

ADVICE & SUPPORT FOR
YOUNG PEOPLE IN LEICESTERSHIRE



Blast DIRECTORY

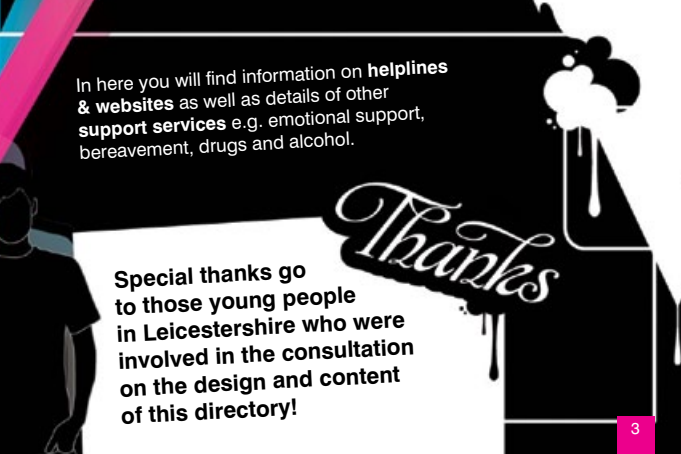
WELCOME
TO

Blast!

Essential information for you

This directory is for young people aged 14+. It gives details of the sexual health services that young people in Leicestershire can go to for advice and information on important issues like relationships, contraception and good sexual health.

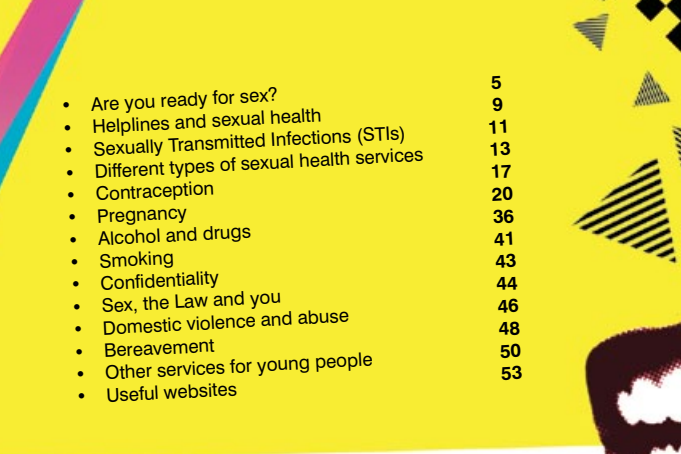




In here you will find information on **helplines & websites** as well as details of other **support services** e.g. emotional support, bereavement, drugs and alcohol.

Special thanks go to those young people in Leicestershire who were involved in the consultation on the design and content of this directory!

Thanks



• Are you ready for sex?	5
• Helplines and sexual health	9
• Sexually Transmitted Infections (STIs)	11
• Different types of sexual health services	13
• Contraception	17
• Pregnancy	20
• Alcohol and drugs	36
• Smoking	41
• Confidentiality	43
• Sex, the Law and you	44
• Domestic violence and abuse	46
• Bereavement	48
• Other services for young people	50
• Useful websites	53

ARE YOU READY FOR

SEX?

Having a sexual relationship with a partner is a normal and healthy part of life. To show affection to another person and to share enjoyment and excitement is part of the sexual experience.

The decision of when to start having sex is a very personal one: no one else can make that decision for you, and no one should pressure you into having sex.

REMEMBER THOUGH...

that legally you should not have sex until you and your partner are 16.



Don't get stressed by thinking that everyone is having sex. Most people don't have sex until they are over 16, and lots more wait until they are older and in a long-term relationship. Remember some people may not tell the truth about whether they have had sex!

Want to know more? There are many places, people and websites that can help. You can ask for **CONFIDENTIAL** help and advice even if you are under 16 – see over for contact details.

YOUR RIGHT TO A CONFIDENTIAL SERVICE

WE ARE HERE TO LISTEN, NOT TO TELL

We will NOT tell anyone: including teachers, your friends, your doctor or family members. Whether you are under 16 or over 16. Any information kept about your visit will be kept securely.


PLEASE BE AWARE THAT...

If you or someone else needs to be protected from serious harm we may have to pass on information to ensure your safety. We will always try to discuss this with you first.



RESPECT, SEX AND SEXUAL HEALTH

**If you want to discuss your relationships
you could talk to:**

- Your partner – boyfriend or girlfriend
 - A parent, carer, family member or friend
 - Youth worker (at school or youth club)
 - School nurse, practice nurse or a GP
- 

HELPLINES AND SEXUAL HEALTH



To talk to someone in confidence:

Text POP

For advice or local service information text 07814 877 859.

Brook Helpline – 0808 802 1234
(Mon – Fri 9am – 5pm)

NHS Direct – 0845 46 47, confidential health advice line,
24 hour, 7 days a week, staffed by qualified nurses or visit
www.nhsdirect.nhs.uk

FPA Helpline – 0845 122 8690
(Mon – Fri 9am – 6pm)

**LESBIAN, GAY
BISEXUAL (LGB)**

Leicester Lesbian, Gay and Bisexual Centre

0116 255 0667

Thurs only, 7.30pm – 10pm

For local information, support & advice

www.llgbc.com

Wigston LGB Choice Cafe

Email: thechoicecafe@btinternet.com

National LGB Helpline

0845 330 30 30

Gay Youth UK

www.gayyouthuk.co.uk



SEXUALLY TRANSMITTED INFECTIONS (STIs)

STIs include:

- **Chlamydia** – Up to 1 in 10 young people may have this but don't know because they have no symptoms
- **Genital Warts** – Warts can take a year or more to develop after infection with the wart virus. Warts are not always visible
- **Gonorrhoea** – you may have a thin coloured discharge from your vagina or penis and need to pee more often

All the above are easy to treat, but if left untreated can have serious consequences including infertility. Treatment is straightforward so don't be embarrassed to seek help.

For a free, simple and confidential **Chlamydia test** to be posted out to you or for more information on where to go for a test call: 0116 295 7822, text 88020 or email screen@leicestercitypct.nhs.uk or go to www.havegotit.co.uk for more info.

To avoid getting an STI or HIV, practice safe sex (i.e. use a male/female condom) every time you have sexual intercourse.

Sexual Health Advice Line on: 0800 567 123 (24 hour) or visit: www.playingsafely.co.uk



DIFFERENT TYPES OF SEXUAL HEALTH SERVICES

- **GUM (Genito Urinary Medicine)** – Free and confidential tests and treatments for all STIs
- **Contraceptive services** – Free and confidential advice, counselling and care on all types of contraception and sexual health
- **Your local free condom/pregnancy testing service**
Offering advice support, condoms and pregnancy tests. Text 07814 877 859 for your local clinic
- **GP** – most GP Practices provide some sexual health services and can refer you onto other services

CONTRACEPTIVE SERVICES

Go and check it out. For free, confidential testing & treatment of Sexually Transmitted Infections (STIs) visit:

- **St Peter's Health Centre** – 0116 295 1212
Contact St Peter's to find out about local young people's clinics
Young People's Drop-in Clinics (under 25):
Mon 2pm – 5.30pm; Thurs 1.30pm – 4pm
- **Leicester GUM** – 0116 258 5208
- **Loughborough GUM** – 01509 564 495
- **Melton Mowbray, Latham House** – 01664 854 949
- **Nuneaton** – 02476 865 162
- **Nottingham City Hospital** – 0115 9627 744

GUM SERVICES

- **Derby GUM – 01332 254 681**
- **Rugby GUM – 01788 545 218**
- **Northampton Sexual Health Dept – 01604 637 203**
- **Burton upon Trent GUM – 01283 531 407**
- **Kettering General Hospital – 01536 493 594**
- **Grantham Dept of Sexual Health – 01476 464 755**
- **Coventry GUM – 02476 844 163**

CONTRACEPTION THE CHOICE IS YOURS!

If you've made the decision to start having sex, use contraception every time you have sex to protect yourself and your partner. Discuss the options with your partner.

There are many types of free contraception available:

- **Condoms** – for protection against STIs and pregnancy
- **The Pill** – most GP Practices provide some sexual health services and can refer you onto other services
- **Implant** – Safe, easy and reversible – lasts up to 3 years
- **Depo (hormone) injection** – 12 weeks protection from pregnancy – access via GP

CONTRACEPTION –

WHERE TO GET ADVICE & INFORMATION

Leicester Contraceptive Clinic – 0116 295 1212

St Peters Health Centre, Sparkenhoe Street,
Young People's Drop-in Clinics (under 25)
Mon 2pm – 5.30pm; Thurs 1.30pm – 4pm

Oakham Clinic – 01572 722 552

Rutland Memorial Hospital, Cold Overton Road, Oakham
Tues 6pm – 8pm (ring for appointment from 5.30pm)
Emergency walk-in clinic is open at the same time

Beaumont Leys Clinic – 0116 235 0435

1 Littlewood Close, Beaumont Leys, LE4 0UZ
Thurs 3pm – 5pm (no appointment needed)



Lutterworth Health Centre – 01455 552 346

Loughborough Hospital – 01509 611 600

Coalville Community Hospital – 01530 467 400

Market Harborough District Hospital – 01858 410 500

Melton Latham House Clinic – 01664 503 000

Hinckley Health Centre – 01455 632 277

**Or call into any school based clinic, GP surgery,
Connexions Centre or Youth Service site.**



EMERGENCY CONTRACEPTION

If you've had unprotected sex, the condom splits or you are worried your contraception hasn't worked, emergency hormonal contraception ('morning after pill') can be taken up to 3 days (72 hrs) after sex – **the sooner the better.**

This is available free of charge from:

- **Your local condom/ pregnancy testing service**
- **Contraceptive services**
- **GUM Clinics**
- **GP practices**
- **Some pharmacists**
- **Walk in centres**

See contact details for services on earlier pages

WORRIED ABOUT A PREGNANCY?

If your period is late and you've had unprotected sex take a pregnancy test as soon as possible – it's a quick and simple test, so don't put it off.

Places to go for help:

- **Your local condom/pregnancy testing service**
- **Your GP practice**
- **A contraceptive clinic**

**You can buy a kit from chemists and larger supermarkets
(Cost from £5)**


PREGNANCY AND YOUR CHOICES

If you are pregnant you have three options:

- Keep your baby and become a parent
- Have a termination (abortion)
- Have the baby adopted after the birth

This is a big decision, so if you can, talk it over with your Mum, Dad, carer or boyfriend – someone you trust. A counsellor may be able to help by talking through your feelings. See service contacts on the next pages.


Your decision should be one that is right for you, not other people!



Continuing your Pregnancy – Contact your GP surgery to make an appointment with a midwife. Your midwife will tell you what to expect and how to look after yourself.

Termination (Abortion) – If you decide not to continue the pregnancy you can get confidential advice on terminations (abortions) and referrals by contacting St Peters – 0116 295 1212.

Adoption – If you are thinking about adoption you can discuss this at any stage by speaking to a hospital social worker or contact the adoption team on: 0116 299 5899.



PREGNANCY

SUPPORT & INFORMATION

SAFS (School Age Family Support)

For support if you're under 16 –

Contact Karen on: 0116 239 3249 or 07966 111 019
or Sarah on: 0116 239 1683 or 07966 111 013

Specialist Teenage Pregnancy Midwives –

Lesley 07876 448 678 or Jane 07867 536 624

Teenage Pregnancy Clinic – Leicester Royal Infirmary,
Fri 9am – 12.30pm – phone to make an appointment.

SUPPORT FOR YOUNG FAMILIES

Becoming a parent is hard work, but can be very rewarding. Young parents' groups provide friendship, social and learning opportunities as well as support and information.

Family Information Service (FIS) –

One-stop-shop for advice and information

www.leics.gov.uk/index/children_families/family.htm

Call the FIS on: 0116 305 6545. They will give you information on the services offered for both parents and children. These services may include health visitors, childcare and play, young parents' groups, toy libraries, book start and more.

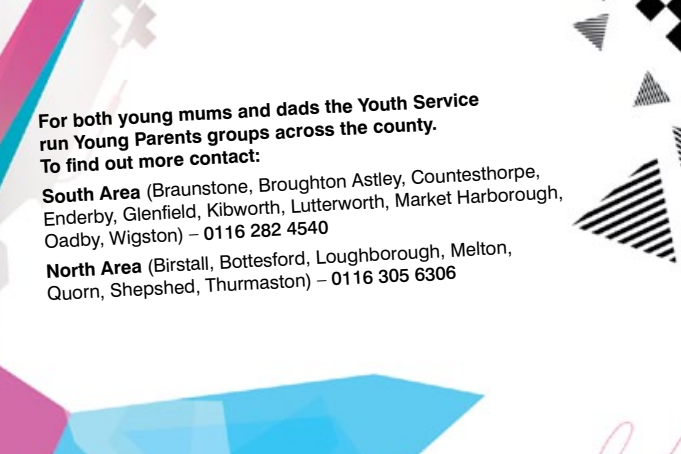
PROGRESS:

OPPORTUNITIES FOR YOUNG PARENTS

No young parent is the same as another. Each young parent is an individual in their own right. It can be really hard to get back into learning once you find out that you are pregnant or become a young parent – there is so much to take in!

We've developed a range of flexible options, from studying at home, to part-time courses for 2/3 days a week. There are courses you can take when you are pregnant and when you've had your baby, some that have on-site childcare, some where you learn with your child and others where you can access free childcare.


For more information on the opportunities available in Leicestershire visit www.parentsunder20.co.uk



**For both young mums and dads the Youth Service
run Young Parents groups across the county.
To find out more contact:**


South Area (Braunstone, Broughton Astley, Countesthorpe,
Enderby, Glenfield, Kibworth, Lutterworth, Market Harborough,
Oadby, Wigston) – 0116 282 4540

North Area (Birstall, Bottesford, Loughborough, Melton,
Quorn, Shepshed, Thurmaston) – 0116 305 6306



West Area (Ashby, Bosworth, Burbage, Castle Donington,
Coalville, Desford, Earl Shilton, Green Hill, Groby, Hinckley) –
01530 836 879

**Contact your local Connexions service centre
for personalised advice and information.**

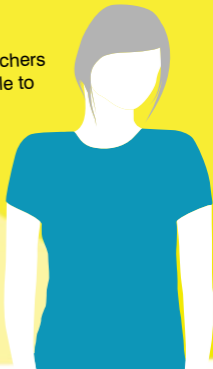


WHAT BENEFITS AM I ENTITLED TO?

If you are pregnant you can get healthy start vouchers for milk, fruit & vegetables. You might also be able to claim Income Support, depending on how old you are and who you live with, as well as the Sure Start Maternity grant of up to £500.

If you are a young parent, you will be able to claim Child Benefit and you might also be able to claim Income Support or tax credits.

For more information contact your nearest Job Centre.



EMOTIONAL SUPPORT AND FRIENDSHIP

Home Start schemes – offer support, friendship and practical help for families, where at least one child is under 5.
Contact your local scheme for details on: 01530 812 327.

Cry-sis – Call 08451 228 669, if your baby cries a lot or visit:
www.cry-sis.org

Gingerbread – 0808 802 0925 Support for single parents,
or visit: www.gingerbread.org.uk

Family Lives – 0808 800 2222 Help and information for parents
or visit: www.familylives.co.uk

Samaritans – 0845 7 90 90 90 for 24 hour confidential, emotional support if you have feelings of distress or despair or visit:
www.samaritans.org

CHILDCARE

Care to Learn – If you are under 20 and want to continue, or start learning or training, you can get help with childcare costs. Care to Learn will not affect your own or your family's benefits. You do not have to be receiving benefits to have childcare paid for through Care to Learn www.direct.gov.uk/caretolearn
Helpline: 0800 121 8989

Family Information Service – 0116 305 6545
Tues – Fri 9.30am – 3.30pm, for advice & information on all aspects of childcare, including details of local toy libraries or visit: www.childcarelink.gov.uk

Nursery Education Funding (NEF)

Entitles all 3 and 4 year olds in Leicestershire to 15 hours of free learning for 38 weeks of the year. This can be nursery, pre-school, playgroups or with an accredited childminder.



YOUR EDUCATION, TRAINING & CAREER

SAFS (School Age Family Support) – 0116 239 3249
or 07748 933 105 if you're under 16 and want help to return
to school or college.

Connexions – your local centre can provide help and support
to young people aged 13 – 19. For advice and information on training,
education, careers and housing & benefits. www.connexions-leics.org

- **Loughborough:** 01509 214 002 • **Melton:** 01664 569 966
- **Coalville:** 01530 812 231 • **Hinckley:** 01455 632 719
- **Blaby, Oadby & Wigston:** 0116 277 8090
- **Oakham:** 01572 756 655

BENEFITS & MONEY ADVICE

Any Connexions Centre

Benefits Advice Line – 0116 225 4888, or drop in at the Benefits Agency Office, 60 Wellington Street, Leicester.

Child Benefit Enquiry Line – 0845 302 1444

Leicester Rights Advice Line – 0116 225 4888
Thurs 9.30am – 12.30pm.

Leicester Money Advice Debt Line – 0800 389 1701
Mon 1pm – 5pm; Wed 3pm – 7pm; Thurs 9am – 1pm.

Care to Learn – 0800 121 8989

HOUSING

For advice and information on your housing options, contact your local Connexions centre, your local council housing department or housing projects in your area.

The Bridge – 01509 260 500, help and advice on housing and tenancy support. 38 Leicester Road, LE11 2AG
Opening times: Mon – Thurs 9am – 5pm; Fri 9am – 4pm.

Next Generation – 01455 632 984, help and support on homelessness, drugs, employment & training and sexual health for young people aged 13 – 25. 108 Castle Street, Hinckley, LE10 1DD.

COUNCIL HOUSING DEPARTMENTS


- **Blaby District Council** – 0116 275 0555
- **Charnwood Borough Council** – 01509 263 151
- **Harborough District Council** – 01858 82 82 82
(covers Market Harborough, Lutterworth and Broughton Astley)
- **Hinckley & Bosworth Council** – 01455 238 141
- **Melton Borough Council** – 01664 502 502
- **North West Leics. District Council** – 01530 45 45 45
- **Oadby & Wigston Borough Council** – 0116 288 8961

ALCOHOL

Alcohol comes in many colours, strengths and tastes. However one thing is for sure, too much of any alcoholic drink can lead to a good night turning into a night you may not want (or be able) to remember.

When it comes to alcohol and sex, bear in mind the following:

- Alcohol can affect your physical co-ordination and decision making abilities
- Drinking quickly, especially on an empty stomach, will affect your ability to remain in control
- Alcohol can affect your judgement – you may end up doing things you may regret later

- 
- Don't drink so much that you are unable to say NO – to anything
 - Don't assume it will never happen to you; that can put you at risk

For help to stop drinking

- **Alcoholics Anonymous National Helpline**
0845 769 755
www.alcoholics-anonymous.org.uk

You can also contact Alcoholics Anonymous if you are worried about the drinking of family members.


DRUGS

Drugs can make you think, feel and act differently and yes they may lead to feeling chilled out, relaxed and happy but they can also lead to you feeling paranoid and anxious if the good trip turns bad.

To get clear information about alcohol and drugs go to DAAT young people's website: www.drugs.org.uk/daat/

Or contact:

New Direction, a specialist young people's drug and alcohol support service on: 0116 222 9522 (Under 18 Helpline)
or email: info@lcp-trust.org.uk



If you are thinking about using drugs think about the following:

- At a time when you want to look your best, drugs can really mess with your good looks. Regular use can affect the condition of your skin and hair
- Drug use can really affect your health both in the short and long-term. Problems can range from being sick and dizzy, to heart damage
- The few hours of a high can result in a couple of days of feeling down and depressed, known as a 'come down'

DRUGS

- Drugs can make you vulnerable and if other people see that you are high you can become an easy target of crimes such as drink spiking and theft
- You can get in trouble with the police if you are caught with drugs. A criminal record could affect your chances of getting a job or travelling abroad. Dreams of travelling around America could literally go up in smoke!

The best way to avoid all this is not to take drugs, but if you do take them, make sure you know all the facts first!

SMOKING

**Most smokers wish they had never started in the first place.
Ask yourself – why bother?**

- The younger you are when you start the more likely you are to become a heavy smoker
- If smoking doesn't kill you it will seriously affect your health. Your skin will age prematurely, your teeth will discolour and your breathing and circulation will be affected
- Your breath, clothes, skin and hair always smell of stale tobacco
- Smoking 20 cigarettes a day costs more than £2,000 each year. Can you afford it?



If you have started and want help to stop:

Resolution is a FREE service where you can get practical hints and tips on how to deal with cravings and get access to patches, gum and other stop smoking medications.

There will be a friendly supportive advisor in your area and you are much more likely to succeed in quitting if you use this service.

If you would like to find out more or to make an appointment, call Resolution on: 0845 045 2828



CONFIDENTIALITY

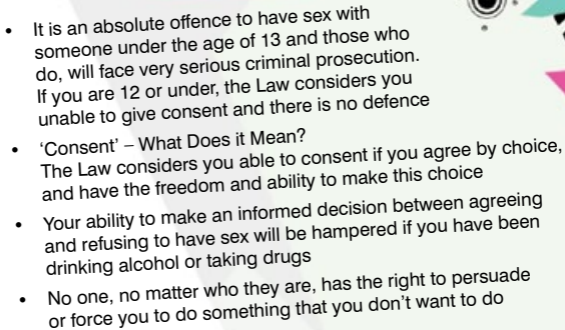
If you are unsure or want to talk further about relationships and/or sex, talk to someone you trust. Remember, whatever your age, you have the right to confidential advice. If you contact agencies in this booklet nothing will be said to anyone (even if you are under 16) – including parents, other family members, care workers or school, without your permission.

The only reason they may have to consider passing on confidential information without your permission, would be to protect you or someone else from serious harm. They would always try to discuss this with you first.

SEX, THE LAW & YOU

The aim of the Law is to protect young people and to make it easier to prosecute people who pressurise others into having sex they don't want. Forcing someone to have sex is a crime and it applies to men and women whether they are gay, lesbian or straight.

- The Law says it is a criminal offence for sexual activity to take place between two people where one or both are under 16. However, the Law is not intended to be used against young people who are in consenting sexual relationships, so you can be reassured that you still have the right to access confidential advice and support to help you stay safe if you have chosen to have sex

- 
- It is an absolute offence to have sex with someone under the age of 13 and those who do, will face very serious criminal prosecution. If you are 12 or under, the Law considers you unable to give consent and there is no defence
 - 'Consent' – What Does it Mean?
The Law considers you able to consent if you agree by choice, and have the freedom and ability to make this choice
 - Your ability to make an informed decision between agreeing and refusing to have sex will be hampered if you have been drinking alcohol or taking drugs
 - No one, no matter who they are, has the right to persuade or force you to do something that you don't want to do

DOMESTIC VIOLENCE AND ABUSE

Childline – 0800 1111, a free 24 hour helpline for children & young people in trouble or danger. The lines can be very busy – so do keep trying! Check out their website at: www.childline.org.uk

NSPCC Child Protection Helpline – 0808 800 5000, a free 24 hour service that provides counselling, information & advice to anyone concerned about a child at risk of abuse – or visit: www.nspcc.org.uk

Domestic Violence Helpline – 0116 255 0004, if you're concerned about violence in your home you can call this number for confidential support. Mon – Thurs 7pm – 9pm; Sat 10am – 2.30pm; Sun 12pm – 3pm. Visit: www.GLDVP.org.uk for more information.

Leicester Rape Crisis Helpline – 0116 255 8852 counselling, crisis support, information & befriending for women over 16 who have been raped or sexually abused – or visit: www.rapecrisis.co.uk
Tues – Fri 10am – 4pm; Wed 6pm – 9pm.

Juniper Lodge Helpline – 0116 273 3330, if you're 16+ and have been forced to have sex, call for support.

The New Futures Project – 0116 251 0803 confidential advice & support to women & girls involved in prostitution & sexual exploitation. Mon – Fri 11am – 3pm.

BEREAVEMENT

The Laura Centre – 0116 254 4341, www.thelauracentre.org.uk
4 – 6 Tower Street, Leicester provide counselling & support for any child or young person (up to age 19) affected by the death of someone they were close to. Also offers counselling after the termination of a pregnancy.

Winston's Wish Family Line – 08452 03 04 05
Mon – Fri 9.30am – 5pm, provides support to bereaved children or visit: www.winstonswish.org.uk. Designed by young people for young people to help after the death of someone close.

Or to talk to someone in confidence phone:

Childline – 0800 1111

Cruse Youthline – 0808 808 1677
or visit: www.rd4u.org.uk

OTHER HEALTH INFORMATION

Bullying – www.bullying.co.uk – or speak to someone in confidence Childline: 0800 1111 or NSPCC: 0800 800 5000.

Eating Disorder Association Youthline – 0845 634 7650,
Mon – Fri 4.30pm – 8.30pm, Sat 1pm – 4.30pm support for under
18s with eating disorders or www.edauk.com

Runaway Helpline – freephone 0808 800 70 70 (24 hour)
offer confidential advice to young people up to the age of 17,
help getting to a safe place and sending messages to family
or carers.

OTHER SERVICES FOR YOUNG PEOPLE

- All Leicestershire County Council Youth Workers have an open door for you if you need to chat to someone
- Your school nurse can offer help, support and information on a wide range of health issues
- Connexions Personal Advisors will offer info, advice and guidance
- Any pharmacy or GP practice can give you confidential advice and information about your health



Look After Yourself and Stay Safe!

The internet can be great fun, help with your homework, another way to chat to friends and loads of music to download.

BUT...

- In chat rooms and on websites like Facebook, Bebo and MySpace nothing is really private, you don't know who is reading your information and looking at your personal photos – remember to block your site.

If you talk to people you don't know – be aware they may not be who they say they are. 'Cyber Bullying' is on the increase, if you are unhappy with things that are being said about you or to you...

TELL SOMEONE!

- Never agree to meet up with someone you meet online

Going out – Try to go out with at least one friend rather than on your own. Have your mobile with you in case you need to contact anyone.

- Stay with friends when you are out and avoid places like woods, fields and quiet roads especially when it's dark. Always plan how you will get home safely
- Make sure someone knows where you are going and what time to expect you back

USEFUL WEBSITES

Other helpful websites:

- www.thejitty.com
- www.connexions-leics.org
- [www.nhs.uk/worth talking about](http://www.nhs.uk/worth_talking_about)
- www.fpa.org.uk
- www.brook.org.uk
- www.thesite.org.uk
- www.choices-leics.org.uk

**NEED ANOTHER
COPY?**

FOR MORE COPIES OF THIS
BOOKLET PLEASE CONTACT:

The Teenage Pregnancy Team
0116 305 9238
www.letstalktp@leics.gov.uk



The inclusion of an agency in this leaflet cannot be considered as a recommendation for their service.

This contributes to the Teenage Pregnancy Strategy for Leicestershire – a multi-agency partnership.