

2003/04

Gloucestershire's

Little

Yellow

Book

Where to go for help on
sex and relationships

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NHS

Direct

CALL 24 HOURS A DAY ON

**0845
4647**

You can call NHS Direct for any
medical question – it doesn't have
to be an emergency.

Gloucestershire's Little Yellow Book

Where to go for help on sex and
relationships

Your GP can help with most Sexual Health needs. Once you are 16 you can choose your own doctor.

Any approach to your doctor will be treated in confidence even if you are under 16, but if you are worried about this, check it out first.

Most secondary schools have a weekly school nurse drop-in where you can talk in confidence about any health issues. Ask at the office when your school drop-in runs.

If you want to talk to someone else, this book has the names, addresses and telephone numbers of other agencies where you can go.

Some of the helplines are free and this is made clear. Otherwise, you will pay the appropriate rate depending on time of day and distance.

You may find the phone is only answered at certain times, or you may get an answerphone. Don't be put off – ring again.

Emergency Contraception

Forgotten your pill? Contraceptive failed? Had unprotected sex?

YOU HAVE 3 DAYS IN WHICH TO ACT TO TRY TO PREVENT A PREGNANCY BUT THE SOONER THE BETTER.

Help is available free from

- Any GP who provides contraceptive services
- Any Family Planning or Contraceptive & Sexual Health Clinic – phone Cheltenham or Gloucester for advice – the telephone numbers are under Contraception and Pregnancy on next page.

Free confidential Emergency Contraception and pregnancy testing are available from these services for young people:

- Through some specially trained Pharmacists.
- From specially trained practice nurses at some surgeries



- From special young people's services.

Up-to-date details of your nearest service are available from the main Cheltenham and Gloucester Clinics on the next page or on www.sexhelpglos.nhs.uk.

On Bank Holiday weekends telephone or go to the Accident & Emergency Department (or Casualty) of your local hospital. They may be able to help. Telephone numbers are in the phone book.

Other helplines are listed at the end of the following Contraception & Pregnancy section

Contraception and Pregnancy

For free, confidential help and advice both sexes of all ages can go to any Contraception & Sexual Health or Family Planning Clinic. The clinics offer confidential advice and information on a range of sexual health issues eg.

Contraception, pregnancy testing, abortions, infertility.

Free condoms are available.

For confidential emergency advice and information about other clinics and services nearest to you, ring the clinics at

Gloucester 08454 226201

or

Cheltenham 08454 222374

National agencies can also help.

The following five pages list the clinics in the county and other agencies.

West Gloucestershire

Contraception & Sexual Health Services

GLOUCESTER CITY

Hope House, Gloucestershire Royal Hospital,
Great Western Road

For appointments Tel: 08454 226201

12.00 noon – 7.00pm Mon-Thurs

12.00 noon – 3.30pm Friday

Stroud Area

Dursley, Sandpits Clinic, Norman Hill

Tel: **01453 562050**

(9.00am – 4.00pm & clinic hours)

Monday 5.45pm – 8.00pm

Stonehouse, The Health Clinic, High St.

Tel: **01453 562120**

2nd, 4th & 5th Tuesday 5.45pm – 7.30pm

Stroud, Beeches Green Health Centre

Tel: **01453 766331**

(9.00am – 5.00pm & clinic hours)

Thursday 1.00pm – 6.30pm

Wotton-under-Edge

Symn Lane Clinic

Tel: **01453 842236** (9.00am – 12.00noon)

1st and 3rd Tuesday

4.45pm – 7.00pm

Forest of Dean area

Cinderford, The Health Centre, Cinderford

Tel: **01594 598000** (9.00am – 5.00pm)

Tel: **01594 598015** (clinic hours only)

Thurs 5.30pm – 7.30pm

Coleford, The Health Centre, Coleford

Tel: **01594 598050**

Tues 9.00am – 11.30am

Healthwise for under 25's.

Friday 4.00pm – 6.00pm

Lydney, Physiotherapy Dept, Lydney Hospital

Tel: **01594 598240** (clinic hours only)

Mon 6.00pm – 8.00pm

Healthwise Clinics

For young people, under 25

Coleford, at the Health Centre

Friday 4.00 pm - 6.00 pm



Cinderford, at CANDI

Wednesday 4.00 pm - 6.00 pm

Newent, at "The Chill Out Zone", Broad St.

Tuesday 4.00 pm - 6.00 pm

East Gloucestershire

Family Planning Clinics

CHELTENHAM, St Paul's Wing, Cheltenham
General Hospital

Tel: **08454 222374**

Mon 9.30am – 11.30am,
4.30pm – 5.30pm - Drop in for
emergency contraception

Tues 10.00am – 2.00pm,
6.00pm – 8.00pm

Weds 1.00pm – 3.00pm

Thurs 9.00am – 11.00am,
6.00pm – 8.00pm

Fri 1.30pm – 3.30pm

Under 25's and emergencies

Sat 10.00am – 11.30am

Cirencester

Querns Suite, Cirencester Hospital

Tel: **01285 884628**

Weds 6.30pm – 8.00pm

Appointment only.

Tewkesbury

Tewkesbury Hospital, Barton Road,
Tewkesbury

Tel: **01684 293303** during clinic times.

1st & 3rd Thurs 6.30pm – 8.00pm

INDIGO projects for young people

in Cirencester

Phoenix Surgery, 9, Chesterton Lane

Thursday 3.45 pm - 5.00 pm

Impact Youth Project, Lewis Lane

Monday 6.00 pm - 7.30 pm

Other Agencies for young people

SEXWISE

Free national helpline specifically for teenagers, offering confidential advice about sex and relationships.

Tel: **0800 28 29 30**

7.00am – midnight, 7 days a week.

Website: www.ruthinking.co.uk

BROOK ADVISORY SERVICE

Tel: **0800 018 5023** Young people's information line

9.00am – 5.00pm Monday to Friday.

24 hour information line: **020 7617 8000**

(recorded message on 7 topics)

Website: www.brook.org.uk

Text: Create new message starting with keyword BRK followed by post code and send to **0776 290 4208**

Adoption

If you are pregnant and considering having your baby adopted you can discuss it with any of the above services, your midwife or GP during antenatal care.

Young People's Information & Counselling Services

Gloucestershire GRAPEVINE

Information, advice and support for young people. Free information and advice centres with time to talk in confidence, we give young people 14-25, practical help and support.

Cheltenham GRAPEVINE 01242 255888

Monday 3.30pm – 5.00pm
Drop-in/appointments
5.00pm – 6.00pm
Homework/study support
coffee time

Wednesday 3.30pm – 5.00pm
Drop-in/appointments
5.00pm – 6.00pm
Basic skills/coffee time

Thursday 6.30pm – 7.30pm
Drop-in/appointments
7.30pm – 9.00pm
Project night.

Friday 1.30pm - 4.00pm Drop-in

Gloucester GRAPEVINE 01452 500080

Opening times:

Monday 4.00 – 5.00 appointments,
5.00 – 6.30 drop in

Tuesday 4.00 – 5.00 appointments,
5.00 – 6.30 drop in

Wednesday 4.00 – 5.00 appointments,
5.00 – 6.30 drop in

Thursday 4.00 – 5.00 appointments,
5.00 – 8.00 drop in

Email: grapevine@glosgrapevine.org.uk

Website: www.glosgrapevine.org.uk

THE LINE

Essential out of hours information on anything that concerns young people. Free and confidential.

Tel: **0800 511111**

Email: advice@glosgrapevine.org.uk

SHARE YOUNG PEOPLES' COUNSELLING SERVICE

80 Eastgate Street, Gloucester

A free confidential personal counselling service for young people in the age range 14-25 years. SHARE offers regular, ongoing counselling on a wide range of problems.

Tel: **01452 524019** for appointments
Monday – Thursday 10.00am – 2.30pm
(answerphone to take messages at other times)

TEENS IN CRISIS

Advice, help, information and counselling for young people aged 11-21 years.

Helpline: **01594 541048**

Email: tic@teensin crisis.org.uk

www.teensin crisis.org.uk

Sexuality

If you are concerned about your sexuality there are local or national groups who offer advice, help and support. Health Promotion have created a website with information and links to several relevant websites:

<http://www.outinglos.nhs.uk>

GAY & LESBIAN 'FRIEND' HELPLINE (GLOUCESTERSHIRE)

A telephone helpline providing information, support and befriending to lesbians, gay and bisexual people or anyone unsure about their sexual identity. It is part of the National Friend network.

Tel: **01452 306800** (helpline)

Mon - Fri 7.30pm – 10.30pm

Email: glhglos@dircon.co.uk (helpline)

admin@glhglos.dircon.co.uk (office)

Website: <http://www.dircon.co.uk/gay-lesbian-helpline-glos-uk>

Or contact us at

PO Box 171, Gloucester GL1 4YE

PROUD START

A group for lesbian, gay and bisexual young people (23 years and under) and those exploring their sexuality.

Tel: **07967 424 752** or

Tel: **01452 306800**

www.proudstart.org.uk

BRISTOL LESBIAN & GAY SWITCHBOARD (BLAGS)

For anyone unsure about their sexuality or who is sure but needs support, advice or information.

Tel: **0117 942 0842**

7.30pm - 10.30pm Monday - Friday.

Sexually Transmitted Infections

You can go to any Genito-Urinary Medicine (GUM) Clinic for free and confidential advice, counselling, testing and treatment for sexually transmitted infections. HIV pre and post test counselling is available if you ask.

GLOUCESTER

Hope House, Gloucestershire Royal Hospital

Appointments and advice 08454 226464

Appointment Only Clinics

Monday 2.00 – 5.00

Tuesday 9.30 – 12.00

Friday 9.30 – 12.00

No-appointment Clinics – these are run on a first come first served basis. The wait can be anything up to 4 hours. Please telephone before attending the No Appointment Clinics as they may be full. When they have booked the appropriate number of patients for that day the clinic will be closed.

Please note: Patients arrive up to 1½ hours before clinics start.

Monday morning 9.30

Tuesday afternoon 2.00

Wednesday morning 9.30

Thursday morning 9.30

CHELTENHAM

Appointments and advice 08454 224279

Appointment Only Clinics

Monday morning alternate weeks

Monday afternoon and evening

Tuesday morning

Wednesday morning

Thursday morning

Thursday afternoon every 4th week.

Friday mornings.

HIV/AIDS

If you are worried or have questions about HIV, Hepatitis B or Hepatitis C, there are people who can help locally. There are also national organisations which offer friendly advice.

HIV/AIDS COUNSELLING & SUPPORT SERVICE

For totally confidential service offering pre and post test counselling. Appointments are available during the day. Same day results. The service is available countywide. Hepatitis B and C testing also available.

To book an appointment

Tel: Cheltenham **01242 224666**

Mon – 9.00am – 5.00pm

Gloucester **01452 308328**

Mon – Fri 9.00am – 5.00pm

THE TERRENCE HIGGINS TRUST

Provides information, advice and help on all aspects of HIV and AIDS.

THT direct helpline 0845 1221 200

Monday – Friday 10.00am to 10.00pm.

Saturday and Sunday 12.00noon to 6.00pm

Information and message service at all other times.

Email: info@tht.org.uk

Website: www.tht.org.uk

NATIONAL AIDS HELPLINE

Freephone 24 hour **0800 567 123**

Ethnic languages **0800 917 2227** – open between 6.00pm – 10.00pm.

Bengali	Monday
Urdu	Tuesday
Arabic	Wednesday
Gujerati	Thursday
Hindi	Friday
Punjabi	Saturday
Cantonese	Sunday

AFRICAN AIDS HELPLINE

Free, confidential, safe to call.

0800 0967 500

Website: www.africaninengland.org

Drugs and Sexual Health

Drug users, their families and friends can get advice, information and counselling.

GDAS DRUGS SERVICE

A confidential service which provides information, advice and support for anyone concerned about their own, or someone else's drug use. General services and a needle/syringe exchange are offered on a countywide basis.

Tel:	Cheltenham	01242 584881
	Gloucester	01452 381166
	Stroud	01453 755711
	Cinderford	01594 825656

NATIONAL DRUGS HELPLINE

Tel: **0800 776600**

Service available in several ethnic languages

0800 917 6650

Website: www.ndh.org.uk

RELEASE

Information, counselling and advice on all drugs, including legal issues, school issues.

Advice line Tel: **020 7729 9904**

Mon – Fri 10.00 – 6.00

Website: www.release.org.uk

Alcohol and Sexual Health

If your drinking or someone else's is causing you concern, help is available.

GDAS ALCOHOL SERVICE

A free confidential information, advice and counselling service

Tel:	Cheltenham	01242 584881
	Gloucester	01452 381166
	Stroud	01453 755711
	Cinderford	01594 825656

DRINKLINE

Free & confidential advice about sensible drinking

Tel: **0800 917 8282** (English & Welsh)

Mon-Fri 9.00am – 11.00pm

Sat & Sun 6.00pm – 11.00pm

Rape, Assault or Sexual Abuse

For help on assault, rape and sexual abuse contact:

Women's Helplines

RAPE CRISIS

A confidential counselling, information and support service for women and children who have been raped or sexually assaulted at any time in their lives. Support and information also available to people supporting a survivor of sexual violence. Service provided by volunteer women counsellors.

Tel: **01452 526770**

Mon, Tues, Wed & Fri 7.30pm – 8.30pm

Thurs 11.30am – 12.30pm

24 hr answerphone service – response within 24 hours or write to:

Gloucestershire Rape Crisis

(Gloucester), PO Box 16, Gloucester GL4 0RU

Email: info@rapecrisis.co.uk

BRISTOL CRISIS SERVICE FOR WOMEN

Helpline 0117 925 1119

Fri – Sat nights 9.00 pm – 12.30 am

Sunday evenings 6.00 pm – 9.00 pm

www.users.zetnet.co.uk/BCSW

Helplines for both women & men

SOCA – Survivors of Child Abuse

Adolescent services for 13-21 year olds, who have been abused in childhood.

Tel: 01452 309026

(There may be a charge for this service, dependant on income)

GLOUCESTERSHIRE DOMESTIC VIOLENCE SUPPORT AND ADVOCACY PROJECT

Helpline 01452 500115

24 hours a day, 7 days a week

Men's Helplines

Support for men who have been sexually abused or raped.

MASH – Men as Survivors Helpline Bristol

Tel: **0117 907 7100**

Line open Thursdays 7.00pm – 9.00pm

SURVIVORS SWINDON

Survivors Swindon is a regionally based, nationally recognised agency, offering a confidential telephone helpline

Tel: **01793 878316**

Line open Wednesdays 7.00pm – 9.00pm

Website: www.survivorsswindon.com

Survivors UK Helpline

Tel: **020 7357 6677**

Tuesday & Thursdays 7.00pm – 10.00pm

Email: info@survivorsuk.org.uk

Other Information

FPA

Medical advice for all ages on sexual health including contraception, pregnancy and abortion.

Helpline: **0845 310 1334**

(local rates apply)

9.00am to 7.00pm Monday to Friday

PREGNANCY CRISIS CENTRES

Offer pregnancy testing, support while deciding, and practical help. Support and a listening ear for anyone who has suffered a loss whether miscarriage, abortion, stillbirth, cot death or adoption.

Cheltenham **01242 243841**

Gloucester **01452 308700**

Stroud **01453 757643**

National Careconfidential 0800 028 2228

GLOUCESTER LIFE CENTRE

Offer pregnancy testing, client-centred counselling, second-hand baby equipment and clothes.

Tel: **01452 300938** (National helpline when office unstaffed)

[Editor's Note: Life is a Pro-Life organisation which means they oppose abortion].

SAMARITANS

Listening service staffed 24 hours a day, 365 days a year for those who are troubled, despairing or suicidal.

National tel no. **08457 90 90 90** auto transfer to nearest available listener.

You can also phone or Drop in

Gloucester 01452 306333 between
9.00 am – 10.00 pm

Cheltenham 01242 515777 between
8.00 am – 10.00 pm

Website: www.samaritans.org.uk

RELATE

A confidential counselling service provided by professionally trained counsellors for couples

or individuals experiencing relationship problems.

Relateline: **0845 130 40 10**

9.30 am - 4.30 pm Mon- Fri

Locally:

Gloucester **01452 522071**

Cheltenham **01242 523215**

Website: www.relate.org.uk

CHILDLINE

Free national helpline (24hrs)

Tel: **0800 1111**

Website: www.childline.org.uk

Your own information/notes

Your GP

We have done our best to ensure that the information included is up-to-date and accurate. Please let us know if you notice any mistakes or omissions.

Tel: 01452 429342 and ask for Brenda Moody, Sexual Health Promotion Team.

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