

1. SEXUAL HEALTH & CONTRACEPTIVE SERVICES

CHOICES – YOUNG PEOPLE'S SEXUAL HEALTH SERVICE
0116 289 8969 – 24 hour confidential answerphone
www.choices-leics.org.uk
help@choices-leics.org.uk

CONTRACEPTIVE SERVICES

St Peter's Health Centre,
Sparkenhoe St.
0116 295 1212
Monday 2.00 – 5.30pm (under-25s)
Thursday 1.30 – 4.00pm (under-25s)
Beaumont Leys Health Centre,
1 Littlewood Close
0116 295 8700
Thursday 3.00-5.00 (under-25s)

Coalville - 01530 467 442
Hinckley - 01455 441 800
Loughborough - 01509 564 495
Market H'borough - 01858 410 240
Melton Mowbray - 01664 854 800
Oakham - 01572 772 070

LEICESTER GUM CLINIC

0116 258 5208
Drop-in clinics

LOUGHBOROUGH GUM CLINIC

01509 568 888

SCHOOL NURSES

Contact your school for details of your school nurse

FAMILY PLANNING WEBSITE

www.fpa.org.uk

CITY COMMUNITY SAFER SEX PROJECT

0116 229 4195 (from January 2007)

COMMUNITY SAFER SEX PROJECT

Various county locations
01509 265 197 / 07814 877859
for local service details

SEXWISE for free confidential advice
0800 28 29 30
www.ruthinking.co.uk

2. EMERGENCY CONTRACEPTION

CONTRACEPTIVE SERVICES

(See contact details in Section 1.)

PHARMACIES offer contraceptive advice and information. Visit your local pharmacist to enquire about free/purchased Emergency Hormonal Contraceptive (EHC) pill.

CHOICES – YOUNG PEOPLE'S SEXUAL HEALTH SERVICES
(See contact details in Section 1.)

YOUR LOCAL GP

MINOR INJURY UNITS

Countywide locations

3. PREGNANCY TEST

COMMUNITY SAFER SEX PROJECT

Various county locations
01509 265 197 / 07814 877859
for local service details

CITY COMMUNITY SAFER SEX PROJECT

0116 229 4195 (from January 2007)

CHOICES – YOUNG PEOPLE'S SEXUAL HEALTH SERVICE
(See contact details in Section 1.)

CONTRACEPTIVE SERVICES

(See contact details in Section 1.)

CITY PIPS TEAM

(PARENTING INFORMATION & PREGNANCY SUPPORT)
PIPS Midwife
0116 204 7813 / 07973 860213
PIPS Advisers at Connexions
0116 262 7254

CONNEXIONS LEICESTER SHIRE

0116 262 7254 – signpost to offices across the county
www.connexions-leics.org

4. DISCUSS OPTIONS

CITY PIPS TEAM

(PARENTING INFORMATION & PREGNANCY SUPPORT)
(See contact details in Section 3.)

CONNEXIONS LEICESTER SHIRE
(See contact details in Section 3.)

CONTRACEPTIVE SERVICES

(See contact details in Section 1.)

CHOICES – YOUNG PEOPLE'S SEXUAL HEALTH SERVICE
(See contact details in Section 1.)

OPEN DOOR COUNSELLING SERVICE

0116 223 2397

5. COUNSELLING

OPEN DOOR COUNSELLING SERVICE

0116 223 2397

RELATE 2 U - Young Peoples Counselling Service 0116 222 0012

SAMARITANS - 08457 90 90 90

MISCARRIAGE

www.miscarriageassociation.org.uk

SANDS (Stillbirth and neonatal death society)
020 7436 5881 www.uk-sands.org

BEREAVEMENT COUNSELLING

Laura Centre - 0116 254 4341

6. ADOPTION

LEICESTERSHIRE ADOPTION SERVICE

0116 299 5899

7. TERMINATION OF PREGNANCY

SEXWISE

(See contact details in Section 1.)

CONTRACEPTIVE SERVICES HELPLINE

0116 295 1212

YOUR LOCAL GP

OPEN DOOR COUNSELLING SERVICE

0116 223 2397

BPAS

08457 30 40 30
www.bpas.org

8. PREGNANCY SUPPORT

SEXWISE (See Section 1.)

CITY PIPS TEAM

(PARENTING INFORMATION & PREGNANCY SUPPORT)
(See contact details in Section 3.)

StartUP Clinic with CONSULTANT MIDWIFE FOR TEENAGE PREGNANCY

0116 204 7813 / 07966 558270
Teenage pregnancy clinic

YOUR LOCAL GP & COMMUNITY MIDWIFE

CONNEXIONS LEICESTER SHIRE
(See contact details in Section 3.)

CHILDREN'S INFORMATION SERVICE

– for information on Sure Starts/Children's Centres, Family Centres, childminding and playgroups
0116 265 6545 (County)
0116 225 4890 (City)

SMOKING AND PREGNANCY

08450 45 28 28

9. PARENTING SUPPORT

CITY PIPS TEAM

(PARENTING INFORMATION & PREGNANCY SUPPORT)
(See contact details in Section 3.)

CONNEXIONS LEICESTER SHIRE
(See contact details in Section 3.)

YOUTH SERVICE

Contact your local area office for young parent groups (County)
North area - 0116 267 0840
West area - 01530 836 879
South area - 0116 282 4540 (City)
North- West area - 0116 2221 040
East area - 0116 2232 355
South- East area - 0116 24530 001

HOMESTART

01530 411381 - East Midlands Office

PARENTLINE PLUS

0808 800 2222
www.parentlineplus.org.uk

CONTACT YOUR **LOCAL COMMUNITY MIDWIFE OR GP**
FOR DETAILS OF YOUR **HEALTH VISITOR**

FATHERS DIRECT

08456 341 328
www.fathersdirect.com

CHILDREN'S INFORMATION SERVICE

(See contact details in Section 8.)

SEXWISE

(See contact details in Section 1.)

10. EDUCATION & TRAINING ADVICE

CONNEXIONS LEICESTER SHIRE

Leicester - 0116 262 7254
Coalville - 01530 812 231
Hinckley - 01455 632 719
Loughborough - 01509 214 002
Market H'borough - 01858 462 309
Melton - 01664 569 966
South Wigston - 0116 277 8090
www.connexions-leics.org

CITY PIPS TEAM

(PARENTING INFORMATION & PREGNANCY SUPPORT)
(See contact details in Section 3.)

TEENAGE PREGNANCY REINTEGRATION OFFICER

(under-16s)
0116 2211 275 – City

PYMS (Pregnant Young Mums Service for under 16s – County)

0116 239 3249 / 07966 111 019

Contact local FURTHER EDUCATION COLLEGES

Education Maintenance Allowance (EMA)

080 810 16219
www.dfes.gov.uk/financialhelp/ema

BRIDGES DIRECTORY

0116 265 8727
www.irtbridges.org.uk

11. BENEFIT & MONEY ADVICE

JOB CENTRE PLUS

0845 602 0175

BENEFITS ADVICE LINE

0116 252 9439 OR 252 9440

CITIZENS ADVICE BUREAU
www.adviceguide.org.uk
to find details of your local office

WELFARE & EMPLOYMENT RIGHTS ADVICE LINE

0116 254 3399

LEICESTER MONEY ADVICE DEBT LINE

0800 626 359

NEW DEAL

0845 606 0680

CONNEXIONS LEICESTER SHIRE
(See contact details in Section 10.)

CITY PIPS TEAM

(PARENTING INFORMATION & PREGNANCY SUPPORT)
(See contact details in Section 3.)

CHILDREN'S INFORMATION SERVICE (See contact details in Section 8.)

12. CHILDCARE ADVICE

CHILDREN'S INFORMATION SERVICE

0116 265 6545 – for County
0116 225 4890 – for City
www.childcarelink.gov.uk

CARE TO LEARN - funding for childcare (for parents under 20)
www.dfes.gov.uk/caretolearn

CITY PIPS TEAM

(PARENTING INFORMATION & PREGNANCY SUPPORT)
PIPS Childcare Co-ordinator (City)
0116 291 4414

CONNEXIONS LEICESTER SHIRE
(See contact details in Section 10.)

13. HOUSING ADVICE

CONTACT YOUR **LOCAL DISTRICT OR BOROUGH COUNCIL** IN THE COUNTY OR **HOUSING PROJECT** IN YOUR AREA
Blaby – 0116 275 0555
Charnwood – 01509 263 151
Harborough – 01858 828 282
Hinckley & Bosworth – 01455 238 141

Melton – 01664 502 502
Oadby & Wigston – 0116 288 8981

HOUSING OPTIONS ADVICE LINE
0116 252 8707

THE GAP PROJECT
0116 254 0518

BETHANY PROJECT
0116 254 0518

STAR TENANCY SUPPORT SERVICE
0116 225 4780

LIBERTY HOUSE
0116 232 2888

GAP - 0116 235 0138

ELMFIELD HOUSE
0116 221 1864

THE BRIDGE (County)
01509 261 566

ACTION HOMELESS
0116 22 11 855 - advice for all areas

CONNEXIONS LEICESTER SHIRE
(See contact details in Section 10.)

CITY PIPS TEAM (PARENTING INFORMATION & PREGNANCY SUPPORT)
(See contact details in Section 3.)

CITIZENS ADVICE BUREAU
www.adviceguide.org.uk

OTHER USEFUL CONTACTS:

BRIDGES DIRECTORY
0116 265 8727
www.irtbridges.org.uk

DRUG & ALCOHOL SERVICES
FRANK (Drug advice line)
0800 776600
Local helpline 0116 222 9559
www.drugs.org.uk

RAPE SERVICES
0116 255 8852
www.rapecrisis.co.uk

DOMESTIC VIOLENCE
0116 224 0090

LASS (LEICESTERSHIRE AIDS SUPPORT SERVICES)