – Providing a positive physical environment that enables and encourages healthy behaviour is a core part of delivering our healthy community strand. Our work includes:
 - i. Trim Trail (series of outdoor exercise stations that are easy and fun to use)
 - ii. Development of a community garden
 - iii. Healthy eating offer with new on-site provider Brixton People's Kitchen, specifically for the local community and vulnerable groups eg local schools; obese and diabetic patients
 - iv. Healthy messaging and positive signage – eg statistics about walking/cycling distances, times and calories burned from the nearest bus/tube stops
 - v. Health sessions or health talks at BPT – eg Local Pharmacist offering a clinic on-site or a local health professional doing a 1 hour "lunch and learn" or after school session.

- **Creating a learning environment** – BPT is passionate about providing opportunities for anyone in the community to learn and develop:
 - i. Sport for Development is a key part of what BPT and its partners deliver at the Hub, encouraging participants to learn and grow using sport as the catalyst. Several on-site partners incorporate training and development into their activities.
 - ii. Working with the Oval, Brixton and Windmill Learning Cluster of Schools we provide an after school Homework Club for local children.
 - iii. We also team up with the Ready Steady Go programme teaching children and families about healthy eating.
 - iv. Hosting and participating in Lambeth’s Coproduction Communities of Practice training programme and Project Smith’s Community Connector Behaviour Change Course.

- **Asset sharing** – BPT actively seeks partners who embrace asset sharing as a core value. Asset-sharing is the willingness of all parties involved to build a relationship where each shares their individual or organisation’s time, assets and/or resources beyond just a financial relationship to help each other and the community flourish. This could include space, skills, knowledge, connections, activities, equipment:
 - i. BPT’s partnership model actively seeks on-site partners who want to give back to the community as part of their arrangements to be located at BPT. For example
 1. Powerleague enables free access to their football pitches during off peak times and Fulham FC community Trust uses this time to deliver its kicks programme - weekly after school sessions and young person disability sessions
 2. The Foundry Gym providing free 5-day a week community gym sessions and concessionary rates for local people attending classes and a twice weekly junior gym session for young people 11-16
 3. Fight4Change –twice weekly free community sessions for 11-25 year olds and female empowerment sessions combining boxing and educational workshops on body image and stereotypes
 4. Centrepont sport – free open street football sessions for 16-24 year olds either homeless or at risk of becoming homeless and 16-24 women only football. Centrepont uses the opportunity to speak to participants about impact of sport on the environment and the planet using fair trade footballs as a good example of their dedication to this cause.

In return, on-site partners will be able to benefit from BPT’s own assets including competitive rent, shared data, connections to other partners, partnership working and joint funding bids.
 - ii. Working with Time4Lambeth (Lambeth’s main time-banking organisation), BPT is a key partner and host of the North Lambeth Asset Sharing Network and Community Volunteering Fair. So far we have held two Asset Sharing and Timebanking events with over 150 people participating across the two events.

- **Keeping Active** – As a community sports hub, all BPT’s activities promote and support people to keep active. Key to this is adopting an approach that reduces the barriers to participation:
 - i. Providing a wide range of choice of free weekly community activities – Basketball, boxing, fitness, pilates, dance and exercise movement, chair yoga,

- yoga, gym, trim trail, circuit training, aerobics, outdoor Personal Trainer sessions, tennis, football etc.
- ii. Providing activities that are inclusive to anyone regardless of age, gender or ability or disability including: chair exercises, Wheels for Wellbeing, Basketball for youngsters, women only boxing, Silverfit – weekly bollywood dance and exercise classes and weekly social guitar lessons for over 65s
 - iii. Removing financial barriers to activity by providing a wide range of free or significantly discounted activities
 - iv. Achieving physical activity as a by-product of providing other engaging activities – for example gardening or dancing or the homework club may engage young people in homework support, food,

Supporting a healthy community through Social Prescribing

A key challenge for individuals and for our health partners is how people can be supported to better manage their own health – and be connected to sources of support that can help them to do this. One way of achieving this is through Social Prescribing. The term Social Prescribing broadly describes a process whereby an individual is connected to community-based support or activities that can help to improve their quality of life. Social Prescribing is a key local and national health system priority and represents a major opportunity for BPT to deliver its health and wellbeing strategy with local partners and playing to its strengths.

Since 2018, BPT and the North Lambeth Local Care Network have been working with Guy's and St Thomas Charity in a scoping phase to explore how social prescribing could develop in North Lambeth. BPT was a key partner in the delivery of the scoping phase and is now supporting a bid for significant investment in a longer-term project. The main opportunities of this work are to:

- Connect local link workers and link organisations to one another to increase the opportunity for local people to access the support they need.
- Connect local social prescribing activity with borough-wide social prescribing infrastructure such as Age UK Safe and Independent Living (SAIL), the mycommunity.directory online resource and Lambeth wide health and wellbeing forums.

2. Specific areas of focus

From the foundation of a healthy community we, along with the local community and our key stakeholders, have identified specific areas of local need where we feel BPT can make a real difference with our assets and connections. We encourage anyone who has an interest in partnering with us in these areas or have additional areas of specific local need that they would like to draw to our attention to get in touch. We will continue to review and adapt these as the interests and needs of the community change over time.

1. Young People's Health and Wellbeing

The future lies with our young people and we are committed to working with partners to giving the next generation as much opportunity as possible at BPT to thrive and to be well. Our work in this area includes:

- Lambeth Made – combining physical activity and young people's mental health through structured and open boxing and basketball sessions for Lambeth Young People. Lambeth Made is Lambeth Council and Public Health's flagship programme working to make Lambeth one of the best places in the world for its 67,900 children and young people to grow up.

- Active Together Lambeth – Triangle Adventure Playground are running 5 sessions a week to engage young people and their families in physical activity
- Partnering with the Oval, Brixton and Windmill clusters of schools to develop stronger relationships with the local schools in North Lambeth. From this we have:
 - Attended a school health and wellbeing day at Lillian Bayliss
 - Hosted various school sports days, events and PE classes at the Hub
- Hosting young carers events with Carers Hub Lambeth
- Centrepont – running open street football sessions at the hub for young people

Childhood and Teenage Obesity

In London, 1 in 4 children of reception age (4-5 years) and 4 in 10 of Year 6 (age 10-11) children are either overweight or obese. An obese 2 year old has a 40% chance of becoming an obese adult. This increases to 70% for an obese 12 year old. With Childhood Obesity rates in Lambeth among the highest in the UK, BPT is committed to using its resources to help tackle this increasing issue:

- At BPT we offer free physical activities to all members of the Princes Ward and the wider Lambeth community and are now seeking to build on this by introducing structured educational sessions to run alongside the physical activities. BPT has also engaged a new healthy eating partner, Brixton People’s Kitchen, who will help educate and inform all BPT users on the benefits of healthy eating.
- BPT will work towards a multi component intervention programme with parents and their children covering education, behavioural changes and additional family-based activity.
- BPT is seeking to offer capacity building to local schools to help them address these issues within the school curriculum.
- BPT is continuing to develop a partnership with Guy’s and St Thomas Charity who are focussed on funding innovative solutions to tackling Childhood Obesity. This has included hosting an ethnographic research project performed by Shift Design researching eating habits, tracking eating footprint and understanding behaviour from a family and young persons perspective. With GSTT Charity we are currently exploring innovative healthy eating projects working with the new community cafe provider.
- Ready/Steady/Go Lambeth - A free Lambeth Council programme running at BPT targeting families with 4-12 year old children to support the whole family to tackle healthy eating. The programme aims to educate and inform families and children together about maintaining and sustaining a healthy weight, nutrition, smart shopping and reading food labels. It also provides free physical exercise sessions and food tasting.

II. Mental Health

Approximately 20% of Lambeth residents identified through the Lambeth Physical Activity and Sport profile have a high anxiety rate and 11% feel they have a low happiness rate. From these findings, BPT believes that there is much work to be done to support the Community’s mental health needs and we are committed to expanding our physical and mental health offer.

Currently at The Black Prince Trust we directly support the local communities psychological and emotional well-being by working in partnership with the Living Well Network and Fight 4 Change on the delivery of boxing and gym-based fitness programme “Brainbox”. The Brain Box sessions are delivered twice weekly and were developed to use Boxing sessions combined with workshops and reflective practice to build resilience, self-confidence, teamwork, self-efficacy, goal setting and conquering limitations. The model and methodology of the programme is one which has been developed in conjunction with the Walker Research Group and as such is a key focus and joint

initiative for BPT. The aim is to find further partners to fund and support the development of the Brainbox initiative.

We also help facilitate several on-site partners who provide mental health related programmes. This includes:

- Brixton Puma's – we have helped maintain this weekly mental health football group supported by SLAM through the provision of free Powerleague pitches
- Workwell – SLAM – a self-referral service that supports adults with anxiety and mental health issues back into employment.
- Mental Health Yoga – weekly session for SLAM service users from the Brainbox programme
- The Foundry – Free gym session making the connection between physical and mental health
- The Harbour – mental health, drug and alcohol misuse rehabilitation service that run goal setting and positive self-help activities to support people with their recovery
- Street Games – run Mental Health First Aid training and provide activator courses (stage 1 skills and knowledge courses for people to deliver physical activity in the community).

We are currently setting up a mental health partnership at BPT to bring together on-site partners and other interested parties to explore cross-service referral, funding opportunities and to produce an information document that promotes all mental health activity that takes place at the Hub. An immediate focus of this group will be to work with Lambeth Public Health's Mental Health Promotion strategy and participate in Mental Health Awareness week in May 17-24th.

III. Long-term conditions

Supporting people living with long-term conditions is a major local and national issue. Approximately 15 million people in England live with a long-term condition and around 3 million people in England have three or more long-term health conditions, often heavily impacting their quality of life. In the London boroughs of Lambeth and Southwark more than one in five residents live with at least one long-term condition, and over 19,000 live with three or more.

This puts enormous pressure on our health and care system. People with long-term conditions now account for about 50 per cent of all GP appointments, 64 per cent of all outpatient appointments and over 70 per cent of all inpatient bed days. Treatment and care for people with long-term conditions is estimated to take up around £7 in every £10 of total health and social care expenditure.

Long-term conditions are more prevalent in older people (58 per cent of people over 60 compared to 14 per cent under 40) and in more deprived groups (people in the poorest social class have a 60 per cent higher prevalence than those in the richest social class and 30 per cent more severity of disease). In Lambeth those living in the most deprived areas of our boroughs are developing long-term conditions on average 10 years earlier than those living in the least.

People's ability to live well with multiple long-term conditions is influenced by a complex mix of factors, including individual health, the social factors in people's lives and the communities in which they live. Working with our partners, BPT's strategy is therefore to support people with a wide range of programmes and activities that are able to support the social factors impacting wellbeing, strengthen individual agency and facilitate connectedness in communities. This includes:

- Working in partnership with Guy's and St Thomas Adults with Learning Difficulties Team we held an open day for people attending Lambeth Day Centres to take part in physical activity at BPT including dance, exercise movement and football.

- Michael Tippett College, a college for students between 16-25 with Special Educational Needs –twice weekly use BPT for physical activity sessions for their students
- Brixton Ballers run weekly basketball sessions for able bodied and wheel chair users from any age group
- GSTT Charity – supported a digital health session for older people to help understand how older people use technology to manage their health and wellbeing
- Supporting Karman’s tea party – Led by local pharmacist, Karman Chung, BPT has participated in a wellbeing tea party for residents at local sheltered housing accommodation in Kennington
- Outreach at Hills Pharmacy in Kennington to engage people in the activities of BPT while they are waiting for their prescriptions to be prepared.
- Vauxhall GP and Lambeth Walk GP Surgeries – “Dr Jason” – BPT community manager, Jason Henley, has been based at 2 local GP surgeries with GP’s referring people with long-term conditions to Jason to engage them in the various activities that BPT could support them
- Attended the Vauxhall GP surgery health and wellbeing day for patients and local community at Vagerta Community Centre
- Lambeth Walk Patient Participation Group Network – 60 patients attended an event at BPT where we introduced the various activities available on site that could support them with managing their health and wellbeing
- Carers4Carers – In 2018, we provided extra activities at the BPT hub as part of carers week. We are currently exploring more regular and sustainable activity on site.
- North Lambeth Social Prescribing project (see above)

Sexual Health

Sexual health is a national and local public health priority and consequently an area of focus within BPT’s long-term conditions strategy. Lambeth, Southwark and Lewisham have the highest rates of sexually transmitted infections, HIV and teenage conception rates in London and the UK. Promoting sexual health is complex. Improving access to, and the quality of, local sexual health services, can result in better sexual health outcomes and better value for money with respect to treatment. This requires an evidence-based commissioning approach, based on strong stakeholder engagement.

In partnership with Brook (a Charity that provides wellbeing and sexual health support for young people) and Change Grow Live (a Drugs Charity) BPT has set up DASH (Drugs and Sexual Health), a weekly sexual health clinic which provides advice, testing and support to young people under 21 studying in Lambeth. In addition, all staff at BPT have been Come Correct Trained and are able to perform condom distribution and sexual health advice. In addition, all staff at BPT have been Come Correct Trained and are able to perform condom distribution and sexual health advice. Launched in January 2018 the clinic provides:

- A holistic health assessment
- Sexual health and drugs support
- Love Life – a 4 session health and wellbeing programme for young people (based on Motivational interviewing) to help them identify and make positive change

It is a great example of partnership working that combines Brooks expertise in sexual health support with BPT’s ability to engage young people and willingness and ability to provide a safe facility to deliver the clinic. BPT’s strategy is to build on this partnership with support and guidance from Dr Anatole Menon-Johanssen, the lead sexual health consultant at Guy’s and St Thomas NHS Trust, Trustee of Brook and founder of 2 sexual health social enterprises (SH24 and SXT). Key to success and building a longer-term service at BPT is capturing service data and flow from the Brook partnership, reducing barriers to uptake and improving signposting and access to the clinic.