

2005/06

Gloucestershire's

Little

Yellow

Book

Where to go for help on
sex and relationships

Compiled by: Brenda Moody, Sexual Health
Promotion Team

Tel: 01452 429342

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More details on www.sexhelpglos.nhs.uk

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

Also available, the Little Red Book on
Mental Health and Emotional Well-being

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, or look on www.sexhelpglos.nhs.uk.

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 TO GET THE PILLS TO TRY TO PREVENT A PREGNANCY BUT THE SOONER THE BETTER. YOU HAVE 5 DAYS OR LONGER TO HAVE A COIL FITTED.

Help is available free from

- GPs who provides contraceptive services
- Any Contraception & 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 the following services for young people aged 14 and over. Look out for this logo (image):



- 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 try the Accident & Emergency Department (or Casualty) of your local hospital.*

You can also try the Out of Hours Service on 08454 220220.

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

*If you are under 16 and go to A+E, your school nurse will be told but NO-ONE else at school. You can go to the school nurse for help if you have any worries.

Contraception and Pregnancy

For free, confidential help and advice both sexes of all ages can go to any Contraception & Sexual Health 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.

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 4.45pm – 7.00pm

Stonehouse, The Health Clinic, High St.

Tel: **01453 562120**

2nd, 4th & 5th Tuesday 5.00pm – 7.15pm

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 562350** (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 Out of Hours on 01594 841200 (Lydney Health Centre).

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

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,
5.15 – 6.00 pm Nurse-led clinic for
EHC or repeat pills.
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.

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 6.30 pm - 7.30 pm

Other Agencies for young people

SEXWISE

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

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 for under 25's

9.00am – 5.00pm Monday to Friday.

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

(recorded message on 7 topics)

Website: www.brook.org.uk

email: admin@brookcentres.org.uk

Text: BROOK HELP to **81222**

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.

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 – 6.00pm

Wednesday 3.30pm – 6.00pm

Thursday 6.30pm – 9.00pm.

Friday 1.30pm - 4.00pm

email: grapevine@glosgrapevine.org.uk

Gloucester GRAPEVINE

01452 500080 for appointments

Opening times:

Monday 4.00pm – 6.30pm

Tuesday 4.00pm – 6.30pm

Wednesday 4.00pm – 6.30pm

Thursday 4.00pm – 6.30pm

Email: grapevineglos2@btconnect.com

Website: www.glosgrapevine.org.uk

YOUTHLINE

Free information and support for 11 – 25 year olds. Confidential and run by young people.

Mon – Thurs 4 – 10 pm

Friday 4 – 7 pm

Tel: **0800 096 1425**

MUSLIM YOUTH HELPLINE

Confidential helpline for young people.

Mon – Thurs 6.00 - 9.00 pm

Fri 6.00 - 12.00 midnight

Sat and Sun 12.00 noon - 12.00 midnight.

For all enquiries requiring the assistance of a trained counsellor or helpline worker,

0800 808 2008 free from all UK landlines.

email: help@myh.org.uk

web: www.myh.org.uk

SHARE YOUNG PEOPLES' COUNSELLING SERVICE

1st Floor, Connexions, 92-96 Westgate Street,
Gloucester, GL1 2PE

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 500300** for appointments
Monday – Thursday 10.00am – 3.00pm
(answerphone to take messages at other
times)

email: shareypcs@talk21.com

TEENS IN CRISIS

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

Helpline: **01594 544281**

www.teensin crisis.org.uk

GIANT (Gloucestershire Independent Advocacy Network Team)

An independent advocacy service exclusively
for children and young people looked after or
leaving care.

FREEPOST (GL469)

Gloucester

GL1 2BF

Freephone: **0800 592 639**

Tel: **01452 427 042**

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:

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 – 10.00pm

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 (19 years and under) and those exploring their sexuality.

Tel: **01452 306800**

www.proudstart.co.uk (launch March '05)

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.

CHELTENHAM,

Benhall Clinic, Cheltenham General
Hospital

Appointments **08454 224279**

Health Adviser **08454 224233**

Walk-in Clinics

Tuesday, Weds, Thurs, Friday 8.30 - 1.00

Appointment Only Clinics

Monday 9.00 – 8.00pm

Wednesday 2.00 – 5.30

If you live on the county borders check
www.playingsafely.co.uk 'Where to get help'
for your nearest GUM clinic.

n or without symptoms, who want
r ask questions.
low 2 - 3 hours.

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. The service is available countywide. HIV and Hepatitis B and C testing with same day results.

To book an appointment

Tel: Cheltenham **01242 224666** (Weds)
Colesbourne Clinic

Gloucester **01452 308328** (Mon & Tues)
ATU, 44 London Road, Gloucester.

GLOUCESTERSHIRE AIDS TRUST

Support for HIV positive people and their families.

Tel: **01242 221800**

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.

Translation services available for speakers of UK ethnic minority languages.

AFRICAN AIDS HELPLINE

Free, confidential, safe to call.

0800 0967 500

Calls are free and confidential and are available in English, French, Shona, Swahili and Luganda.

Website: www.africaninengland.org

Alcohol, Drugs and Sexual Health

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

YOUNG PEOPLE'S SUBSTANCE MISUSE SERVICE

for young people up to 19.

'gini' team

The 'gini' team offer confidential information, advice and support for any young person worried about their drug, alcohol or solvent use.

Medical team can offer full drug and alcohol treatment for young people dependant on substances.

The teams will meet you wherever you feel most comfortable.

Phone **01452 503186** for more information or to find out where your local drop in is. Or visit www.webgini.com

GDAS (for over 18s)

A free, confidential information, advice and counselling service. Needle/syringe exchange on a countywide basis.

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

Mon – Fri 9.30 - 4.30

email: drugs@gdas.co.uk
alcohol@gdas.co.uk

TALK TO FRANK

Tel: **0800 776600** 24 hrs 7 days a week

Deaf – Textphone FRANK on 0800 917 8765

Website: www.talktofrank.com

email: frank@talktofrank.com

DRINKLINE

Free & confidential advice about sensible drinking

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

Mon-Fri 7.00 – 11.00 pm

24 hours at weekends.

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

email: bcsw@btconnect.com

Helplines for both women & men

SOCA – Survivors of Child Abuse

For people, aged 17 and above, who have been abused in childhood or adolescence.

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: **0845 430 9371**

Line open Wednesdays 7.00pm – 9.00pm

Website: www.survivorsswindon.com

Survivors UK Helpline **0845 12 21 201**

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 6.00pm 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

www.careconfidential.com

LIFE Pregnancy Care Centre

LIFE offers a free pregnancy test, information and an opportunity to talk through all your options in confidence. LIFE's counselling service is confidential, non-judgemental and include counselling after a miscarriage, still-birth, ectopic pregnancy and abortion. LIFE also provides practical help with baby clothes and equipment and ongoing support for mothers.

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

[Editor's Note: Life is a Pro-Life organisation].

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

Websites:

For most up-to-date information check
www.sexhelpglos.nhs.uk

Other websites for young people:

www.ruthinking.co.uk

www.playingsafely.co.uk

www.gbymn.org.uk

www.outinglos.nhs.uk

www.glosgoodhealth.org.uk

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.

For further copies ring Health Promotion Resources on 01452 429363.

Gloucestershire



Healthy Schools Partnership

Produced by **Health Promotion**,
part of the

Gloucestershire Public Health Network **NHS**