



More information, contact details, websites and addresses can be found overleaf...



Leicestershire & Leicester City

Teenage Pregnancy Partnerships

1. SEXUAL HEALTH & CONTRACEPTIVE SERVICES

SEXWISE

for free, confidential advice call 0800 28 29 30
Website: www.ruthinking.co.uk
for up-to-date information on sexual health matters and local services.

THINK - 84465

a confidential text service for young people under 19 covering relationships, sexual health, puberty and information about local services. 8am – 2am 7 days a week.
Text your questions to 84465.

SEXUAL HEALTH AND CONTRACEPTION CLINIC (SHACC)

You can request an appointment by calling 0800 75 66 277 between 10am – 4pm weekdays
Website: www.shacc.co.uk
for clinic locations.

CHOICES – YOUNG PEOPLE'S SEXUAL HEALTH SERVICE

0116 289 8969 – 24 hour confidential answerphone
Website: www.choices-leics.org.uk
Email: help@choices-leics.org.uk

CONTRACEPTIVE SERVICES

St Peter's Health Centre
Sparkenhoe St. - 0116 295 1212
Under 25s Youth Clinics held Mon 3.30 – 6pm & Thurs 1.30 – 4pm.
Family Planning Clinics held
Mon 9am – 5.30pm, Tues 9am – 6.30pm,
Weds 9am – 4.30pm, Thurs 9am – 4pm
& Fri 9am – 1pm, 1 – 4.30pm (supplies only)
Beaumont Leys Health Centre Clinic
1 Littlewood Close - 0116 295 8700
Thursday 3 – 5pm
Coalville - 01530 467 442
Tues Appts 6.15 – 8pm
Thurs Walk in 6.15 – 8pm
Hinckley - 01455 441 857
Mon 6 – 8pm, Tues 3 – 5.30pm
Loughborough - 01509 564 495
Appts Mon 6 – 8pm Weds 3 – 5pm
Walk in (Under 25's).

3. PREGNANCY TESTING

SEXUAL HEALTH AND CONTRACEPTION CLINIC (SHACC)

(See Section 1.)

CITY COMMUNITY SAFER SEX PROJECT

(See Section 1.)

LEICESTERSHIRE & RUTLAND COMMUNITY SAFER SEX PROJECT

(See Section 1.)

CHOICES

(See Section 1.)

CONTRACEPTIVE SERVICES

CITY PIPS TEAM (PARENTING INFORMATION & PREGNANCY SUPPORT)

PIPS Connexions Advisers
0116 262 7254
Email: pips@connexions-leic.org

MIDWIFERY

Teenage Pregnancy Midwives
07973 860 213
Community Midwives office
City & County - 0116 258 4834

CONNEXIONS LEICESTER SHIRE

Leicester City - Halford House
0116 262 7254
Market Harborough - 01858 462 309
South Wigston - 0116 277 8090
Hinckley - 01455 632 719
Coalville - 01530 812 231
Loughborough - 01509 214 002
Email: leicester@connexions-leics.org
Website: www.connexions-leics.org

4. DISCUSS OPTIONS

SEXUAL HEALTH AND CONTRACEPTION CLINIC (SHACC)

(See Section 1.)

CITY PIPS TEAM

YOUR LOCAL GP

BPAS

08457 30 40 30
Website: www.bpas.org

CHOICES

(See Section 1.)

OPEN DOOR COUNSELLING SERVICE

(See Section 4.)

8. PREGNANCY SUPPORT

SEXWISE

(See Section 1.)

CITY PIPS TEAM

(See Section 3.)

TEENAGE PREGNANCY MIDWIFERY CLINICS

Leicester Royal Infirmary
Mon 11am – 4pm clinic appointments
Coalville Connexions
Tues 3 – 6pm drop-in
South Wigston Connexions
Weds 3 – 5pm drop in
Leicester City Connexions, Halford House
Thurs 1 – 5pm drop in
Loughborough Connexions
Friday 2 – 4pm drop in
Community Midwives office
City & County - 0116 258 4834

YOUR LOCAL GP & COMMUNITY MIDWIFE

CONNEXIONS LEICESTER SHIRE

(See Section 3.)

SMOKING AND PREGNANCY

08450 45 28 28 (County)
0116 295 4141 (City)
Website: www.nhs.uk/gosmokefree

9. PARENTING SUPPORT

CITY PIPS TEAM

(See Section 3.)

CONNEXIONS LEICESTER SHIRE

(See Section 3.)

COUNTY YOUTH SERVICE

Contact your local office for young parent groups in the county
North area - 0116 267 0840
West area - 01530 836 879
South area - 0116 282 4540

CITY YOUTH SERVICE

To find your local city youth service and find out what's on visit:

FURTHER EDUCATION COLLEGES:

LEICESTER COLLEGE

0116 224 2240
Email: info@leicestercollege.ac.uk

GATEWAY SIXTH FORM COLLEGE

0116 258 0700
Email: admin@gateway.ac.uk

REGENT COLLEGE

0116 255 4629
Email: support@regent-college.ac.uk

WYGGESTON & QUEEN ELIZABETH I COLLEGE

0116 223 1900
Email: admissions@wqeic.ac.uk

BROOKSBY MELTON COLLEGE

01664 850 850
Email: courseenquiries@brooksbymelton.ac.uk

LOUGHBOROUGH COLLEGE

0845 166 2950
Email: info@loucoll.ac.uk

SOUTH LEICESTERSHIRE COLLEGE

0116 288 5051

STEPHENSON COLLEGE

01530 836 136
Email: services@stephensoncoll.ac.uk

EDUCATION MAINTENANCE ALLOWANCE (EMA)

0800 121 8989 to claim.
Website:
www.dfes.gov.uk/financialhelp/ema

ADULT EDUCATION

For details of courses and activities in your area - 0800 988 0308
Website: www.leics.gov.uk/golearn

11. BENEFIT & MONEY ADVICE

JOB CENTRE PLUS

To claim - 08000 55 66 88
To check claim - 08456 088 525

BENEFITS ADVICE LINE

0116 252 9439 or 0116 252 9440
Mon, Weds & Thurs: 1 – 4pm

CHILD BENEFIT HELPLINE

0845 302 1444

CHILD TAX CREDIT HELPLINE

0845 300 3900

CITIZENS ADVICE BUREAU

Website: www.adviceguide.org.uk
to find details of your local office

EMPLOYMENT RIGHTS

0116 252 8643

13. CHILDCARE ADVICE

CARE TO LEARN

can help pay for your childcare costs while you learn if you are under 20.
0845 600 2809

LEICESTER'S CHILDREN'S INFORMATION SERVICE

(See Section 9.)

LEICESTERSHIRE'S FAMILY INFORMATION SERVICE

(See Section 9.)

CITY PIPS TEAM

(See Section 3.)

PIPS CHILDCARE CO-ORDINATOR

0116 262 7254 or 07816 146 946

CONNEXIONS LEICESTER SHIRE

(See Section 3.)

14. CHILDREN'S CENTRES

FOR DETAILS OF THE CHILDREN'S CENTRES IN THE FOLLOWING AREAS:

Beaumont Leys & Stocking Farm
Belgrave & Rushey Mead
Braunstone
Eyes Monsell & Gilmorton
Highfields
New Parks
Northfields & West Humberstone
Saffron
Thurnby Lodge
St Matthew's
West End...

...Contact:

LEICESTER'S CHILDREN'S INFORMATION SERVICE

0116 225 4890
Website: www.childcarelink.gov.uk

FOR DETAILS OF THE CHILDREN'S CENTRES IN THE FOLLOWING AREAS:

Blaby, Oadby and Wigston
Charnwood
Harborough
Hinckley and Bosworth
Melton
North West Leicestershire...

...Contact:

LEICESTERSHIRE'S FAMILY INFORMATION SERVICE

0116 305 6545
Website: www.leics.gov.uk/family

Market Harborough
01858 410 240 Tues 7 – 8.30pm
Melton Mowbray - 01664 854 819
Clinic only Weds 4.30pm
Oakham - Rutland Memorial Hospital
01572 772 070 Tues 6 – 8pm

LEICESTER GUM CLINIC
0116 258 5208 Drop-in clinics.

LOUGHBOROUGH GUM CLINIC
01509 568 888

SCHOOL NURSE
Contact your school for details of your school nurse.

FAMILY PLANNING
Website: www.fpa.org.uk

CITY COMMUNITY SAFER SEX PROJECT
Various city locations.
For local service details:
Email: saferssexproject@leicester.gov.uk
Website: www.leicester.gov.uk/teenagepregnancy
07971 463 268 / 07971 463 474

LEICESTERSHIRE & RUTLAND COMMUNITY SAFER SEX PROJECT
Various county locations.
For local service details:
01509 265 197 / 07814 877 859

2. EMERGENCY CONTRACEPTION

SEXUAL HEALTH AND CONTRACEPTION CLINIC (SHACC)
(See Section 1.)

CONTRACEPTIVE SERVICES
(See Section 1.)

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

CHOICES
(See Section 1.)

YOUR LOCAL GP MINOR INJURY UNITS
Countywide locations.

CITY PIPS TEAM
(See Section 3.)
CONNEXIONS LEICESTER SHIRE
(See Section 3.)

CONTRACEPTIVE SERVICES
(See Section 1.)

CHOICES
(See Section 1.)

OPEN DOOR COUNSELLING SERVICE
0116 223 2397

5. COUNSELLING

OPEN DOOR COUNSELLING SERVICE
(See Section 4.)

RELATE 2 U
Young People's Counselling Service
0116 222 0012

SAMARITANS
08457 90 90 90 (24 hours)

MISCARRIAGE
Website: www.miscarriageassociation.org.uk

SANDS (STILLBIRTH AND NEONATAL DEATH SOCIETY)
020 7436 5881
Website: 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 Section 1.)

CONTRACEPTIVE SERVICES HELPLINE
0116 295 1212

SEXUAL HEALTH AND CONTRACEPTION CLINIC (SHACC)
(See Section 1.)

OUT WHAT'S ON VISK.
Website: www.connexions-leics.org/freetime/youthcentres

HOMESTART
0800 068 6368 - Information Line
01530 411 381 - East Midlands Office
Website: www.home-start.org.uk

FUN AND FAMILIES
Local parenting support groups delivered in the city and county - 0116 223 4254

PARENTLINE PLUS
Information and advice for parents
0808 800 2222
Website: www.parentlineplus.org.uk

CONTACT YOUR LOCAL COMMUNITY MIDWIFE OR GP
for details of your Health Visitor

THE FATHERHOOD INSTITUTE
Support and information for fathers
Website: www.fatherhoodinstitute.org

LEICESTER'S CHILDREN'S INFORMATION SERVICE
for information on childcare provision, education, health information, leisure activities, family support and other useful information - 0116 225 4890
Freephone: 0800 952 5678
Website: www.childcarelink.gov.uk

LEICESTERSHIRE'S FAMILY INFORMATION SERVICE
free information, advice and guidance for the whole family.
0116 305 6545 (County)
Email: family@leics.gov.uk
Website: www.leics.gov.uk/family

SEXWISE
(See Section 1.)

10. EDUCATION & TRAINING ADVICE

CONNEXIONS LEICESTER SHIRE
(See Section 3.)

CITY PIPS TEAM
(See Section 3.)

TEENAGE PREGNANCY REINTEGRATION TEAM
for school age parents and parents to be
0116 2211 275 (City)

PYMS (PREGNANT YOUNG MUMS SERVICE)
for school age parents and parents to be
0116 239 3249 / 07966 111 019 (County)

Open: Tues & Fri 9.30am – 12.30pm
LEICESTER MONEY ADVICE
0800 626 359 - Open: Mon 1 - 5pm;
Weds 3 – 7pm; Thurs 10am – 2pm

NEW DEAL
0845 606 0234

CONNEXIONS LEICESTER SHIRE
(See Section 3.)

CITY PIPS TEAM
(See Section 3.)

LEICESTER'S CHILDREN'S INFORMATION SERVICE
(See Section 9.)

LEICESTERSHIRE'S FAMILY INFORMATION SERVICE
(See Section 9.)

12. HOUSING ADVICE

CONTACT YOUR LOCAL DISTRICT OR BOROUGH COUNCIL IN THE COUNTY, OR HOUSING PROJECT IN YOUR AREA OF LEICESTER CITY
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

THE BRIDGE HOUSING ADVICE SERVICE
01509 260 500
Website: www.bridgehousingservices.com

HOUSING OPTIONS ADVICE LINE
0116 252 8707

GAP PROJECT
provides housing support for young mothers and young couples - 0116 235 0138

BETHANY PROJECT
0116 254 0158

ELMFIELD HOUSE
0116 221 1864

LIBERTY HOUSING
0116 232 2888

ACTION HOMELESS
0116 22 11 855 - advice for all areas

CONNEXIONS LEICESTER SHIRE
(See Section 3.)

CITY PIPS TEAM
(See Section 3.)

CITIZENS ADVICE BUREAU
www.adviceguide.org.uk

OTHER USEFUL CONTACTS

DRUG & ALCOHOL SERVICES
0116 274 4210

NEW DIRECTION TEAM
Clear facts about drugs and alcohol for young people in Leicester, Leicestershire & Rutland
0116 222 9559
Website: www.drugs.org.uk/daat

FRANK
For information on drugs and alcohol
Website: www.talktofrank.com

NATIONAL DRUGS HELPLINE
0800 77 66 00 (24 hours)

SEXWISE
(See Section 1.)

LASS (LEICESTERSHIRE AIDS SUPPORT SERVICES)
0116 255 9995

LESBIAN, GAY & BISEXUAL CENTRE
0116 285 2773 or 0116 255 0667 helpline

THE LESBIAN & GAY SWITCHBOARD
020 7837 7324

TRADE GAY MEN'S SEXUAL HEALTH PROJECT
0116 254 1747

WOMEN'S AID
Support for those experiencing domestic violence.
0808 2000 247
Website: www.womensaid.org.uk

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

DOMESTIC VIOLENCE
0116 255 0004

PRACTITIONERS:
Please see over for further best practice guidance >>