



PROJECT LAUNCH

Right Here Brighton and Hove

Promoting the mental and emotional wellbeing of
16 – 25 year olds

Monday 28th June 2010 from 3.00pm – 6.00pm

Jubilee Square (outside Brighton Library), Jubilee Street, Brighton
www.right-here-brightonandhove.org.uk

Mental Health Foundation

phf Paul Hamlyn
Foundation

Right Here is collaboration between Paul Hamlyn Foundation, a company limited by guarantee registered in England and Wales (no. 5042279) and a registered charity (no.1102927) whose registered office is at 18 Queen Anne's Gate, London SW1H 9AA, and Mental Health Foundation, a company limited by guarantee registered in England and Wales (no.2350846) and a registered charity (no.801130) whose registered office is stated above.



www.right-here-brightonandhove.org.uk

Brighton and Hove



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JOIN US FOR OUR LAUNCH EVENT

**FREE ROCK CLIMBING TOWER!
LIVE BAND!
FUN ACTIVITIES TO GET INVOLVED IN!
FREEBIES!**

ABOUT RIGHT HERE

Right Here Brighton and Hove is a youth led project with many opportunities for young people aged 16–25 to volunteer and get involved in promoting the emotional well being of young people in our city.

HOW TO GET INVOLVED

Activities : free activities like climbing, chill out sessions, and self defence, to help you develop your resilience and coping skills and feel good about yourself. As well as taking part you can become an activities volunteer and help run the programme.

Campaigning : Volunteer to raise awareness about emotional and mental health, to promote well being , and influence the quality of health services for young people in Brighton and Hove.

Contact Mark Cull 01273 222562 or email mark.cull@sussexcentralymca.org.uk



Right Here Brighton and Hove is a partnership between Sussex Central YMCA, Mind in Brighton and Hove, and the Brighton and Hove Children and Young Peoples Trust