

Directory for Professionals

Essex, Thurrock and Southend Teenage Pregnancy Strategies

Introduction

This directory seeks to meet the information needs of a wide range of professionals who come into contact with young people, who may have needs around the issues of teenage pregnancy.

It serves to back up the work contained in the teenage pregnancy strategies in Thurrock, Southend and Essex and recognises that young people move between different areas and that professional staff in the Voluntary Sector, Social Services, Housing, the Youth Service and Health need to be able to direct young people to sources of advice and support.

The area information relates to the borough or district, in which a service operates or serves. If unsure, contact the service for clarification.

Contents

This directory contains discussion on different issues faced by young people from initial contact with professionals, which may be in relation to a new pregnancy to issue such as continuing education and parenting, following delivery.

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with thanks to Bedfordshire Health Authority, for agreeing to allow us to use the format and contents of, **Next Steps: Teenage Pregnancy Directory** as a basis for this directory.

Confidentiality

Young people are entitled to confidentiality even if they are under 16yrs

If a professional has a duty of confidentiality, it means that he or she must not disclose anything learned from a person who has consulted him or her, unless in the most exceptional situations when the health, safety or welfare of that person, or others would otherwise be at grave risk. The decision whether to break confidentiality depends on the degree of current or potential harm, not on the age of the person.

This would only be done after discussion with the person involved.

Improving young people's trust in the confidentiality of services should help to remove one of the main obstacles that deter some teenagers from seeking early advice. Currently the vast majority of British teenagers have sex before they seek any advice on contraception or sexually transmitted infections. One study found that 50% used no contraception at first sex.

In one study, teenagers expressed the following concerns,

- Deliberate breaches, believing a doctor would have to tell the parents of a girl, under 16, if she revealed she was pregnant.
- Informal, inadvertent breaches, where a recent visit to a service may be mentioned in passing to a parent.
- Gossiping staff, particularly relevant to smaller rural communities.
- Confidential information sent by post being intercepted by parents.

Confidentiality is more than a written policy.

Publications, containing background information, which may assist:

1. **“Consent A Guide for children and Young people”** <http://www.doh.gov.uk>
2. **Royal College of General Practitioners: Confidentiality Toolkit**
<http://www.rcgp.org.uk/>

Initial contact

You may be the first point of contact for a young person who has a problem. If you are a teacher, youth worker or nurse, you may not have the information to help guide them but the directory should help you.

Please read on, the information is out there.

Sex and Relationship Education

One of the factors leading to high rates of teenage pregnancy is lack of knowledge. Some young people lack accurate knowledge about contraception, sexually transmitted infections, what to expect in a relationship and what it means to be a parent. There are a number of different settings in which this knowledge can be improved, eg

- Schools, both primary and secondary.
- In the home by parents, guardians and carers.
- In informal settings such as detached youth work.
- In prisons and children's homes with children who may have missed schooling.

Contacts for further support and information

<p>Essex Learning & Social Care, Great Baddow Curriculum Development Centre, Duffield Road, Great Baddow, Chelmsford CM2 9SW.</p> <p>Tel - 01245 494291</p>	<p>Support and advice to develop curriculum and staff in all aspects of Personal, Social and Health Education. Links to Essex and Southend Healthy Schools Scheme.</p>
<p>Thurrock Children Education & Families Authority, Civic Offices, New Road, Grays RM17 6SL.</p> <p>Tel - 01375 652652</p>	<p>Support with curriculum development. Links to Thurrock Healthy Schools Scheme. Links to Thurrock Youth Service.</p>
<p>Southend on Sea Council, Children and Learning, Civic Offices, Victoria Ave, Southend on Sea SS2 6ER.</p> <p>Tel - 01702 215025</p>	<p>Support with curriculum development. Links to Essex and Southend Healthy Schools Scheme.</p>
<p>South East Essex Health Promotion Team, 12 Castle Road, Rayleigh SS6 7QF.</p> <p>Tel - 01268 464500 www.see-pct.nhs.uk</p>	<p>Support with curriculum development, work within prison settings. Training & policy development for a range of staff groups. Access to health promotion library and leaflets. Website under development.</p>
<p>Designated Looked After Children's Nurse, Great Oaks Clinic, Great Oaks, Basildon.</p> <p>Tel 01268 522401 or 07980 731905</p>	<p>Work covers Basildon, Brentwood, Castle Point and Rochford to support work in residential & foster care settings. Offers advice & information on sex & relationships education and access to sexual health services.</p>
<p>Designated Looked After Children's Nurse, South Ockendon Health Centre.</p> <p>01708 852205</p>	<p>Holistic work with looked after children in Thurrock to address health needs. Offers advice and information on sex & relationship education & access to sexual health services. Puberty Bag for 9-12yrs & 12-16yrs with range of information.</p>
<p>Designated Looked After Children's Nurse South East Essex PCT Harcourt House Harcourt Avenue</p>	<p>Works in partnership with local authority to support health needs. Offers advice and information on SRE and access to sexual health services. Undertaking health assessments and distributes local</p>

Southend-on-Sea Essex SS2 6HE 01702 224600	puberty pack.
CSN Consultancy Hophouse, Colchester Rd., West Bergholt CO6 3TJ Tel - 01206 241556	Commissioned to lead the Essex & Southend Healthy Schools Initiative & implement work on Sex & Relationship Education work with primary & secondary schools. Work on APAUSE programme.
School Health Advisors Braintree – 01376 567013 Witham Health Centre 01376 302740 Halstead Hospital 01787 291034	Support, advise & assist teaching staff in the delivery of sex & relationship education. Offer advice to students & teaching staff on sexual health matters via school drop-in sessions.
Health Improvement Specialists at Harlow Primary Care Trust 01279 694747	Offer advice, information, training & policy development for a range of staff groups. Access to health promotion library and leaflets.
School Nurses: Maldon Clinic South Woodham Ferrers Clinic Burnham on Crouch Clinic Thurrock	01621 727200 01245 318300 01621 727600 01708 853295
Lesley Clubb, SRE Advisor Department of Children and Learning Civic Centre Victoria Avenue Southend-on-Sea Essex SS2 6ER 01702 215948	Support and advice to schools on SRE – policy and delivery
C2U School based Health Service Grays Health Centre 01375 372555	C2U provide an on-site school based health service. The weekly, drop-in service offers young people the opportunity to seek advice and support from either a Health Professional or a Youth Worker

Publications, containing background information, which may assist:

1. **Sex and Relationships.** Office for Standards in Education, London (2002).
2. **DFES Guidance on Sex and Relationship Education.** Department for Education and Science, Nottingham (2001).
3. **SRE and Parents.** Department for Education and Science (2001).
4. **Sex & Relationship Education in Youth Offending Institutions.** Sex Education Forum, London (2002).

Contraceptive services

These services provide a range of services for both adults and young people and are available. In range of settings, including family planning clinics, GP surgeries and pharmacies. Listed below are some of the services available in specialist young people's contraceptive services:

- Free, confidential services designed for young people.
- Contraceptive supplies, e.g. condoms
- Emergency contraception
- Pregnancy testing, advice and support
- Advice on range of sexual health matters including sexually transmitted infections, breast and testicular self-examination.
- Support and advice on diet.
- Referrals to other useful agencies.

In addition, the contact numbers, listed below, will provide appropriate points of contact outside normal clinic session times.

Please see the information box below for details of the nearest services.

Emergency contraception (Levonelle 1500 is now 1 pill)

If a young person comes to you within a few days of having unprotected sex, they may be within the time limit for emergency contraception to be effective.

- The Emergency contraception pill can be taken up to 72 hours (3 days) after unprotected sex but is more effective if taken as early as possible.
- Emergency contraception can be obtained from a GP, contraceptive service or family planning clinic.
- Emergency contraception is available to those over 16yrs at most chemists to buy over the counter and costs £25. All pharmacies are supplied with details of all the available contraceptive services, where emergency contraception is obtainable free of charge and for those under 16yrs.
- Emergency contraception is available to those under 16yrs, without the need for parents to be informed, although this would be encouraged.
- An IUD (coil) may be fitted within 5 days of having unprotected sex or within 5 days of the earliest expected date of ovulation in the case of multiple exposures.
- There is a misconception among some young people that the 'morning after pill' is an abortion pill & can be taken after 72 hours, or will induce a late period.

A young person will have to make an emergency appointment with their GP or contact their local contraceptive service or family planning clinic. Most clinics operate on a drop in basis although some of the services are very busy at times. Some pharmacies offer a scheme to provide Emergency Contraception free to teenagers.

Pregnancy testing

If a young person thinks that they may be pregnant, they need to carry out a pregnancy test as soon as possible. Pregnancy tests can be carried out free of charge by the local contraceptive service or family planning clinic. In some circumstances it can be carried out in a GP's surgery, Genito-Urinary Medicine (GUM) services and within school based health services.

Alternatively they can go to a pharmacy and buy a home pregnancy test and the results will take a few minutes. The cost of the kit varies between £5.00 and £12.00. The levels of pregnancy hormone (HCG) are not normally detected by a pregnancy test until 2 weeks after conception.

Negative result

If a young person discovers they are not pregnant, it is important that they are offered counselling and advice on their long term contraceptive needs and sexual health. They may also need specific information and guidance on sexually transmitted infections.

All the services listed below offer free and confidential advice and information to support young people.

Alternatively the young person can consult a general practitioner. A young person can register with any doctor of their choosing for contraceptive advice only.

Positive result

If a pregnancy test result is positive, the young person will need to see a doctor or attend a contraceptive service or family planning clinic to discuss their options. The young person will have 3 options,

1. To continue with the pregnancy and keep the baby.
2. To continue her pregnancy and have the baby adopted.
3. To have a termination (maximum time limit is 24 weeks).

<p>Basildon & Thurrock-Young People's Advisory Service Basildon & Thurrock (YPAS)</p> <p>Tel -01268 592396</p> <p>www.younghealth.co.uk</p>	<p>Young people's clinics operated across Basildon and Thurrock, 5 days a week. Please ring for clinic times and locations.</p> <p>Available: Contraceptive advice. Emergency contraception. Free condoms.</p> <p>Pregnancy tests. Sexual health advice & information. NHS termination referral</p>
<p>Basildon -Great Oaks Clinic, Great Oaks, Basildon.</p> <p>Tel - 01268 522401 or 01268 592350</p>	<p>Work covers Basildon, Brentwood, Castle Point and Rochford to support work in residential & foster care settings. Offers advice & information on sex & relationships education and access to sexual health services</p>
<p>Braintree - WJC Hospital, London Road, Braintree Genito Urinary Medicine Clinic 01245 513086</p>	<p>Sexual Health clinic. Sexual Health advice and Information HIV and AIDS testing. Free condoms, emergency contraception. Psychosexual counselling</p>
<p>Brentwood -The Hermitage Health Shop, Shenfield Road, Brentwood CM15 8AG.</p> <p>Tel - 01277 249300/306</p> <p>www.get-real-information.com hermit.health@nhs.net</p>	<p>Available: Contraceptive advice. Emergency contraception. Free condoms.</p> <p>Pregnancy tests. Sexual health advice & information. NHS termination referral</p>
<p>Brentwood -Contraceptive and Reproductive Health Service, High Wood Hospital, Geary Drive, Brentwood CM15 9DY.</p> <p>Tel - 01277 302550 or 01708 796728</p>	<p>Young Peoples Clinic. Free confidential advice and full contraception service. Doctor and Nurse available.</p>
<p>Burnham -Burnham Clinic 33 Crouch Road Burnham on Crouch 01621 727333</p>	<p>24 hour Sexual Health and Family Planning advice</p>
<p>Cambridge -Addenbrookes Dept of Genito Urinary Clinic 1A Hills Road Cambridge CB2 2Q 01223 217774/217239.</p> <p>(S.H.A.C) Teenage Sexual Health Clinic Tel 01223 217774 or 217239</p>	<p>Condom dispensary 6 days a week via youth workers. Access to telephone support and information.</p> <p>Nurse led young people's clinic, Saturday 11.00 a.m. – 2.00 p.m. Free & confidential service including pregnancy testing & emergency contraception.</p>
<p>Chelmsford - Central Clinic New London Road Tel - 01245 318640</p>	<p>Young people's free and confidential advice & full contraception service.</p>
<p>Canvey Island -Images Centre for Young People 21 – 24 Furtherwick Road Canvey Island Tel - 01268 512148</p>	
<p>Chelmsford - Genito Urinary Clinic. St Johns Hospital, Wood St., Chelmsford CM2 9BG.</p> <p>Tel - 01245 513086</p>	<p>Genito-Urinary medical services, including diagnosis & treatment of sexually transmitted infections. Appt. only</p> <p>Monday appt only. Can self refer.</p>
<p>Clacton -Family Planning Clinics Clacton Clinic – OPD Clacton Hospital, Wed. 6.00 p.m. – 8.00 p.m. Young person's drop-in, Mon. 5.45 – 6.45 p.m. Tel - 01255 201717</p>	<p>Body & Soul: Saturday 12 midday – 4.00 p.m. Drop-in contraceptive service for young people under 21yrs. No appointment needed.</p>

<p>Clacton -Department of Sexual Health (Genito Urinary Medicine Clinic) Clacton District Hospital</p> <p>Tel - 01206 744459. Colchester, Essex County Hospital</p> <p>Tel - 01206 744455</p>	<p>Genito-Urinary medical services, including diagnosis & treatment of sexually transmitted infections. Open, Mon 2.30 – 7.00 p.m., Tues 9.30 – 12.00 midday, Wed 2.30 – 7.00 p.m., Fri 9.30 – 12.00 midday. Appointments preferred.</p>
<p>Colchester -Family Planning Services Colchester Cornerstone, 5/7 Sir Isaac's Walk, Colchester CO1 1AQ General enquiries Tel - 01206 747815 (before 12 midday)</p>	<p>Available: Contraceptive advice. Emergency contraception. Free condoms. Pregnancy tests. Sexual health advice & information. NHS termination referral</p>
<p>Family planning answer line North East Essex 01206 868686</p>	<p>A 24 hr answer line giving details of all the clinics in North East Essex for that week.</p>
<p>Colchester -Youth Enquiry Service Ltd 45-46 East Stockwell Street Colchester CO1 1SR 01206 710 771 www.colchesteryes.org.uk</p>	<p>Family Planning 'drop in' Friday 2.00 p.m.- 4.00 p.m. Young People's Service Wednesday 3.30 - 5.30 p.m. Saturday 10.30 a.m. -12.30 p.m.</p>
<p>Family Planning Clinics Colchester, Greenstead Clinic – St Edmunds Centre, Thurs, 4.30 p.m. – 6.30 p.m. Essex County Hospital, Monday 6.00 p.m. – 8.00 p.m.</p> <p>Tel - 01206 868686 Colchester General Hospital, Gynae OPD-IUD clinic, by appointment.</p> <p>Tel - 01206 747815. Monkwick Clinic 1st & 3rd Tues. 6.00 p.m. – 8.00 p.m.</p>	<p>Available: Contraceptive advice. Emergency contraception. Free condoms. Pregnancy tests. Sexual health advice & information. NHS termination referral</p>
<p>Epping Forest – Family planning clinics, Rectory Lane Health Centre, Loughton IG10 3RU. 020 8272 4600. The Cedars Health Centre, 13 Sewardstone Rd., Waltham Abbey EN9 1NP. 01992 760400</p>	<p>Sex advice & information. Emergency contraception and pregnancy testing. Free condoms to those under 25yrs. Appointment only at Loughton.</p>
<p>Epping Forest – Condoms. Epping Youth Service, 23 St John's Rd., Epping CM16 5DG 01992 575522 Epping Forest College, Borders La., Loughton IG10 3SA. 0845 120 4809 The River Surgery, 16 Rous Rd., Buckhurst Hill IG9 6BN. 020 504 7364 The Forest Practice, 26 Pyrles La., Loughton IG10 2NH. 020 8508 4580 The Limes Medical Centre, The Plain, Epping CM16 6TL 01992 566501 The Surgery, 18 Palmerston Rd., Buckhurst Hill. IG9 5LT</p>	<p>Free condom provision for under 25s. Additional services available at Epping Forest College include childcare & Student Services. Additional services available at Epping Youth Service including information & support services</p>
<p>Epping Forest - Waltham Abbey Young Person's Information Centre, 38 Sun Street, Waltham Abbey, EN9 1EJ 01992 788305</p>	<p>Sexual health advice, information & support to young people, 13 –25 yrs. Pregnancy testing, free contraceptives, emergency contraception, smear tests, test for Chlamydia & referrals for terminations. Drop in or make an appointment.</p>
<p>Halstead Family Planning Clinics</p>	<p>Emergency Contraception. Free Condoms and</p>

<p>Halstead Clinic – OPD Halstead Hosp. 1st and 3rd Tuesday – 01787 291034</p> <p>GUM Clinic – Friday 2pm – 4pm Tel 01787 291041</p> <p>Teen talk, Young People’s Clinic, Cliff Rd., Harwich</p> <p>Tel – 01255 504800</p>	<p>Pregnancy Testing. Sexual Health Advise and Information. NHS termination referral</p>
<p>Halstead -Department of Sexual Health (Genito Urinary Medicine Clinic) Halstead Hospital 01787 291041.</p>	<p>Available: Sexual health clinic. Sexual health advice & information. HIV/AIDS testing. Free condoms. Emergency contraception. Psychosexual counselling. NHS termination referral.</p>
<p>Harlow – Health Service at Young People’s Information Centre, Occasion Ho., Playhouse Sq., Harlow (nurse), Tel - . 01279 625735 446815 (reception)</p>	<p>Sexual health advice, Information & support to young people, 13 –25 yrs. Pregnancy testing, free contraceptives, emergency contraception, smear tests, test for Chlamydia & referrals for terminations. Drop in or make an appointment.</p>
<p>Harlow - Family Planning Clinic, Harlow, Tel - 01279 694902 or 694915 (out of hours).</p>	<p>Offers emergency contraception, pregnancy testing, contraception, condoms, referral for termination & smear tests.</p>
<p>Harlow - NHS Walk-in Centre, 1a Wych Elm, Harlow CM20 1QP. Tel - 01279 694775</p>	<p>Supplies emergency hormonal contraception, free pregnancy testing & free condoms. Open Mon – Fri 7.00 a.m. – 10.00 p.m. Sat & Sun 9.00 a.m. – 10.00 p.m.</p>
<p>Harlow -Department of Sexual Health, Galen Ho., 4th Ave., Harlow CM20 1DU Tel - . 01279 694901</p>	<p>Genito-Urinary medical services including pregnancy testing, free condoms, diagnosis & treatment of sexually transmitted infections. Walk-in on Tues 8.30 – 11.30 a.m., Thurs. 8.30 – 11.30 a.m., Fri 8.30 – 11.30 a.m. By appointment at other times.</p>
<p>Information line for all young people’s and family planning services in Maldon, South Woodham Ferrers, Burnham on Crouch & Danbury. 01621 727333 Family Planning. Wantz Chase, Maldon 01621 727200, Crouch St. Burnham 01621 782656. Merchant St., SWF 01245 318300</p>	<p>Contraceptive advice, emergency contraception, free condoms, pregnancy tests with referral, NHS termination referral & sexual health advice & information.</p>
<p>Maldon -Department of Sexual Health (Genito Urinary Medicine Clinic) Maldon, St Peter’s Hospital 01245 513086</p>	<p>Available: Sexual health clinic. Sexual health advice & information. HIV/AIDS testing. Free condoms. Emergency contraception. Psychosexual counselling. NHS termination referral.</p>

<p>Orsett -Sexual Health Service, Anthony Wisdom Centre for Sexual Health, Orsett Hospital Rowley Road, Orsett, Grays RM16 3EU. 01268 592214</p>	<p>Full contraceptive and genito-urinary medical services across Basildon and Thurrock. Diagnosis and treatment of sexually transmitted infections.</p>
<p>Romford - Contraceptive and Reproductive Health Service, Romford Clinic, 40 Main Road, Romford RM1 3BS. 01708 796728 Helpline – office hours</p>	<p>Base for services offered in Brentwood area. Full contraceptive services & pregnancy testing available</p>
<p>Southend – Kingsley-Ward Centre, Contraception and Sexual Health Services, Warrior House, 82 Southchurch Road, Southend on Sea SS1 2LZ. 01702 577110</p>	<p>Service offered 6 days a week in Southend, Castle Point and Rayleigh areas. Includes specific young peoples sessions. Chlamydia screening. Service open in Southend, Monday – Thursday 9.00 a.m. – 8.30 pm, Friday 9.00am – 5.30pm and Saturday 11.00 a.m. – 1.30 p.m.</p>
<p>Southend - Department of Genito-Urinary Medicine (GUM), Southend Hospital, Prittlewell Chase, Westcliff on Sea SS0 0RY. 01702 221235 (male) / 01702 221234 (female)</p>	<p>.</p>
<p>Thurrock – Young Peoples Advisory Service – 01268 592396</p> <p>Connexions Centre – Orsett Rd (Tuesdays 3pm – 4.30pm) Stanford Clinic Wharf Rd (Tuesdays 5.30pm – 7.30pm) Tilbury Health Centre London Rd (Thursdays 5.30pm – 7.30pm) Grays Health Centre Brook Rd (Fridays 5.30pm – 7.30pm)</p>	<p>Young people’s clinics operated across Basildon & Thurrock YPAS clinics offer C-Card Scheme / Free Condoms for under 20s / Free emergency contraception for under 19s.</p> <p>Visit www.younghealth.co.uk to find out more</p>
<p>Uttlesford - Access to termination services in contact, Princess Alexandra Hospital Broomfield’s Hospital Addenbrooke’s Hospital</p>	<p>01279 444455 01245 440761 01223 245151</p>
<p>Witham - Family Planning Clinics Health Centre Monday evening only 6.30 – 8pm Tel - 01376 302740</p>	<p>Available: Contraceptive advice. Emergency contraception. Free condoms. Pregnancy tests. Sexual health advice & information. NHS termination referral</p>
<p>Sexwise helpline. 0800 282930 www.ruthinking.co.uk</p>	<p>Information, advice and referrals for 12 - 18 year olds on safer sex, contraception, sexual development, relationships and peer pressure.</p> <p>Website offering information and a nationwide database of sexual health services for young people</p>

Publications, containing background information, which may assist,

1. **Guidance for field social workers, residential social workers and foster carers on providing information and referring young people to contraceptive and sexual health services.** Teenage Pregnancy Unit, Department of Health, London (2001).
2. **Guidance for youth workers on providing information and referring young people to contraceptive and sexual health services.** Teenage Pregnancy Unit, Department of Health, London (2001).
3. **Guidance for youth support workers (which covers a whole range of professional working with young people)** Enabling young people to access contraceptive and sexual health advice (DfES 2005)

Termination of pregnancy

If a young person decides on termination, it should be arranged as soon as possible. The services listed below are able to discuss the issues and provide clear, non-judgemental information to help with the decision and to explain the different types of termination available.

The NHS will carry out terminations by referral from a GP, contraceptive service, family planning, Young People's Health Advisory Service or Genito-Urinary Medicine clinic. Please refer to the earlier list, containing information on sexual health services.

Alternatively the young person can seek a private termination. Private clinics charge about £400 - £750. The longer the pregnancy continues, the more expensive the procedure will become.

You can contact the following clinics.

NHS terminations	See local sexual health services listed above or contact GP
Marie Stopes. 0845 300 8090	Monday – Friday 8.00 a.m. – 10.00 p.m., Saturday & Sunday 8.00 a.m. – 6.00 p.m.
British Pregnancy Advisory Service. 08457 304030	Monday – Friday 8.00 a.m. – 9.00 p.m., Saturday 8.30 a.m. – 6.00 p.m., Sunday 9.30 a.m. – 2.30 p.m.

Continuing with pregnancy

If a young person decides to continue with their pregnancy and keep the baby, there are many points of contact to help support them.

Firstly the young person should contact her GP or midwife. This will ensure that she receives appropriate advice and care during her pregnancy and birth. A midwife can be contacted through the GPs surgery or through the local Maternity Unit. Midwives provide care for women and their babies throughout pregnancy, during and up to 28 days after birth.

A health visitor will then take over from the midwife. The health visitor is a nurse, who will support the mother in the care and development of the baby until the child is 5 years old. The support and care is provided on an individual basis, without reference to the age of the parent. The health visitor will work with the parent and others involved in the child rearing.

Basildon Ante-natal Clinic	01268 593825
Braintree, William Julian Courtald	0124 440761
Chelmsford labour ward	01245 513056
Chelmsford Ante-natal ward	01245 513086
Colchester General Hospital Ante-natal	01206 742483
Colchester Community Midwifery team	01206 742473
Halstead Hospital	01787 291032
Harlow Maternity Unit	01279 827108
Harold Wood Ante-natal clinic	01708 516097
St Peter's Maternity Unit, Maldon	01621 875305
Southend Maternity Unit	01702 221200
Witham Health Centre	01376 302746

Adoption

Adoption provides a child with new legal parents who take over the responsibilities of bringing up that child. Once made, an adoption order cannot be revoked. If the young person is thinking of adoption they, or their midwife, should contact the adoption team in their local social services department. The young person can talk in confidence to an adoption worker about what is involved.

There is ample opportunity to discuss the issues of concern with professionals. Nothing definite will be arranged until after the birth of the baby.

Southend on Sea, Department of Social Care First Contact Team	01702 534490
Family Finders Southend Adoption Service	01702 354366
Thurrock Social Services, Adoption	01375 652618
Essex Social Services – Helpline	0845 6037630
Essex Adoption Teams	South (Basildon, Rochford, Castle Point & Chelmsford) 01268 643547 West (Harlow, Epping Forest, Uttlesford & Brentwood) 01279 434641 North (Colchester, Braintree and Tending) 01206 266400 Central (overseas) 01376 516767
The Lighthouse Family Trust, Mackmurdo ho., 79 Springfield Rd., Chelmsford CM2 6JG. Tel 01245 494838	Counselling service for those who are pregnant & thinking about adoption.
British Association for Adoption and Fostering, Skyline Ho., 200 Union St., London SE1 0LX	0207 4212600 www.baaf.org.uk email mail@baaf.org.uk
Barnardo's New Families Project, 54 Head Street, Colchester CO1 1PB,	01206 562438

Benefits and Rights

A young person may be able to claim child benefit regardless of age and may also be entitled to free NHS prescriptions. There may be help available with the cost of formula milk, hospital fares and vitamins.

The local council, dependant on circumstances, can pay Housing Benefit to meet the costs of accommodation. Forms are available at all council outlets, job centres and social security offices.

<p>Department for Work & Pensions: Jobcentre Plus, Essex</p> <p>Tel - 0845 602 1614</p> <p>www.dwp.gov.uk</p> <p>Jobcentre Plus</p> <p>www.jobcentreplus.gov.uk</p>	<p>Contact number to claim any benefits or seek work in the Essex area. The benefit a young person receives depends on their age and circumstances. An interview will take place to determine entitlement.</p>
<p>Lone Parent Advice Southend-on-Sea Rayleigh Canvey Island</p> <p>Tel -01702 222300 (main switchboard)</p>	<p>Ask for Lone Parent Advisor and/or Benefits advice for 18s and under.</p>
<p>Child Support Agency</p> <p>Tel - 0845 7133133.</p>	<p>This agency assists in obtaining financial benefit from absent parents. All the young person needs is their National Insurance Number when they phone. All relevant forms will be sent out.</p>
<p>Citizens Advice Bureau Basildon 0870 1264042 Benfleet, Council Offices, Kiln Road ⇒ ring Castle point & Rochford 01268 511889 Billericay 01277 651858 Brentwood 01277 222888 Braintree 08701 264065 Canvey Island 01268 511889 Chelmsford 01245 257144/354720 Clacton on Sea 08707 510952 Colchester 0870 1212033 Debden ⇒ ring Loughton 020 8502 0031 Epping 01992 574989 Great Dunmow 01371 86593 Halstead 0870 1264065 Harlow 01279 425694 Loughton 020 8502 0031 Maldon 0870 1264019</p>	<p>Provides a free and impartial service of information, guidance and support.</p>

<p>Ongar, Parish ⇒ ring Epping Rayleigh 01268 770782 Rochford 01702 545552 Saffron Walden 01799 526582 Southend 01702 610610 Thaxted, 7 Town Street. Fri 10 – 1 ⇒ ring Uttlesford 01799 526582 Thurrock 0870 1264034 Waltham Abbey 01992 710353 Wickford 01268 732094 Witham 08701 264065 www.nacab.org.uk</p>	
<p>Basildon Community Resource Centre, 1 The Gore, Basildon SS14 2EA. 01268 450040. Monday – Friday 9.00 a.m. – 5.00 p.m.</p>	<p>Service offering advice and information on issues such as housing, benefits, job hunting (form filling and suit bank), numeracy and literacy classes.</p>
<p>Welfare Rights Service Tel - 01376 557826</p>	<p>Benefits & debt advice in the Braintree District area</p>
<p>Colchester Youth Enquiry Service Ltd 45-46 East Stockwell Street, Colchester CO1 1SR. Tel - 01206 710 771 www.colchesteryes.org.uk</p>	<p>Benefits & rights - specialist advice worker</p>
<p>Young People’s Information Centre, Harlow, Occasion Ho., Playhouse Sq., Harlow. Tel - 01279 446815 (reception)</p>	<p>Offers advice on welfare rights, benefits & careers.</p>

Accommodation

A young person cannot usually hold a tenancy until the age of 18yrs. If the person is under 16 and cannot live at home then social services need to be contacted. If the young person is 16yrs, 17yrs or older, their local council housing department should be contacted for information and advice.

Basildon Housing Department – for those applying for housing www.basildon.gov.uk	01268 294099
Basildon Housing Assessment Line – for those who are homeless	01268 294342
Basildon Community Resource Centre, 1 The Gore, Basildon SS14 2EA. Also known as “The Triangle”	01268 450041. Monday – Friday 9.00 a.m. – 5.00 p.m. Doors open until 4.30 p.m. Service offering advice and information on issues such as housing, benefits, job hunting (form filling, cv service and suit bank), numeracy, literacy classes & library. Free condoms issued.
Braintree District Council Housing Advisory Service	01376 552525 01376 552525 x2113
Braintree District Council Housing Benefit & Council Tax www.braintree.gov.uk	Main number 01376 552525 Ext 8707 for Braintree, Witham and Halstead areas
Brentwood , Homelessness section www.brentwood-council.gov.uk	01277 312500
Castle Point Homelessness Section www.castlepoint.gov.uk	01268 882324
Chelmsford Homeless Section www.chelmsfordbc.gov.uk	01245 606644
Colchester Borough Council Homelessness Section, The Housing Advice Centre, High Street, Colchester www.colchester.gov.uk	01206 282555
Epping Forest Housing Benefit & Homelessness Sections, Civic Offices, High Street, Epping CM16 4BZ www.eppingforestdc.gov.uk	Main number 01992 564165 www.eppingforestdc.gov.uk
Harlow Council’s Housing Department www.harlow.gov.uk	01279 446655
Maldon Housing Advice www.maldon.gov.uk	01621 875742 or 875820
Rochford ’s Homelessness Section www.rochford.gov.uk	01702 318069 or 318158
Tendring District Council Homelessness Housing enquiries www.tendringdc.gov.uk	01255 686498 01255 686439 or 686444
Thurrock Housing Department www.thurrock.gov.uk	01375 652880
NACRO Parent and Child Project Station House, Grays	01375 399933
Thurrock Social Services	01375 652956

Social.care@thurrock.gov.uk	
Southend on Sea Borough Council, Department of Social Care, Homeless Section www.southend.gov.uk	01702 534646
Westcliff-on-Sea. Homeless Centre, 59 Valkyrie Road	01702 430696. Outreach worker for under 18s. Drop-in Service, 9.00 a.m. – 6.00p.m., Monday - Friday.
Uttlesford Housing Department www.uttlesford.gov.uk	01799 510376
Essex Refuge	01245 493114
Shelter. Advice and information. www.shelter.org.uk	0845458 4590

Support for parent(s) and child

There are many organisations and groups that can help support young parents after they have had a baby to enable them to support and care for the child and support themselves.

Voluntary groups

Relate South Essex Area. Covering Brentwood, Basildon, Chelmsford, Hadleigh, Hornchurch, Rochford, and Southend Tel 0845 270940 www.relate.org.uk	Charity providing counselling, sex therapy, relationship education and training to support couple and family relationships throughout life.
Young People's Counselling Service, The Hermitage 15 Shenfield Road Brentwood - Tel - 01277 230831	Counselling on a wide range of issues for young people.
South Essex Rape & Incest Crisis Centre – covering: Thurrock, Brentwood, Basildon, Billericay and Wickford Tel – 01375 380609 www.thurrock-community.org.uk/sericc	Support, information and counselling for woman and girls who have experienced any form of sexual violence.
Colchester Rape Crisis Line. Helpline 01206 769795. Wed 7.30 – 9.30 p.m. & Sun 2.00 – 4.00 p.m. Admin 01206 367881. Family Support 01206 542123. Youth Support 01206 543577. Email info@crcl.org.uk www.crcl.org.uk	Offer support information & counselling for women & girls who have experienced any form of sexual violence. Also offer training & presentations to interested agencies.

Young Concern Trust – Counselling service, Harlow . 01279 414090	Provides one to one short term counselling on a range of issues. Referrals from statutory & voluntary agencies including self-referrals. Free & confidential.
Open Door 13-19 Fairycroft, Saffron Walden 01799 525144	Young People’s Counselling Service (by appointment only)
Thurrock MIND . Bridge Rd, Grays 01375 391411	Provides 1:1 and group sessions for a range of problems

Teenage pregnancy & parenting programmes

STEPPS, Chelmsford 01245 354873	Supporting Teenagers & Encouraging Positive Parenting Skills. Provides parenting groups, entry into employment, training & support.
Colchester Youth Enquiry Service Ltd 45-46 East Stockwell Street, Colchester CO1 1SR. 01206 710771 www.colchesteryes.org.uk	Support for parents & child – specific link worker, plus support & counselling services.
Step Parenting Project, Epping Clinic , St. Margaret’s Hospital, The Plain, Epping CM 16 6TN. 01279 827508	Six-week course running 3-4 times a year, giving insight into the advantages of positive parenting.
Parent care , 76 Tower Rd., Epping CM16 5EW. 01279 827508	Relationship skills, encouraging self-esteem, confidence, anger management & assertiveness. Hold drop-in sessions at Norway House, North Weald.
Epping Community Parenting Project , Birchwood Ho., St. Margaret’s Hospital, The Plain, Epping CM16 6TN. 01279 827508	Support for parents of under 8s & their families in their role as parents. Provide confidence in existing skills & build new skills.
Open Door Grays – 24- 28 Orsett Road 01375 413740	Counselling, drug, prevention network worker, information database, advocacy service for young people in care, housing deposit guarantee scheme and mobile information shop
Spring Team – Community Midwives, Harlow . 01279 827103	Support for parents in Harlow’s Sure Start area.
Health Visitor home visiting programme , Parenting Groups / Sleep Groups / New Parent Groups in Harlow . Health Visitor Team Leader, Harlow PCT, Addison House, Hamstel Road, Harlow Telephone: 01279 698638	Parenting Groups & Sleep Groups – various times and locations. Baby massage groups, for mothers with postnatal depression. New Parent Groups for parents of first baby. Home visiting for new parents and toddlers.
Tigger Tots Young Parents Group in Harlow – Contact Young People’s Information Centre, Occasion Ho., Playhouse Sq., Harlow. 01279 446815 (reception)	Parenting Group for pregnant young people and young parents. The group meets weekly at the Young People’s Information Centre, Harlow

Parenting Support Programme in Maldon, Burnham on Crouch and South Woodham Ferrers.	Contact Health Visitor Team at: Maldon Clinic – 01621 727200 Burnham on Crouch Clinic – 01621 727600 SWF Clinic – 01245 318300
Southend on Sea Council, Children and Learning, Civic Offices, Victoria Ave, Southend on Sea SS2 6ER. 01702 534876	Teenage Pregnancy Officer provides support for young parents (under 19) to continue education and training by individual casework, group work and arranging nursery places or other suitable childcare.
Southend-on-Sea Children's Information Service – 01702 392468 southendcis@southend.gov.uk www.southendchildrencare.org	
Thurrock Reintegration Officer 01375 413777	Provides support to teenage parents and pregnant teenagers, offering support in opportunities within health, education and housing.
Bluebells, Centre Place, Warrior House, Southchurch Road Southend-on-Sea. Contact: Health Visitor Team, Kent Elms Clinic. 01702 577500	Young Mums' Group – postnatal support. Meets weekly, Tuesdays 2.00pm-3.30pm
Sure Start , Teenage Parent Group, 20 St Chads Rd, Tilbury. 01375 858243	Monday between 2.00 p.m. – 4.00 p.m. Support/activity group for teenage parents with a child under 4yrs living in Tilbury. Includes cooking, therapies, play & summer outings. Phone or drop in.
Marigold Family Resource Centre , Avenue Road, Westcliff-on-Sea. 01702 337455	Support with practical and emotional issues around parenting and relationships. Drop-in service, Monday, Wednesday and Friday, 10.00am-11.30am.
BUMPS Healthy Living Centre, Stornoway Road, Southend-on-Sea Contact 01702 435876	Ante-natal group for teen parents to be. Fridays 1.00pm – 3.00pm
Booby Tuesday Surestart, Cambridge Road Children's Centre, Southend Borough Council 01702 220810	Booby Tuesday is a group for young breastfeeding mums aged up to 21 years. The club runs every Tuesday from 11:30-1pm.

Helplines

Samaritans National 08457 909090 Chelmsford & Mid-Essex Colchester & Tendring Basildon & Thurrock Southend on Sea Herts & Essex (Ware) www.samaritans.org.uk Email jo@samaritans.org	The Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those, which may lead to suicide.
Sexual Health and National AIDS Helpline. 0800 567123	Telephone information service 24 hour service

<p>Childline 0800 1111. www.childline.org.uk</p>	<p>Childline is the free, 24-hour helpline for children and young people in the UK. Children and young people can call about any problem, at any time - day or night.</p>
<p>Families on line www.familiesonline.co.uk</p> <p>Parentline Plus Hadleigh Endway House, Endway, Hadleigh, Essex Parentline 0808 800 2222 free textphone helpline 0800 783 6783 www.parentlineplus.org.uk</p>	<p>Families on line and Parentline Plus are UK registered charities, which offer support to anyone parenting a child the child's parents, step-parents, grand parents and foster parents.</p> <p>Parentline plus sessions available at The Beehive in Thurrock</p>
<p>NHS Direct 0845 46 47 www.nhsdirect.nhs.uk</p>	<p>NHS Direct operates a 24-hour nurse advice and health information service, providing confidential information on: What to do if someone is feeling ill, particular health conditions, local healthcare services, such as doctors, dentists or late night opening pharmacies, self-help and support organisations.</p>
<p>Sexwise helpline. 0800 282930</p>	<p>National database of sexual health services for young people.</p>
<p>www.ruthinking.co.uk</p>	<p>National database of sexual health services for young people.</p>
<p>Parenting Education & Support Forum, Unit 431, Highgate Studios, 53-79 Highgate Road, London NW5 1TH. 020 7284 8370</p>	<p>The Parenting Education & Support Forum is the national umbrella organisation for those who work in parenting education and support. It brings together all those working or interested in this field, and has over 850 members.</p>

Continuing Education

There are many options for a young person or couple with a child, who wish to continue their education. If they are still enrolled at school they should contact their school through their head teacher or teacher to discuss their options.

Connexions provides universal, comprehensive and high quality support, advice and guidance to 13-19 year olds, in ways that best meet the diverse range of young people's needs. (up to 25 years for those with disabilities).

Connexions service

<p>EST Connexions Brentwood 01277 693300 Braintree 01376 557400 Basildon 01268 501300 Canvey Island 01268 683067 Chelmsford 01245 706806 Clacton 01255 254300 Colchester 01206 717100 Corringham 01375 643912 Monday p.m.</p>	<p>Range of advice and support to young people. Travel into schools and based in local offices. Age range is 13-19yrs and up to 25yrs for those with disabilities. Adults also seen for careers advice.</p> <p>Personal Advisers are able to provide young people with practical advice, support & guidance on a range of issues</p>
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<p>Grays 01375 413735 Harlow 01279 625300 Loughton 020 8532 5120 Maldon 01621 853552 Thursday a.m. Rayleigh 01268 749600 Safron Walden 01799 581670 Southend central 01702 464315 Southend west (Leigh) 01702 478426 Southend east (Shoebury) 01702 293780 Thurrock 01375 413735 Witham 01376 520776 Monday only EST Connexions, services for young people 0800 652 6350. Text 07799 131311 www.estconnexions.co.uk Email: enquiries@estconnexions.co.uk</p>	<p>that may affect their lives. They work closely with youth services, training & education providers, voluntary organisations & other agencies to provide young people with the support & motivation that they need to achieve their goals. An assessment of the young person's needs, will determine the level of support required from a Personal Adviser.</p>
<p>Connexions Direct - national Tel: 080 800 13 2 19 Text: 077 66 4 13 2 19 Web chat: www.connexions-direct.com</p>	<p>National helpline for young people. Open 8.00 a.m. – 2.00 a.m., 7 days a week.</p>
<p>Next step Essex 0800 9178790 www.nextstepessex.org.uk</p>	<p>Access to learning opportunities for adults over 20yrs</p>

Local Education Authorities

<p>Southend on Sea Council Children and Learning, Civic Offices, Victoria Ave, Southend on Sea SS2 6ER. 01702 215000 www.southend.gov.uk</p>	<p>Teenage Pregnancy Co-ordinator provides support for parents to continue education and training by individual casework, groupwork and arranging nursery places or other suitable childcare.</p>
<p>Pupil Support Services The Schools Service, PO Box 47, County Hall, Chelmsford CM2 6WN Tel. 01245 436756 Fax. 01245 436211</p> <p>The Culver Centre, Daiglan Drive, South Ockendon, RM17 5RR 01708 853781</p>	<p>Schools should make referrals to Pupil Support for tuition where appropriate. Each case will be considered on an individual basis, but generally, tuition will be provided for 6 weeks prior to and following the birth of the baby.</p> <p>Support can be in the form of financial assistance by the award of grants or loans. We can also advice and support on health matters.</p>
<p>Children, Education & Families Civic offices, New Road, Grays, Essex RM17 6GF 01375 652652</p>	<p>Support with curriculum development. Links to Healthy Schools scheme. Links to Thurrock Youth Service.</p>

Early Years and Childcare

<p>The Essex Children's Information Service, Broomfield Place, 189 Main Rd., Broomfield CM1 7EQ. 01245</p>	<p>Information available on a range of childcare options. Advice on early years education & parents/carer's entitlement</p>
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440400. Email cis@essexcc.gov.uk www.childcarelink.gov.uk	to grant funding and sign posting to related issues such as nursery education funding, childcare tax credit & special needs support services.
Care to Learn Department for Education & Skills. Young people 0845 600 2809 Professionals 0161 234 7269	The DfES will pay for childcare & other expenses for young parents 16 –18yrs, who start learning after 1 st August 2003. Call for information. After April 2004 the DfES will extend provision to those under 16yrs.
Thurrock Early Years and Play Service 01375 652827	
Southend Children's Information Service 01702 392468 email : southendcis@southend.gov.uk www.southendchildcare.org	Early years and childcare information

Colleges & universities

Anglia Ruskin University (ARU) , Bishop Hall Lane, Chelmsford, CM1 1SQ. 01245 493131 www.apu.ac.uk	Offers nursery facilities for children from 3 months to 5 years. Student Services offers assistance and advice on a range of topics such as health, careers, money & study skills.
Chelmsford College , 01245 265611 www.chelmsford-college.ac.uk	
Epping Forest College , Borders La., Loughton IG10 3SA. 020 8508 8311 www.epping-forest.ac.uk	Childcare available. Student services assist on wide range of issues including welfare & finance. Free condoms available from college nurse.
Harlow College , Velizy Avenue, Harlow, Essex, CM20 3LH. 01279 868000 www.harlow-college.ac.uk	'Guidance Services staff are able to provide a wide range of information, advice and guidance to help people continue their education, including applying for financial help with childcare, travel, equipment and other costs. Matrix Accredited.'
Palmers College – Chadwell Road Grays RM17 5TD 01375 370121	
South East Essex College , Luker Road, Southend-on-Sea SS1 1ND. 01702 220400 www.se-essex-college.ac.uk	Offer nursery facilities to all students and staff, 3 months – 5 years old. Student Support Services offers a range of assistance to help young people access education, e.g. study skills, financial help, careers, academic support.
SEEVIC , (South East Essex Sixth Form College), Runnymede Chase, Benfleet. 01268 756111 www.seevic-college.ac.uk	Sixth Form and Adult Education College.
Thurrock & Basildon College , Woodview Campus, Grays RM16 2YR.	Pre-school facilities for under 5s (not babies). Some money for childcare for

Nethermayne Campus, Nethermayne, Basildon, SS16 5NN. 0845 601 5746 www.tab.ac.uk	teenage mothers. Looking at developing individual packages to facilitate entry onto courses.
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Youth services

Essex County Council Youth Service , PO Box 47, County Hall, Chelmsford CM2 6WN. 0845 7430430	
Basildon Locality Youth Office, The Knares, Basildon, SS16 5RX 01268 548651	Basildon Locality offers a range of services for young people aged 13 – 19yrs. It has 5 youth centres, a mobile youth centre, detached team & Youth Contact Centre. A range of self-development programmes is available including alternative education.
The Hermitage Site (Brentwood Locality), 15 Shenfield Road, Brentwood CM15 8AG. 01277 249300. www.get-real-information.com www.brentwood-youth.com . Office open, Monday – Friday, 10.00 a.m. – 4.00 p.m., please call for details of services offered.	Information & Support service, Monday - Wednesday & Friday 1.00 p.m. – 2.30 p.m. Range of services includes, Young People's Forum, Youth Arts Forum, alternative education, Duke of Edinburgh's Award, live music venue, theatre, cyber café, study support and contraceptive service.
Castle Point Locality Youth Office, Hadleigh Youth Centre, 114 Benfleet Road, Hadleigh, Benfleet SS7 1QH. 01702 551897 or 556622.	
Epping Youth Service, 23 St. Johns Rd, Epping CM16 5DG. 01992 575522	Sex & relationship advice. Provision of barrier protection for young people aged 16yrs+
Harlow Youth Service, The Square, Fourth Avenue, Harlow, CM20 1DW, 01279 866161	Part of the C-Card scheme (condom provision) in Harlow
Maldon Locality Youth Office, Carmelite Way, Maldon CM9 5GF. 01621 841099	Offers a range of learning opportunities & challenging experiences. Encourages personal & social development against inequality & prejudice in society.
Rochford Locality Youth Service, Rayleigh Youth Centre, Fitzwimarc School, 72 Hockley Road, Rayleigh SS6 8EB. 01702 775478.	Aims to provide a wide range of learning opportunities & challenging experiences for young people. Promotes personal and social development against inequality and prejudice in society.
Essex Youth Services, Fairycroft Rd., Uttlesford . 01799 523645	
Thurrock Youth Service PO Box 118, Grays RM17 6GF. Tel - 01375 652827 Locality Offices can be found in South Ockendon, Tilbury, Stanford-le-Hope and Grays, contact above telephone number for details.	Range of services offered to young people through youth centres & specific projects, including alternative education & E2E (Entry 2 Employment) preparing young people for entry into education, training & employment.

Southend Youth & Connexions Service , Southend Youth Office, The Fiarway, Leigh-on-Sea, SS9 4EE. Tel 01702 420290 www.southend.gov.uk	Southend Youth & Connexions Service purpose is 'To support empower & challenge young people to achieve their full potential'.
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Information Services

A wide range of information services operate in Essex, Southend and Thurrock, which provide access to material for young people as well as a chance to discuss issues of concern with specialist staff.

Basildon District Council, general youth development, 01268 294052. Office hours.	General information about young people's activities and services in the Basildon district. Specific projects e.g. Health outreach workers.
Turning Point 41 Ward Close Laindon, Basildon Tel – 01268 540111	An organisation to address the social problems of bullying in all its forms for families, children and young people
The Hermitage Site (Brentwood Locality) , 15 Shenfield Road, Brentwood CM15 8AG. 01277 249300. www.get-real-information.com www.brentwood-youth.com . Office open, Monday – Friday, 10.00 a.m. – 4.00 p.m., please call for details of services offered.	Information & Support service, Monday - Wednesday & Friday 1.00 p.m. – 2.30 p.m. Range of services includes, Young People's Forum, Youth Arts Forum, alternative education, Duke of Edinburgh's Award, live music venue, theatre, cyber café, study support and contraceptive service.
Chelmsford Borough Council , youth development. 01245 606729	General information about young people's activities & services.
Colchester Youth Enquiry Service Ltd 45-46 East Stockwell Street, Colchester CO1 1SR. 01206 710 771 www.colchesteryes.org.uk	Youth Enquiry Service is a local charity providing free information, support, advocacy, mediation and counselling for young people 11-25yrs old, with special project for pregnant teenagers and teenage parents.
Healthy Colchester , 5-7 Sir Isaac's Walk Colchester CO1 1AQ. (Cornerstones) 01206 574256	Information & advice on health matters including leaflets. Range of drop-in sessions organised with different themes. Family planning clinics.
Terrence Higgins Trust East, HIV Resource Centre, Old Custom House, Hythe Quay, Colchester . 01206 798595	Offer help, advice, advocacy, counselling & home visits, Monday – Friday. Drop-in, Wednesday 11.00am -3.00pm
Colchester Gay Switchboard & HIV/AIDS helpline , The Outhouse, 19 East Hill, Colchester. Helpline 01206 869191 (minicom available). Admin 01206 871394. Chelmsford drop-in 01206 869191 (minicom available). Email gay.Essex@ukonline.co.uk www.gayessex.org.uk	Confidential support, information & advice. Helpline open Monday – Friday 7.00 – 9.00 p.m. Offers a number of support groups & drop-ins. Drop-ins at Colchester Outhouse, Thursday 7.00 – 10.00 p.m., Saturday 10.30 a.m. – 1.00 p.m. Chelmsford, Sunday 2.30 – 5.30 p.m.

<p>Open Door, 24-28 Orsett Road, Grays RM17 5EB. 01375 413740</p>	<p>Services include counselling service, drugs prevention network worker, information database, advocacy service for young people in care, housing deposit guarantee scheme, and mobile information shop. Network branches at Stanford, South Ockendon & Riverside (Tilbury) offer a range of information for young people.</p>
<p>Harlow Young People's Information Centre, Occasio Ho., Playhouse Sq., Harlow. 01279 625735 (nurse), 446815 (reception)</p>	<p>Sexual & general health advice, free pregnancy testing, contraceptives & emergency contraception. Counselling referrals & support. Advice on employment and training. Welfare rights advice, including housing, debt & employment rights. Housing & benefits support. Free internet access, information & reference library, I.T. training, peer support training & work experience.</p>
<p>Information & Resource Centre, Mid Essex PCT St. Peter's Hospital, Spital Rd., Maldon CM9 6EG. 01621 727299</p>	<p>Information & advice on health, including leaflets.</p>
<p>Information Station, 57 South Street, Rochford. 01702 531374 Monday 3.00 p.m. – 9.00 p.m. Wednesday 3.00 p.m. – 9.00 p.m.</p>	<p>Information and advice on health & careers.</p>
<p>Open Door Fairycroft Saffron Walden Essex 01799 525144 (by appointment only)</p>	<p>Young People's Counselling Service</p>
<p>Southend Connexions Service Localities: Southend West: Leigh Youth Centre, Elm Road, Leigh-on-Sea Tel: 01702-478426 Fax: 01702-479055 Southend Central: Focus Youth Centre, Short Street, Southend-on-Sea Tel: 01702-464315 Fax: 01702-619307 Southend East: Shoeburyness Youth Centre, Delaware Road, Shoeburyness Tel: 01702-293780 Fax: 01702-291922</p>	<p>Drop-in information & advice, help making referral to the Connexions 'Targeted' Team of Personal Advisors. Free internet access. 1.00pm – 5.00pm Monday to Friday</p>
<p>New South Essex Health Promotion Resource Library, 12 Castle Road, Rayleigh SS6 7QF. 01268 464519</p>	<p>Health Promotion library, free loan of resources to assist professionals, communities & the voluntary sector on a range of health related topics</p>
<p>Uttlesford District Council, 01799 510510</p>	
<p>Waltham Abbey Young Person's Information Centre, 38 Sun Street, Waltham Abbey, EN9 1EJ. 01992 788305</p>	<p>Sexual health advice, information & support to young people, 13 –25 yrs. Pregnancy testing, free contraceptives, emergency contraception, smear tests, test for Chlamydia & referrals for</p>

	terminations. Drop in or make an appointment.
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Useful Websites

<p>Local health services www.swessexpct.nhs.uk www.WestEssespct.nhs.uk www.midessexpct.nhs.uk www.northeastessexpct.nhs.uk</p> <p>General health www.mindbodysoul.gov.uk www.lifebytes.gov.uk www.teenagehealthfreak.org www.youth2youth.co.uk www.younghealth.co.uk www.ruclear.nhs.uk www.essexccard.co.uk</p>	<p>Gay issues www.action4men.org www.blagchat.org.uk www.gaysex.org.uk</p> <p>Eating Disorders www.edauk.com</p> <p>Drugs and Alcohol www.trashed.co.uk www.talktofrank.com</p> <p>Bullying www.bullying.co.uk</p> <p>Sexual health www.ruthinking.co.uk www.playingsafely.co.uk www.tht.org.uk</p>
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Drugs services and information

There is a range of services in all districts to assist young people who may be exposed to drug and alcohol misuse. Essex Young People's Drug and Alcohol Service (EYPDAS) works across the county and is also a useful source of information about specialist agencies that serve specific areas.

In association with the three Drug Action Teams in Essex, EYPDAS also publishes and distributes the Family FactFile: A guide for families, carers & professionals – a free, comprehensive guide to drugs, drug use, legal issues, local agencies and other resources. Anyone seeking more information about drug issues within the county is strongly recommended to obtain a copy of this guide.

Drugs and the law

The laws relating to the possession, supply & consumption of drugs and alcohol are exceedingly complex and this section seeks to give no more than a brief overview of the current situation. Legal advice should always be sought if professionals have any doubts, and Release offers such a service.

Possession

This means having drugs in your physical possession (e.g. on your person or knowingly in your belongings) or under your physical control (e.g. hidden in a safe place or handed to someone else for safekeeping). Although the maximum penalty

can be up to 7 years imprisonment for a class A drug (5 years class B and 2 years class C), for a first offence a young person may be eligible for a Reprimand or Warning depending on the type and amount of substance. For a second offence a young person may receive a Formal Warning, following which a referral will be made to the local Youth Offending Team. In the event of an arrest for a drug offence, it is the decision of the Police Custody Officer as to how the case will be dealt with.

Whenever a Warning is given, the young person will be referred to the local Youth Offending Team, who have a duty to make contact with the young person and family to assess the risk of further offending. This assessment may result in the provision of a short programme of support to help prevent further offending.

Certain circumstances provide a defence in law for the possession of drugs for specific purposes. This would include possession by a parent, carer, teacher, youth worker etc. who has confiscated the drugs & has taken steps to hand them over to the police, or, in some circumstances, to destroy them.

Supply

'Trafficking' or supplying drugs is a serious offence & does not just refer to selling large amounts of drugs. Young people are often unaware that by passing on or selling drugs to a friend (or even sharing their drugs) they are guilty of supplying.

In the majority of cases of supply of Class A or B drugs, the young person would be charged.

Under the Misuse of Drugs Act, drugs are divided into three classes (A, B and C) depending on the government's view of their seriousness. Class A drugs, include ecstasy, heroin, cocaine, crack, LSD and injected amphetamine. Class B encompasses other forms of amphetamine (speed) and cannabis, whereas class C principally covers medicines that are capable of being misused, such as benzodiazepines & (for supply only) anabolic steroids. The government has indicated its intention to reclassify cannabis as a class C drug, but, to date (Aug 03), this has not happened.

Other offences include:

- Giving alcohol to a child aged under 5yrs.
- Driving with more than 80mg of alcohol in every 100ml of blood. It is also an offence to drive under the influence of drugs.
- Shop staff selling cigarettes to someone under 16yrs
- Selling solvents to someone under 18yrs knowing or suspecting they will be misused
- Allowing a cannabis plant to be grown on your premises
- Allowing (or "turning a blind eye") to someone supplying drugs or smoking cannabis on your premises

Youth Offending Teams Essex – 01245 265151 Thurrock – 01375 413900 Southend – 01702 534300	
Drug Action Teams Essex 01245 434646 www.essexdrugaction.org.uk Southend 01702 345348 www.southenddat.org.uk Thurrock 01375 652972 www.thurrock.gov.uk/drugs	Co-ordinating bodies for local implementation of government's drug strategy. Responsible for commissioning drug services. Good sources of information about local drug issues and specialist substance misuse services.
Essex Young People's Drug & Alcohol Service (EYPDAS) 01245 493311 Offices & Training, 54 New Street, Chelmsford , CM1 1NE Young People's Centre, 114 Springfield Road, Chelmsford CM2 6LF.	Free confidential advice, information, needs-led assessment & counselling service. Needle exchange, outreach, drop-in & structured day programme. Access to a young people's sexual health clinic.
ADAS (Alcohol & Drugs Advisory Service) , 118-120 The Stow, Harlow CM20 3AS 01279 438716	Offers counselling to anyone experiencing problems because of drug or alcohol use.
West Essex Community Drug & Alcohol Team , Eden Ward, Derwent Centre, Princess Alexandra Hospital, Harlow CM20 1QX 01279 698721	Inpatient & outpatient detox, relapse prevention, auricular acupuncture, advice, information & support work. Needle exchange.
NEEDAS , Herrick House, 8 St. Helens Lane, East Stockwell St., Colchester CO1 1ST. 01206 287250/1	Free confidential advice, information, counselling & treatment. Helpline during office hours. Needle exchange.
Open Road , 78 Maldon Rd., Colchester CO3 3AL. 01206 766096 132a Wellesley Road, Clacton-on-Sea CO15 3QD 01255 434186	Information, advice & counselling. Complementary therapies. Needle exchange.
Southend Young People's Substance Misuse Dept of Social Care 4 th Floor Queensway House, Essex Street, Essex, SS2 5TB Tel 01702 534786	Help and information, counselling service
Basildon Community Drug & Alcohol Service , Sankey Ho., 81 High Rd, Pitsea. 01268 583154	Support, advice & counselling. Needle exchange.
Synergy - Barking, Havering & Brentwood Alcohol Advisory Service, The Victoria Centre, Pettits La, Romford RM1 4HP. 01708 740072	Assessment, counselling, support groups, detoxification & day care.
Drinkline (24-hour alcohol helpline)	0800 917 8282
FRANK (24-hour drugs helpline) www.talktofrank.com	0800 77 66 00 (24 hrs) Email frank@talktofrank.com
Release helpline 0207 729 9904 www.release.org.uk ask@release.org.uk	Advice on drugs and/or legal issues A service for professionals working with excluded young people across the UK
Ormiston Children & Families Trust , 51 Cambridge Road, Milton, Cambridge CB4 6AW 01223 426148	The Ormiston Trust is a voluntary organisation, which works throughout East Anglia with travellers.

The Network – Norman Hall, Cromwell Road, Grays RM17 5HF 01375 376111	Free and confidential information and advice service for people between the ages of 13 – 19. The service offers one – to –one sessions for people who want to stop or cut down on their drug or alcohol use.
The Junction – West Area Youth Development Centre, Culver Centre, Daiglan Drive, South Ockendon RM15 5RR 01375 413687	The Junction peer educators are all aged between 16 and 20 who deliver workshops to young people about drug and alcohol issues.

For further support and information please contact the teenage pregnancy co-ordinators as detailed below:

Southend Teenage Pregnancy Co-ordinator	01702 215513
Essex Teenage Pregnancy Partnership Co-ordinator	01245 436204
Thurrock Teenage Pregnancy Co-ordinator	01375 406437

Copies of this directory can be obtained from the New South Essex Health Promotion Resource Library on 01268 464519 and is available on line at www.eel.nhs.uk , www.estconnexions.co.uk , <http://www.ecvys.org.uk/>