



Get involved in improving the health of young people!

YAC (The Youth Advice Centre) and Portslade Health Centre are looking for young people to get involved in a new project to improve health, including awareness raising about exercise and eating.

We know that the best way to come up with a successful project for young people is to listen to your views, and help you develop your ideas into something real, for example we could apply together for funding to develop your ideas into a new service...

If you are interested, or would like to know more, please contact me, Eleanor, at YAC or find me on Facebook!

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We're looking for young people aged 13- 25 yrs, and welcome young people from all communities.