

TEENAGE PREGNANCY: CONTRACEPTION AND SEXUAL HEALTH

Brook: Young Peoples Contraception & Sexual Health Service

Following significant PCT investment Brook relocated to the Galleries in July 2010 and Brook community clinics are now available seven days a week at locations across the borough.

Contact: 01942 483180 or visit www.brookwiganandleigh.org.uk – for venues, times, services and information.

CCard: Free Condom Distribution Scheme

Young people can register with the scheme to access free condoms and support, guidance and accurate information so that they are able to make better informed, safe and responsible decisions about their relationships and sexual health. Delivered at over 60 sites borough wide, the scheme has been refreshed in consultation with young people and re-launched in 2011.

Contact: for information on registration and distribution sites contact Sharon Lindley on 01942 483180 or visit www.brookwiganandleigh.org.uk

Barnado's: Teenage Pregnancy and Sexual Health Intervention Service

Offers intensive support for vulnerable young people most at risk of becoming teenage parents and engaging in risky sexual health behaviours.

Contact the team on: 01942 483200 or visit www.ruready2.com for more information.

Speakeasy Programme

Supports parents to develop the skills and confidence to talk to their children about difficult issues such as relationships, sex and alcohol etc.

Contact: Joanne Hitchen on 07824 547136 or contact your local Sure Start Children's Centre or visit www.ruready2.com for more information.

Relationships and Sex Education

We support local schools, services and organisations to provide good education on relationships and sex, which is important to ensure that children are given accurate, factual information about sex and relationships and the skills and confidence to build healthy relationships, including the skills and confidence to avoid being pressurised into sex before they are ready.

Contact: www.brookwiganandleigh.org.uk

Emergency Hormonal Contraception (EHC)

EHC are pills that can be taken up to 72hrs after unprotected sex (more effective the earlier they are taken). They can be obtained free from:

- Brook: Young peoples Contraception & Sexual Health Service: 01942 483180 www.brookwiganandleigh.org.uk
- Family Planning Clinics – Central Appointment booking line: 01942 483188
- GP (contact own GP)
- Selected pharmacies – find participating pharmacies at www.alwpct.nhs.uk

Chlamydia Screening / RUClear

For information on Chlamydia Screening for under 25s visit: www.alwpct.nhs.uk/your-services/keeping-healthy-keeping-well-services/sexual-health or the Greater Manchester Chlamydia Screening Programme website at www.ruclear.co.uk

Leigh Walk in Centre

Offers confidential sexual health advice and information, pregnancy testing, condoms and emergency contraception (EHC). Open 7:00am - 9:00pm every day. Young people under 16 years are welcome at this service.

Contact: 01942 483453

Termination of Pregnancy

If you have a positive pregnancy test and need to decide what you want to do, a health professional can help you with your decision. If you decide to have an abortion you should go to see your doctor, Brook (01942 483180 www.brookwiganandleigh.org.uk) or a family planning clinic.

Or you can ring the central booking service 0845 371 0179 and they will give you details of the options.

For information on the different services available across the Wigan Borough for free and confidential sexual health information, advice, contraception and treatment visit: www.alwpct.nhs.uk/images/uploads/SexualHealthServicesIntheWiganBorough.pdf

For information and advice on health, relationships, sexual health and services for young people in Wigan visit www.ruready2.com

PREGNANT TEENAGERS AND TEENAGE PARENTS

Pregnancy Testing

A young person can get free pregnancy testing at:

- Brook: Young Peoples Contraception & Sexual Health Service: 01942 483180
www.brookwiganandleigh.org.uk
- Family Planning Clinics - Central Appointment booking line: 01942 483188
- GP (contact own GP to see if they provide this service)
- Leigh Walk In Centre: 01942 264002
- Chemist / Pharmacy

Following a positive pregnancy test you can access free advice, support and counselling from Brook: Young Peoples Contraception & Sexual Health Service.

Contact: 01942 483180 www.brookwiganandleigh.org.uk

Termination of Pregnancy

If you have a positive pregnancy test and need to decide what you want to do, a health professional can help you with your decision. If you decide to have an abortion you should go to see your doctor, Brook (01942 483180 www.brookwiganandleigh.org.uk) or a family planning clinic (01942 483188).

Or you can ring the central booking service 0845 3710179 who will give you details of the options.

Maternity Care

If continuing with the pregnancy you should be put in contact with your local Midwife **as soon as possible** to start antenatal care. For support contact your own GP surgery and request an appointment with your Midwife. Alternatively to speak to a Midwife directly contact the Community Midwifery office on 01942 778630.

Advice and Support

If you are pregnant or a young parent needing advice and support on staying in or going back to school, college education, employment or training, childcare and childcare funding, finance and benefits, advice or housing/accommodation issues.

Contact: Connexions Teenage Pregnancy Personal Advisors on 01942 705161

Parenting Advice and Support

Contact: Children's Centres on www.wigan.gov.uk/Services/HealthSocialCare/SureStart

Speakeasy Programme - for parents and carers of children of all ages

The course helps parents and carers to gain new skills and confidence to help you discuss relationships, growing up, sex, and other difficult issues such as alcohol and drugs, with your children.

Contact: Joann Hitchen on 07824 547136