

2015

Gloucestershire's

Little Yellow Book

Where to go for help on
sex and relationships

First published by: Health Promotion
Gloucestershire May 1995.

More details on www.sexhelpglos.nhs.uk

For information on health
conditions, local services and
healthy lifestyles visit:

NHS

choices

your health, your choices

www.nhs.uk

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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 and colleges 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** for other local support.

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 5 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 provide contraceptive services
- College and School Nurses
- Any Contraception & Sexual Health Clinic – phone Cheltenham or Gloucester for advice – the telephone numbers are under Contraception and Pregnancy.

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:



- Through some specially trained Pharmacists at many High Street Pharmacies – just ask at the counter.
- From special young people's services e.g, College Nurses and GP Surgeries.

Up-to-date details of your nearest service are available from

www.sexhelpglos.nhs.uk.

On Bank Holiday weekends try the Out of Hours Service on **0300 421 0220**

Other helplines are listed at the end of the Contraception and Pregnancy section of this booklet.

If you are under 16 you can go to your school or college 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 and 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:

- to everyone via a sexual health clinic
- to under 25's through the C-CARD Scheme
- to anyone at risk of HIV

Find out more at www.sexhelpglos.nhs.uk

For information about (L.A.R.C) Long Acting Reversible Contraceptives which are highly reliable and don't require daily pill taking ask your GP or clinic for more details.

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

For all appointments Tel:**0300 4226201**
or **0300 422 2374** or **0300 422 4279**

Gloucester area

Hope House, Gloucestershire Royal Hospital,
New Building, Western Entrance, Great
Western Road

For clinic times where not stated, refer to
website **www.sexhelpglos.nhs.uk**

Stroud area

Stroud, Beeches Green Health Centre
Thursday 1.00pm–6.00pm

Dursley, The Vale Community Hospital,
Lister Road, Dursley

Stonehouse, The Health Clinic, High St.
For clinic times where not stated, refer to
website **www.sexhelpglos.nhs.uk**

Forest of Dean area

Cinderford, The Health Centre, Cinderford
Thursday 5.00pm–6.40pm

Lydney, Outpatients Dept, Lydney Hospital
Mondays 5.30–7.30pm

Coleford, The Health Centre, Coleford
Tuesdays 9.00–11.00am
Fridays 4.00–6.00pm (under 25's)
For appointments **0300 421 8850**

Cheltenham

St Paul's Wing, Cheltenham General Hospital
For appointments and clinic times
For clinic times please refer to website
www.sexhelpglos.nhs.uk

Tewkesbury

Tewkesbury Hospital, Barton Road,
Tewkesbury. Thursday 5.30–7.20pm

Cotswold area

Cirencester Hospital, Querns Suite GL7 1UY
Wednesday 5.00–8.00pm

INDIGO young people's Drop-in

Cirencester – Tel: **01285 652056**

Confidential information & advice services for young people aged 13-25 years and open to any young person living in the Cirencester area.

Pre-bookable appointments are available or young people can drop in.

Sexual health screening, contraception, unplanned pregnancy counselling etc

Phoenix Surgery, 9 Chesterton Lane

Thursdays 3.30pm–5.00pm

Tel: **01285 652056**

Kingshill Secondary School

Friday lunchtimes during term

For clinic times please refer to website

www.sexhelpglos.nhs.uk

Other Agencies for young people

Worth Talking About

Free national helpline

Helpline: **0300 123 2930**

specifically for under 25's, offering confidential advice about sex and relationships, of all local services. Times: 2.00pm–8.00pm Mon-Fri
2.00pm–4.00pm Sat & Sun

<http://www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx>

BROOK

Tel: **0808 802 1234**

Young people's information line for under 25's
For text and online messages:

9.00am–3.00pm Monday-Friday

For telephone calls (**0808 802 1234**):

11.00am–3.00pm Monday-Friday

If you have an urgent question, you can text or call us, or speak with an Ask Brook advisor via Webchat. Website: **www.askbrook.org.uk**

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.

British Association for Adoption and Fostering

www.baaf.org.uk/info/pregnant

Tel: **020 3597 6116**

British Pregnancy Advisory Service

www.bpas.org/bpaswoman.php?page=123

Tel: **08457 304030** (Advice Line)

Young People's Information & Counselling Services

MUSLIM YOUTH HELPLINE

0808 808 2008 free from all UK landlines.
Confidential helpline for young people.

Helpline Hours & Internet webchat hours

Mon-Fri 6.00pm–12.00am

Sat-Sun 12.00pm–12.00am

www.myh.org.uk

INDEPENDENCE TRUST

www.independencetrust.co.uk

We support individuals, families and communities with concerns about mental health, alcohol and drugs.

Tel: **0845 863 8323**

6 College St, Gloucester GL1 2NE

TEENS IN CRISIS (TIC+)

Provides Professional Counselling services, advice, help, information for young people aged 9-21 and their families across the county of Gloucestershire.

Helpline: **01594 546117**

www.teensin crisis.org.uk

email: admin@teensin crisis.org.uk

Gloucestershire Independent Advocacy Service

A free service for vulnerable adults aged 18 and above who need an advocate to help them express their views by speaking on their behalf or supporting them to speak for themselves when they access Adult Health and Social Care Services.

Freephone **0800 644 6448**

email: Advocacyinfo@ccprojects.org.uk

Sexuality

GAY GLOS & GAY GLOS Youth

(14-18 yrs)

Supporting LGBT people, their families and friends. Free confidential services for people in Gloucestershire and beyond.

Tel: **01452 306800**

email: admin@gay-glos.org or email for young people youth@gayglos.org

www.gay-glos.org

Or contact us at PO Box 171, Gloucester
GL1 4YE

GLOSCATS

Social support for the Transgendered in Gloucestershire.

Tel: **07971 332698**

www.gloscats.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 922 1328**

10.00am–11.00pm 7 days a week.

365 days a year.

email: email@bristolblags.org.uk

Broken Rainbow

National helpline for LGBT victims of domestic violence. Opening hours:

Monday to Thursday 10am–8pm

Wednesday 10am–5pm.

Tel: **0300 999 5428**

free number **0800 999 5428**

email: mail@broken-rainbow.org.uk

Website: www.brokenrainbow.org.uk

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 including HIV.

Walk in and bookable appointments are available each day Monday-Friday.

Saturday clinic is bookable only.

For times of clinics see

www.sexhelpglos.nhs.uk

GLOUCESTER

Hope House, Gloucestershire Royal Hospital,
New Building, Western Entrance,
Great Western Road, Gloucester.

Tel: **0300 421 6500**

CHELTENHAM

Benhall Clinic, Cheltenham General Hospital

Tel: **0300 421 6500**

Chlamydia Screening Programme for Gloucestershire

RU Under 25 RU Sexually Active

Free Do It Yourself Chlamydia screening kits are now available at any contraception clinic. To request a kit or to find out other places where kits are available, ring the Chlamydia Screening Office **0300 4226202** or log onto **www.sexhelpglos.nhs.uk** or **www.freetest.me**

HIV/AIDS

HIV/AIDS Service/Team

The team consists of doctors, nurses, and social workers and pharmacists, and is based in the sexual health department at Gloucester Royal Hospital. All advice, treatment and support is strictly Confidential.

Opening times

The nursing and social work team work from 9.00–5.00 Monday-Friday

Tel: **0300 422 6965**

There is always an HIV consultant on call and if needed urgently out of hours, they can be contacted via **0300 4222222** 16

EDDYSTONE TRUST

An independent organisation providing information and support for people affected by HIV in the South West.

The Eddystone Trust provide their services across Gloucestershire, to access testing, support or information and advice contact them on: **0800 328 3508**

DEPARTMENT OF HEALTH SEXUAL HEALTH INFORMATION HELPLINE

**Information on Sexually Transmitted
Infections and contraception for all ages.**

Freephone **0300 123 7123**

Translation services available for speakers of
UK ethnic minority languages.

Alcohol, Drugs and Sexual Health

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

Youth Support Teams Specialist Substance Misuse Service

01452 547540

SAS.Referrals@prospects.co.uk

Free specialist service for children and young people under 18 throughout Gloucestershire.

TURNING POINT

www.turning-point.co.uk

Integrated community drug and alcohol recovery service, offering integrated support to individuals across Gloucestershire.

Tel: **0300 1231512**

Imperial Chambers, 41/43 Longsmith Street, Gloucester.

TALK TO FRANK

FRANK helps you find out everything you might want to know about drugs (and some stuff you don't).

For friendly, confidential advice, **Talk to FRANK.**

Tel: **0300 123 6600** 24 hrs 7 days a week

Deaf – Textphone FRANK on

0300 123 1099

Website: www.talktofrank.com

email: frank@talktofrank.com

SMS – 82111 need a quick answer? Text a question and FRANK will text back.

Live chat is available between

2.00pm–6.00pm

DRINKLINE

Free & confidential advice about sensible Drinking. **Drinkline** offers the following services: Information and self-help materials
Help to callers worried about their own drinking support.

Tel: **0300 123 1110** (English & Welsh)

Mon-Fri 9.00am–8.00pm

Weekends 11.00am–4.00pm

Rape, Assault or Sexual Abuse

For help on assault, rape and sexual abuse contact: **Hope House SARC**

A service for men, women and children who have been raped or sexually assaulted either recently or historically.

The Hope House SARC provides the following services:

- A forensic examination with or without police involvement with the option to report to the police anonymously.
- Emotional support during the police investigation and court process.
- Short term counselling following court.
- Support and advice at any time for those affected by sexual violence and for those supporting them.

Tel: **01452 754390**

Address: Gloucestershire Royal Hospital,
Great Western Road Gloucester GL1 3NN

Open Monday-Friday 9.00–5.00pm

Out of hours Tel: **0845 090 1234**

In an emergency, please call **999** or **112**

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-Fri 7.30pm–8.30pm

Thursday 11.30am–12.30pm

Friday 7.30pm–8.30pm

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

Gloucestershire Rape Crisis (Gloucester),

PO Box 16, Gloucester GL4 0RU

Email: glosrapecrisis@hotmail.co.uk

SELF INJURY SUPPORT

Helpline 0808 800 8088

Self Injury Support (Formerly Bristol Crisis Service for Women) is a national organisation that supports girls and women affected by self-injury or self-harm.

Wednesday 7.00pm–9.00pm

Thursday 3.00pm–5.00pm

www.selfinjurysupport.org.uk

Text support: **0780 047 2908**

For girls and young women up to 25 who self-injure.

Open Mon, Tues, Wed, Thurs and

Friday 7.00pm–9.00pm

Text us on **0780 047 2908** or [email TESS](mailto:TESS@selfinjurysupport.org.uk)

Helplines for both women & men

Gloucestershire Domestic Abuse Support Service 0845 602 9035

email support@gdass.org.uk

www.gdass.org.uk

GLOUCESTERSHIRE DOMESTIC VIOLENCE SUPPORT AND ADVOCACY PROJECT (GDVSAP)

Tel: 01452 500115

Mon-Fri 10.00am–4.00pm

Victim support: **0845 3030 900**

www.gloucestershire.gov.uk/domesticabuse

Women's Aid National Domestic Violence Helpline

24 Hour Freephone **0808 2000 247**

Men's Helplines

Survivors UK Helpline

(Helpline) **0845 12 21 201**

www.malesurvivor.org/

Provides information, support and counselling for men who have been raped or sexually abused.

Helpline webchat

Mon & Tuesday 6.00pm–9.00pm

Wednesday 12.00pm–2.30 & 6–9pm

Thursdays 12.00pm–2.30pm

email: info@survivorsuk.org.uk

Other Information

Footsteps Counselling & Care

Offers free, confidential counselling to anyone affected by miscarriage, still-birth, neo-natal death, abortion, crisis pregnancy or postnatal depression recently or at any point in their lives. Counsellors are fully qualified and Footsteps is an associate member of The British Association of Counsellors and Psychotherapists. Footsteps also provide practical and emotional help with fully qualified breast-feeding counsellor, and also baby clothes and equipment for children up to 3 years.

Address: 51 Westgate Street, Gloucester.
GL1 2NW.

www.footstepscandc.org.uk

Tel: **01452 308618**

CHILDLINE

Help and advice, on-line chat to a Childline Counsellor. Email a question. Free national helpline (24hrs) Tel: **0800 1111**

Website: www.childline.org.uk

LIFE Pregnancy Care Centre

LIFE is a pro-life charity that supports anyone facing a crisis pregnancy, pregnancy loss or after an abortion and strives to engage, inspire and inform the next generation.

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. www.lifecharity.org.uk

Tel: **01452 300938** Fax: **01452 300995**

National helpline when office unstaffed

0800 915 4600

Life Pregnancy Care Service

Second Floor/Spreadeagle Court,

110 Northgate Street

GL1 1SL Gloucester,

Gloucestershire

SAMARITANS

Confidential 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.

Local branches:

Gloucester 01452 306333 Drop in between 9.00am–10.00pm

Cheltenham 01242 515777 Drop in between 8.00am–10.00pm

Recently launched text message service on **07725 909090** - available 24 hours.

Website: www.samaritans.org.uk

e-mail: jo@samaritans.org

Family Information Service – Early years and childcare in Gloucestershire, information for parents and carers.

Freephone – **0800 542 02 02**.

Offices at Shire Hall, Gloucester

Open Mon-Fri 9.00am–5.00pm.

Website: www.glosfamiliesdirectory.org.uk.

Tel: **01452 427362**

e-mail: familyinfo@gloucestershire.gov.uk

RELATE

A confidential counselling service provided by professionally trained counsellors for couples or individuals experiencing relationship problems. Relateline **0300 100 1234**
Cheltenham and Swindon Office covers Gloucestershire.

For an appointment locally call **01242 523215**

Website: www.relate.org.uk

email: gloswin.desk@hotmail.co.uk

Healthwatch Gloucestershire - is your single point of access for information and advice to help you make informed choices about health and social care needs

Freephone telephone

number **0800 652 5193**

Local landline number **01452 504989**

Website www.healthwatchgloucestershire.co.uk

email: info@healthwatchgloucestershire.co.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.nhs.uk/livewell/sexandyoungpeople

Sexual Health

www.gay-glos.org **Exploring sexuality**

www.talktofrank.com

Drink and drug information for young people

www.youngminds.org.uk

Web-based magazine for young people

Every effort has been made to keep this information booklet up to date and accurate. However, we cannot guarantee that inaccuracies will not occur. Gloucestershire County Council, its employees and/or partner agencies will not be held responsible for any loss, damage or inconvenience caused as a result of reliance on such information.

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NHS

