

SERVICES THAT CAN BE ACCESSED BY YOUNG PEOPLE IN GREENWICH

COUNSELLING

Youth Reach Greenwich- young people can contact the service directly to arrange an appointment. Tel: 0208 269 2200. E-mail: ask@youthreach.org.uk. www.youthreach.org.uk

Family Action - Connexions– 1:1 counselling for young people. Access to this service is through Connexions. Tel: 0208 921 8224

Family Action – provides counselling for parents and young people. You can contact this service directly on Tel: 020 8310 6570

Drugs & Alcohol Action Team – Provides information about local services, which support young people to deal with drugs and alcohol issues. Tel: 020 8921 6906

MOSAC Service- Counselling, advice and support to non-abusing parents/carers of sexually abused children and play therapy for children. 0800 980 1958 (Helpline) Or 020 8293 9990

CAMHS – child and adolescent mental health services to promote psychological well being of children and young people. Access to this service is through the GP or Children Services. Tel: 020 8331 7100

Ahead- provides support and advocacy services to individuals and families who are infected or affected with HIV /AIDS. Tel: 020 8317 0865

SEXUAL HEALTH SERVICES

The services below offer **free and confidential** sexual health advice to young people **including under 16's** e.g. advice on various methods of contraception, STI testing and treatment and how to take care of your sexual health. Call to confirm opening times.

Market Street Clinic – Tel: 020 8301 8951

Passey place centre – Tel: 020 8859 4609

The Source (you need to be registered with a Greenwich GP to access this service) - 0208 860 9002

Trafalgar Clinic – 020 8836 6969

AHEAD – Free Walk-in rapid HIV testing Clinic. Results within 1 hour. The clinic is open every Tuesday from 6 - 8pm. Tel: 020 8317 0865

GP – Your GP may offer contraception advice and support.

Emergency Contraception (morning after pill) - is available free of charge from some pharmacies in Greenwich. For details Tel: 0800 011 33 38

PREGNANCY COUNSELLING

Marie Stopes – Tel: 0845 365 829

BPAS – Tel: 08457 30 40 30

Market Street Clinic – Tel: 020 8301 8951

Passey place centre- Tel: 0208 859 4609

GP's – Your GP can offer support to help you think about your options if you are pregnant.

PREGNANCY OPTIONS

Keep the baby

If you choose to continue with your pregnancy, **MOT Best Beginnings Teenage Pregnancy Midwives** – This is a dedicated young parent's midwifery service at the Bluebell Centre. They will support young parents at any stage of their pregnancy. Tel: 07748 646 397/ 020 8317 9318

School Age parents Reintegration Support Service –Support to enable young parents of school age continue with education. Tel: 020 8921 6832

Connexions – if you are 16 and over Connexions can support you with your education and other support you need as a teenage parent. Tel: 0208 921 8224

Teenage Pregnancy Team – 020 8921 6914

GP – Support during and after pregnancy is available through your GP.

Young Parents Support Groups

HER Centre – Young Parents Mentoring Project – provides mentoring, personal and professional development training workshops, social activities, peer support and access to volunteer opportunities activities for young parents up to 25 years old. Tel: 0208 858 0748

Adoption

There are a number of children in the borough who cannot be brought up by their parents, who would welcome the security of a new family and a loving home through adoption.

Greenwich Adoption Team – will provide support to young parents to explore their options including adoption. Tel: 0208 921 2727

TALK adoption – TALK adoption helpline offers a confidential service, providing support and information on any aspect of adoption. Tel: 0800 056 8578

Abortion – ending the pregnancy

A pregnancy counsellor will provide information about the type of abortion available to you. A doctor or counsellor will discuss if you want your parents to know about your abortion. While you can give consent (agree to an abortion) **if you are under 16**, if you do not want to tell your parents, a doctor will only give the go ahead if she/he believes you understand what's involved. It is advised to get the support of a trusted adult. The service is **confidential to all young people including under 16's**.

Central Booking Service – You can call the central booking service by yourself to arrange an appointment for an abortion. Tel: 0845 365 8293

Marie Stopes – Counselling is available before and after the abortion to help you through the process. You can self refer through Central booking service 0845 365 8293, if you live in Greenwich, but you need to be registered with a GP. You can also be referred to the service through your GP or sexual health clinics.

BPAS – Provides counselling before and after the abortion. Tel: 08457 30 40 30. For free counselling services after abortion call Tel: 0845 365 4321

The Alexandra Clinic – You can access this service through the Central Booking Service Tel: 0845 365 8293

GENERAL SUPPORT

Greenwich Community Law Centre – Tel: 020 8305-3350

HOUSING

Greenwich Housing Options – is the first place to contact if you are homeless or at risk of becoming homeless. Tel: 0208 921 2863

Greenwich housing rights - Provides housing advice and support to enforce the rights of homeless people. You can access the telephone advice line on 0208 854 8848 Tue/Thurs 2pm – 5pm; Fridays 10am – 1pm or call to confirm other service opening times on 020 8854 8848

BENEFITS

Jobcentre Plus – provide assistance on all benefit claims to anyone 18+. Financial assistance provided to young people age **16 – 17years** who are experiencing hardship. To access this service young people must first be in contact with Connexions. For further information Tel: 0208 271 5600/ 0208 258 4900

EDUCATION, TRAINING & EMPLOYMENT

Connexions Service – advice and guidance on education, careers, childcare for young parents and parents to be who are 16 -19 years old. Opportunities provided for short courses and support to access further education. One-to-one and group support available. You can contact Connexions for information on current courses available from various training providers. Tel: 0208 921 8224

Skillmeup- offers information about courses and voluntary work experience for young people age 13 – 19. www.skillmeup.info

WORK EXPERIENCE – VOLUNTEERING

Greenwich Volunteers Centre – will support young people access voluntary experience in variety of services. Training, accreditation (certificate) for voluntary work and money towards expenses offered to young people.

Tel: 020 8853 1331. Face Book: www.tinyurl.com/vinvolved

Vinspired.com - helps young people age 16 – 25 find volunteering opportunities in the UK and abroad. Young people can be supported financially to set up their own projects. For more information contact Tel: **0800 089 9000** or txt 'v' to **80010**; email: info@vinspired.com log on to www.vinspired.com

LEAVING CARE

Leaving Care Team – supporting young people leaving care to be independent in the community.
Tel: 020 8293 1991

DISABILITIES

Greenwich Mencap Children's Services – Friendly, confidential and independent information, advice and support to parents and carers of children and young people with a learning disability, enabling them to access a wider range of services. Tel: 020 8305 0321

MEDIATION AND ADVOCACY

South East London Family Mediation Bureau- mediation to resolve parental difficulties over arrangements for children following a break-up, counseling for children, parenting service, mediation for young people at risk of homelessness, group for children 8-12 who have experienced family break-up. Tel: 020 8315 7460

St Christopher's HIP- Offer mediation services to 16-17 year olds to prevent them becoming homeless. Access through Greenwich Housing Options. Tel: 0208 858 2780

USEFUL WEBSITES/HELPLINES

www.ruthinking.org.uk

www.talktofrank.com

www.wiredforhealth.gov.uk

www.brook.org.uk

www.ypsh.net

www.thesite.org

SEXWISE Helpline 0800 28 29 30

National Domestic Violence Helpline-0808 2000 247

NSPCC Helpline-0808 800 5000