



RUN BY YMCA  
DOWNSLINK GROUP

# GUIDE TO CURRENT FREE OR LOW COST ACTIVITIES FOR YOUNG PEOPLE AGED 18-25 IN BRIGHTON AND HOVE

*What are  
you waiting  
for?*

Right Here has been running **free resilience-building activities** for 18-25 year olds in Brighton and Hove for several years. Through our activities we provide young people with the opportunity to **develop confidence and resilience meet new people and have fun!**

We have also included activities that aren't part of Right Here which have been recommended by the young people that we work with. We want to keep this guide up to date and as packed full of recommendations as possible so if you have an activity you'd like to be listed then please let us know. We are on Facebook and Twitter or you can also email us.

E: [rh.activities@ymcadlg.org](mailto:rh.activities@ymcadlg.org)

F: [facebook.com/rightherebrightonhove](https://facebook.com/rightherebrightonhove)

T: [twitter.com/rightherebh](https://twitter.com/rightherebh)

## The Right Here Activities Team



**RIGHT  
HERE**

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## **RIGHT HERE ACTIVITIES 2016-17**

**FREE for young people aged  
18-25 years old**

### **Creative Arts for Building Confidence**

A six week group of young people to develop resources, try new things, value themselves and recognize their own unique qualities, through different weekly arts activities.

**Starts October 2016**

### **Keep Calm & Carry On (anger management)**

A six week group for young people who have issues with anger and recognize it is stopping them living fully, enjoying their lives and getting on with people around them.

**September 2016**

**January 2017**

### **Walk & Talk (overcoming anxiety)**

A supported group walk in the Sussex countryside for young people experiencing anxiety or isolation. Two week programme includes counselling before and after the walk.

**May 2016**

**June-July 2016**

**September 2016**

For more information about any of these activities  
and to book a place please email:

**[rh.activities@ymcadlg.org](mailto:rh.activities@ymcadlg.org)**

# Local free and low cost activities for 18-25 year olds in Brighton and Hove

Name	Description	Location	Cost & Age		Contact
<b>adventure unlimited</b> <i>(ran Right Here Rock Climbing)</i>	<ul style="list-style-type: none"> <li>Rock Climbing at the indoor rock wall (and some outdoor climbing)</li> <li>They also run a number of other outdoor and adventure activities.</li> <li>If you volunteer with them, rock climbing sessions become free.</li> </ul>	Stanley Deason Leisure Centre for indoor rock climbing. Different age groups at different times. Other activities at various locations	<ul style="list-style-type: none"> <li>Free for looked after children / young people 10-18.</li> <li>Reduced rates for 18 and under for those in receipt of Working Tax Credit/ JSA/Income Support (£3.50/£4/£5 per session).</li> <li>Climbing for all ages £6.50 (or £5 if you're a student) + £1 per item of equipment (shoes, harness).</li> </ul>		<a href="http://www.aultd.org">www.aultd.org</a> <a href="mailto:info@aultd.org">info@aultd.org</a> <a href="https://www.facebook.com/adventureunlimited">www.facebook.com/adventureunlimited</a> 01273 681058
<b>Karmiyoga</b> <i>(ran Right Here Chill Out)</i>	<ul style="list-style-type: none"> <li>Hatha/dru yoga on Mondays 7:45-9pm</li> <li>Yoga for 16-25 year olds Fridays 1:30-2:30pm (starting 10 Jan 2014)</li> </ul>	Cornerstone Community Centre (Palmeira Square)	£4.50 special rate for 16-25 year olds	All ages	<a href="http://www.karmiyoga.com">www.karmiyoga.com</a> <a href="mailto:karmiyoga@gmail.com">karmiyoga@gmail.com</a> <a href="https://www.facebook.com/Karmiyoga">www.facebook.com/Karmiyoga</a> 07960 023871
Outdoor yoga classes over spring/summer starting March 2014. Check website / like on Facebook for details.					
<b>Brighton and hove council – active for life</b>	<p>'Active for Life' runs a lot of different activities for people of all ages who want to get more active for fun, fitness or health, at various locations and times.</p> <p>They also maintain a list of over 500 sports clubs in Brighton and Hove, which you can search at their <a href="http://www.activeforlife.org.uk">www.activeforlife.org.uk</a> website</p>		Free - £3 per session	All ages	<a href="http://www.brighton-hove.gov.uk/activeforlife">www.brighton-hove.gov.uk/activeforlife</a> <a href="mailto:sports.info@brighton-hove.gov.uk">sports.info@brighton-hove.gov.uk</a> <a href="https://www.facebook.com/sportandactivity">www.facebook.com/sportandactivity</a> 01273 292729
<b>Food Partnership Brighton and hove</b>	Mixture of cooking for confidence courses to single drop in healthy eating classes. They run a creative cooking class which lasts 5-6 weeks and is available to everyone	Various locations for different activities. Contact them for details.	Free - £20 (for a whole course)	All ages	<a href="http://www.bhfood.org.uk">www.bhfood.org.uk</a> <a href="mailto:info@bhfood.org.uk">info@bhfood.org.uk</a> <a href="https://www.facebook.com/harvestbh">www.facebook.com/harvestbh</a> 01273 431700
<b>Proform basketball</b>	Specialised basketball training company working with under 18 players and adults. Regardless of skill or experience.	Venues may vary depending on activity	Prices may vary	All ages	<a href="http://www.proformbasketball.com">www.proformbasketball.com</a> <a href="mailto:info@proformbasketball.com">info@proformbasketball.com</a>
<b>exploring senses</b>	In 2014 they aim to deliver lots of free or low cost arts based activities to people between 16 and 25 years.	Venues may vary depending on activity	Free-Low cost	16-25	<a href="http://www.exploringsenses.co.uk">www.exploringsenses.co.uk</a> <a href="mailto:mail@exploringsenses.co.uk">mail@exploringsenses.co.uk</a> 07825 371559
<b>Grow</b>	Connecting with nature - accessible walking and outdoor activities. Closed groups for 8 Thursdays, starting in February	Various outdoor locations	Free	18+	<a href="http://www.growingwellbeing.org.uk">www.growingwellbeing.org.uk</a> <a href="mailto:info@growingwellbeing.org.uk">info@growingwellbeing.org.uk</a> 07504 217445
<b>Health walks</b>	Regular and accessible free led walks in Brighton and Hove	Various outdoor locations	Free	All ages	<a href="http://www.brighton-hove.gov.uk/healthwalks">www.brighton-hove.gov.uk/healthwalks</a> <a href="mailto:healthwalks@brighton-hove.gov.uk">healthwalks@brighton-hove.gov.uk</a> 01273 292564

# Youth Clubs & Youth Centres

Contact a centre near you to see what activities and services they offer:

## **Marmion Road Youth Club**

17 Marmion Road, Hove, BN3 5FS  
01273 731724

## **Hangleton and Knoll Project**

St Richards Church and Community Centre, Egmont Road, Hove, BN3 7FO  
01273 706469

## **The 67 Centre**

Hodshrove Lane, Brighton, BN2 4RW  
01273 293634

## **Deans Youth Project**

Woodingdean Youth Centre, Warren Road, Brighton BN2 6BB  
01273 600606

## **Patcham Youth Centre**

Ladies Mile Road, Patcham, BN1 8TA  
01273 293638

## **Portslade Village Centre**

43 Windlesham Close, BN41 2LL  
01273 294335

## **Hangleton Youth Centre**

Northeast Drive, Hove, BN3 8LG  
01273 293641

For general advice and information, including about activities, contact:

## **YMCA YAC youth advice centre**

11 St Georges Place  
Brighton BN1 4GB

## **The Young Peoples Centre (YPC)**

69 Ship Street, Brighton, BN1 1AE  
01273 887886

For updates from Brighton and Hove council's Youth Service, and from a number of youth centres and organisations, including activities: [www.facebook.com/BrightonandHoveYouth](https://www.facebook.com/BrightonandHoveYouth)

For an interactive map and 100s of support services for young people:

[www.wheretogofor.co.uk](http://www.wheretogofor.co.uk)



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**Right Here Brighton and Hove** is a project led by young people aged 16-25. We promote the mental and emotional wellbeing of young people in this age group in our city.

As an Activities Team we have run a lot of different resilience building activities in the city for the last few years, including rock climbing, chill out yoga, anger management, creative arts, walk and talk, stand-up comedy, kayaking, hiking, music production, jogging, self-defense, water sports and more!

Other teams have researched issues affecting young people (such as self-harm), designed and delivered promotional campaigns affecting young people, worked with other organisations (including GPs) to influence how they meet the needs of young people, and designed digital tools for other young people to use.

If you are aged between 18 and 25 and interested in volunteering for Right Here, visit our website:

[www.right-here-brightonandhove.org.uk/volunteer](http://www.right-here-brightonandhove.org.uk/volunteer)





**WHERE**  
*to go*  
**FOR**

**A guide to over  
100 support services  
for 16-25 year olds in  
Brighton and Hove**

housing — drugs & alcohol  
LGBTU (lesbian, gay, bi, trans & unsure)  
benefits sexual health counselling  
volunteering disabilities mental health  
refugees & asylum seekers  
violence & abuse and more

ENGLISH CHANNEL

[www.wheretogofor.co.uk](http://www.wheretogofor.co.uk)