



Services for Young People

Health and Wellbeing Drop In

Mondays 2.30pm to 4.30pm

School Years 7 to 11

23– 25 Elm Grove, Mengham,

Hayling Island

PO11 9EA

(Ex TSB Bank)

Y Health is a free health and well being drop on every Monday afternoon from 2.30pm based in Mengham, Hayling Island.

During the session there will be small group work and 1-2-1s discussing issues that affect young people. Subjects can

include anxiety, body image, education, family, sexual health, friendships and mental health.

Contact Lead Youth Worker Charlie for more information Charlie@yservices.co.uk

Or alternatively Info@yservices.co.uk

