

**SUPPORT for YOUNG PARENTS in and around Alton**

<b>Your health</b>	For Information on Health Visitors	01420 542542
	Alton Community Hospital	01420 592813 / 592848 / 82811
	NHS Pregnancy Smoking Helpline	0800 169 9169
	Sex Wise helpline	0800 282930 www.ruthinking.co.uk
	North Hampshire Hospital (Basingstoke)	A & E: 01256 314700 Main Reception: 01256 314700
	Royal Surrey County Hospital (Guildford)	01483 571122
	Alton Pregnancy Crisis Centre	01420 541620
	Care Confidential (24 hour helpline regarding pregnancy)	0800 028 2228
<b>Your Child's health</b>	Doctors Surgeries Alton Health Centre, Anstey Road Alton	01420 542542
	NHS Direct	0845 4647 www.nhsdirect.nhs.uk
<b>Places to Go</b>	<b>Young Parents Support Groups</b> Bushy Leaze Early Years Centre	Eastbrooke Road, Alton , Hants, Gu34 2DR 01420 87675
	<b>Local Mainstream Groups Attended by Young Parents</b>	
	Stepping Stones Toddler Group The Maltings, Maltings Close, Alton	Tel: 01420 89150 Thurs 9.30am-11.30am
	Bushey Leaze Toddler Group Eastbrooke Road Alton, GU34 2DR	Tel: 01420 87675 Mondays 9:30-11.30am and 1.15-3.00pm, Wednesdays 1.15-3.00pm Thursdays 9.30-11.30am.
	Alton Toy Library The Maltings, Maltings Close, Alton	Tel: 01420 89150 Fri: 9.30 First Friday of the month it will also be opening in the afternoon, from 3.00-4.30pm
	Chatterbox Methodist Church Hall Draymans Way Alton	Thurs 9.30am-11.30am
	ACA Parent and Toddler Alton Community Centre Amery Street, Alton Tel: 01420 85057	Tuesday 9.30am-11.30am Alternating between the Garden Room and the Members Bar
<b>Jobs</b>	Job Centre's	Bordon: 2-4 Chalet Hill 01420 606600

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		Basingstoke: 01256 726400
Childcare	Childrens Information Service	0845 602 1125
	Learn Direct	0800 101901
	Care to Learn	0845 600 2809
Colleges with Nurseries On Site or Very Close	Alton College Old Odiham Road Alton	01420 592200
	Education Welfare	01252 812333
Housing	East Hants Housing Department	01730 234345 / 234394 / 234397
	Drum Housing	01420 85952
Money		
	Jobcentre (Benefits Advice) Weyriver House, 22 High Street Alton	01420 602525
	Citizens Advice Bureau 7 Cross and Pillory Lane, Alton Tel: 01420 84399	Mon-Thurs 10-4pm Mon 5.30-7.30 and Thurs 4.30- 6.30 for young people
	Child Tax Credit	0845 300 3900
	Income Support Direct Line for this area	02380 665241
Other Information Sources	Alton Library Vicarage Hill Alton	01420 83147 Storytime for the under 5's 10.15-10.45am Tuesday Mornings
	Alton Community Centre Amery Street Alton	01420 85057
	Homestart Weywater (Support for parents with children up to 5)	01420 473555
	ParentLine Plus	0808 800 2222
	Samaritans	08457 909090

