



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](http://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](http://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](http://www.choices-leics.org.uk)  
Email: [help@choices-leics.org.uk](mailto: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

(See Section 1.)

#### CITY PIPS TEAM (PARENTING INFORMATION & PREGNANCY SUPPORT)

PIPS Connexions Advisers  
0116 262 7254  
Email: [pips@connexions-leic.org](mailto: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](mailto:leicester@connexions-leics.org)  
Website: [www.connexions-leics.org](http://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](http://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](http://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](mailto:info@leicestercollege.ac.uk)

#### GATEWAY SIXTH FORM COLLEGE

0116 258 0700  
Email: [admin@gateway.ac.uk](mailto:admin@gateway.ac.uk)

#### REGENT COLLEGE

0116 255 4629  
Email: [support@regent-college.ac.uk](mailto:support@regent-college.ac.uk)

#### WYGGESTON & QUEEN ELIZABETH I COLLEGE

0116 223 1900  
Email: [admissions@wqeic.ac.uk](mailto:admissions@wqeic.ac.uk)

#### BROOKSBY MELTON COLLEGE

01664 850 850  
Email: [courseenquiries@brooksbymelton.ac.uk](mailto:courseenquiries@brooksbymelton.ac.uk)

#### LOUGHBOROUGH COLLEGE

0845 166 2950  
Email: [info@loucoll.ac.uk](mailto:info@loucoll.ac.uk)

#### SOUTH LEICESTERSHIRE COLLEGE

0116 288 5051

#### STEPHENSON COLLEGE

01530 836 136  
Email: [services@stephensoncoll.ac.uk](mailto:services@stephensoncoll.ac.uk)

#### EDUCATION MAINTENANCE ALLOWANCE (EMA)

0800 121 8989 to claim.  
Website:  
[www.dfes.gov.uk/financialhelp/ema](http://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](http://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](http://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](http://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](http://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](http://www.fpa.org.uk)

**CITY COMMUNITY SAFER SEX PROJECT**  
Various city locations.  
For local service details:  
Email: [saferssexproject@leicester.gov.uk](mailto:saferssexproject@leicester.gov.uk)  
Website: [www.leicester.gov.uk/teenagepregnancy](http://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](http://www.miscarriageassociation.org.uk)

**SANDS (STILLBIRTH AND NEONATAL DEATH SOCIETY)**  
020 7436 5881  
Website: [www.uk-sands.org](http://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](http://www.connexions-leics.org/freetime/youthcentres)

**HOMESTART**  
0800 068 6368 - Information Line  
01530 411 381 - East Midlands Office  
Website: [www.home-start.org.uk](http://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](http://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](http://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](http://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](mailto:family@leics.gov.uk)  
Website: [www.leics.gov.uk/family](http://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](http://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](http://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](http://www.drugs.org.uk/daat)

**FRANK**  
For information on drugs and alcohol  
Website: [www.talktofrank.com](http://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](http://www.womensaid.org.uk)

**RAPE SERVICES**  
0116 255 8852  
Website: [www.rapecrisis.co.uk](http://www.rapecrisis.co.uk)

**DOMESTIC VIOLENCE**  
0116 255 0004

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

# GUIDANCE FOR PRACTITIONERS

## ASSESSMENT OF RISK

- It is important to find out about a young person's lifestyle and circumstances, therefore questions to establish a more detailed picture are important as part of any intervention.
- Ask young people about issues and satisfaction with school, home life, friendships, leisure activities/alcohol use etc. to gauge risk and safety. This will help to inform the advice and support you offer.

### Give the young person a reason to return

- It is always beneficial to arrange some kind of follow-up with a young person (especially if this is their first visit).

This could be achieved via the following:

- Asking them to let you know the outcome of a situation.
- Suggesting that they call you or you call them a few days later to see how they are.
- Issue only a few condoms so that they have a need to return.

### Promote delay / Are you ready for sex?

- Young people who have sex earlier are more likely to have unsafe sex and regret their sexual experience.

### QUESTIONS to ask to support young people with delaying early sex:

**Who do you talk to if you have a question or concern?  
For example family, friends, youth worker.**

**Are you ready to have sex?**

**Do you trust, feel comfortable with, and feel respected by this person?**

**Are you worried or anxious about any aspect of sex?**

## YOUNG PEOPLE'S RIGHT TO CONFIDENTIALITY

- Assurances of confidentiality encourage young people to access services which promote their safety and well being and which encourage them to develop safe and responsible relationships.
- NB: In considering disclosures of information to other agencies, practitioners should balance the young person's right to privacy and confidentiality and the degree of current/likely harm against what any such disclosure is likely to achieve and the potential benefits to the young person's well-being (Best Practice Guidance 2004).
- Except in the most exceptional circumstances, disclosures should only follow consultation with the young person which includes offering to support them with a voluntary disclosure.

### Some IDEAS of things to say:

**(As practitioners) We are here to listen, not to tell.**

**Confidentiality means that we will not tell any of your friends, family, doctor, teachers or other agencies that work with you, without your permission.**

**However, please be aware that in very extreme circumstances we may have to tell someone if your (or somebody else's) health and/or well-being would otherwise be at serious risk.**

**If you have any worries or questions about confidentiality, please don't hesitate to ask us.**

## SEX AND THE LAW

### Children aged 13-15

- In England, Wales and Scotland, young people must be 16 before they can legally consent to sexual activity.
- HOWEVER, it is not intended that the Law should be used to prosecute mutually agreed teenage sexual activity between two young people of a similar age unless it involves abuse or exploitation. The Sexual Offences Act 2003 and the Dept of Health Guidance 2004 supports confidential services for under 16s in accordance with the principles of the Fraser Guidelines.

### Children under the age of 13

- Intentional sexual touching of a young person under the age of 13 is an absolute offence with no defence.
- Penetrative sex with a child under 13 is automatically classed as rape, regardless of the rapist's age.
- All concerns about sexual activity with under 13s must be discussed with your agency's child protection lead. Where the allegation concerns penetrative sex or other intimate sexual activity, there is always reasonable cause to suspect that a child is suffering or is likely to suffer harm and there is a presumption that the case will be reported to Children's Social Care.
- All cases involving under 13s should be fully documented and include detailed reasons where a decision is taken not to share information (Working Together to Safeguard Children 2006).

### General Points to remember

- The Sexual Offences Act 2003 is designed to protect the safety and rights of young people and to make it easier to prosecute people who pressure or force others to have sex they don't want.
- Practitioners who act with the purpose of preserving the physical safety of young people and protecting them from pregnancy and sexually transmitted infection are not liable to prosecution.
- In England & Wales the same laws apply to heterosexual and homosexual activity. Offences can be committed by anyone, male or female, over the age of 10 (the age of criminal responsibility).