

SUPPORT for YOUNG PARENTS in and around Basingstoke

Your health	Lead Health Visitor specifically for Teenage Pregnancy and Young Parents	Sam Fellows Church Grange Health Centre Bramleys Drive Basingstoke RG21 8QN 01256 334847
	Community Midwives Office	01256 313327
	Midwife to support Young Parents	Julia Robson Specialist Midwife and Smoking Adviser for Pregnant Women & Families julia.robson@nhpct.nhs.uk 01256 312296
	Sexual Health	North Hampshire Hospital GUM Clinic 01256 313333 Church Grange Health Centre 01256 329021 Sexwise Helpline 0800 282930 www.ruthinking.co.uk
	Maternity Care at North Hants Hospital	Telephone numbers: Delivery suite – 01256 314790 Breastfeeding Clinic - 01256 314991 Stallworthy Ward - 01256 313322 Clinical Appointments – 01256 313328 Maternity Day Assessment Unit – 01256 313351 Maternity Reception - 01256 313328 Neonatal Unit - 01256 313795
	NHS DENTIST Look after your teeth – find a dentist Free dental treatment when you are pregnant	www.nhs.uk/england/dentists Dental Enquiries: 023 8033 8336 For information on out of hours care in North Hampshire PCT, please contact 023 8033 8336
Your Child's health	Your Health Visitor or Doctor	Your Health Visitor holds baby clinics to give you information, support and provisions for your baby
	Health Visitors -01256 375470 Bermuda Practice, Marlowe House Surgery, Rooksdown Surgery , Winklebury Surgery	Health Visitors - 01256 334847 Church Grange Health Centre Bramleys Grange Medical Practice
	Health Visitors – 01256 881228 X3 The Clift Surgery Bramley	Health Visitors - 01256 320567 Gillies and Overbridge Medical Centre
	Health Visitors – 01189 811127 Holmwood Health Centre	Health Visitors – 01189 811127 Morland Health Centre
	Health Visitors - 01256 771357 Oakley Surgery	Health Visitors - 01256 393117 Old Basing Surgery , Odiham Health Centre
	Health Visitors - 01256 336386 South Ham Surgery, Hatch Warren Surgery	Health Visitors – 01256 396480 The Beggarwood Surgery
	Health Visitors - 01256 479721 Chineham Medical Practice East Barn Surgery	Health Visitors – 01256 470464 The Hackwood Partnership
	Health Visitors – 01256 396480 The Beggarwood Surgery	
	HANTSDOC (OUT OF HOURS DOCTOR)	01189 365592
	NHS DIRECT (ADVICE LINE)	08454647

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Places to Go	Young Parents Support Groups	Address and phone number
	Friday Club Supports Young Families from Basingstoke and Deane Care during pregnancy and birth	Friday Club , Glebe Hall, St Michael's Church, Basingstoke RG21 7QW. (behind St Michaels Church Cottage) Tel: 01256 334882 E-mail@ Linda.budiewicz@hants.gov.uk
	Opportunity Knocks Club Supports Young Families from Basingstoke and Deane Care during pregnancy and birth	Opportunity Knocks Club , Glebe Hall Scout Hut, St Michaels Church, Basingstoke (behind St Michaels Church Cottage) Tel: 01256 334882 E-mail: Linda.budkiewicz@hants.gov.uk
	Marnel Early Years Centre Basingstoke Support for parents and children to play and learn together	Kim Taylor, Marnel Early Years Centre Shetland Road, Popley, Basingstoke RG24 9PT Tel: 01256 357028
	Bouncing Beans	Parent and Toddler Group, The Kings School, Sarum Hill Basingstoke Friday's 10.00 – 12.00 50p per session
	Winchester and Southampton baby friendly Cinemas	There are two Hampshire cinemas currently running baby screenings where parents and their baby up to one year – The Screen at Winchester and Harbour Lights Picture House in Southampton, and I would strongly recommend it to anyone who qualifies – head down soon, before your little one gets too old. For more information on Baby Screen in Winchester call 01962 877007 or for The Big Screen in Southampton contact 02380 335533.
	National Childminding Network , Basingstoke, will arrange babysitting service by experienced childminder for occasional one –off babysitting for social occasions or regular service to enable continued education.	Alison Newman Networking Co-ordinator Alison.Newman@ncma.org.uk 01256 300720
	Local Mainstream Groups Attended by Young Parents Chineham Hatch Warren	Sing and Sign Classes – 10 week Baby Signing Tuesdays 10.00am and 11.00am Fridays 10.00am and 11.00 am Telephone 01420 560091 glendaed@yahoo.co.uk Glenda Edwards
	Basingstoke Library Provide story time and nursery rhyme-time Every Tuesday 10.45 - 11.15am Newborn to 5 years FREE	Festival Place Basingstoke RG21 7LS Tel: 01256 473901 E-mail: basingstoke.library@hants.gov.uk Website: www.hants.gov.uk/library/
	South Ham Library Every Wednesday newborn – 5 years FREE	Paddock Road Basingstoke Hants RG22 6QB Tel: 01256 465102

SUPPORT for YOUNG PARENTS in and around Basingstoke

	<p>Chineham Library Every Friday 11.00 – 11.30am New born – 5 years FREE</p>	<p>Chineham District Centre Chineham Basingstoke RG24 8BQ Tel: 01256 465643</p>
	<p>Basingstoke Gingerbread (Gingerbread helps lone parents and has a group that meets alternate Saturdays 10.30 – 12.30)</p>	<p>Via BVS – The Orchard, White Hart Lane, Basingstoke RG21 4AF Tel: 01256 475155 E-mail: basinggingerbread@yahoo.co.uk</p>
	<p>J J's Soft Play Centre Monday-Friday term time 9.00am – 2.30pm Newborn – 4 years £1.00 special offer April & May Staff run activities, painting, play doh, fancy dress, story time, messy time, puppets. Children can choose between play on the play frame or join in activities.</p>	<p>JJ's Soft Play Unit B Morse Road West Ham Industrial Estate Basingstoke RG22 6NE Tel: 01256 350544 Website :www.jjsplay.com e-mail: info@jjsplay.com Bus Routes to Sandy's Road roundabout are 4, 5, 8, 10, 310, 13, 76, 86, bus stop at Sandys Roundabout, Worting Road</p>
	<p>Basingstoke Aquadrome Parent and Toddler Aqua Play £2.80 parent and baby Basingstoke Aquadrome Basingstoke Leisure Park Worting Road Basingstoke RG22 6PG Tel: 01256 472343 Website: www.aquadrome.org</p>	<p>Unemployed free (proof required) Going swimming is a great way to have fun and bond with your baby. However, like many things, the first time can seem quite daunting. Pool staff will be helpful with any questions you have.. Huggies Little Swimmers pants or similar products will protect against little accidents.</p>
Someone to Talk to	For Mums	
	<p>Counselling and Support</p>	<p>Church Grange Health Centre 01256 329021 School Nurses, N.Hants PCT 01256 313080 Pregnancy Crisis Centre – 01256 460 100 Young Peoples Information 01256 332033</p>
	<p>Basingstoke Pregnancy Crisis Centre</p>	<p>18 Winchester Street, Joices Yard, Basingstoke RG21 7DY Telephone: 01256 460100 Fax: 01256 300149 E-mail: pcc@bccnet.org.uk Website: www.pregnancy.org.uk</p>
	<p>Post Adoption Advice</p>	<p>7A Southern Court, South Street, Reading RG1 4QS 0118 938 7600 Fax: 0118 959 4884 E-mail: postadoption@pactcharity.org</p>

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	Home Start Clere Free support for parents in the home, going through difficult times	homestartclere@v21net.co.uk 01635 268666
	The Church of the Good Shepherd (Independent confidential advice and personal support on all matters with good referral systems, we are not in the business of requiring church attendance.)	Winklebury Centre, Winklebury Way, Winklebury RG23 8BU Tel: 01256 359431 (answerphone) 01256 415348 (emergencies only)
	Crosslink Tadley (offers help to anyone when a suitable volunteer is available – referred by health visitors, doctors, social services, voluntary agencies.)	Via BVS – The Orchard White Hart Lane Basingstoke RG21 4AF Tel: 07884 016367
	Advice lines for Teenagers and Young People	Teenagers and Young People www.brook.org.uk or ring 0800 018 5023 www.ruthinking.co.uk or ring Sexwise 0800 28 29 30 www.fpa.org.uk or ring the Family Planning Association 0845 310 1334 www.mariestopes.org.uk or ring Marie Stopes 0845 300 8090 www.BPAS.org or ring British Pregnancy Advisory Service 08457 30 40 30
	Advice Line for Parents	www.parentlineplus.org.uk
	For Dads	
	Parentline Plus	Parentline Plus – 08088002222 (free helpline) www.parentlineplus.org.uk
	Positive Parenting	Positive Parenting – 02392528787 www.positiveparenting.info
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	Relate/Relateen – relationships help	01256 324364

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	Families Need Fathers – Help for non-residential fathers	02077393410 www.fnf.org.uk
	Help for fathers website	www.fathersdirect.com
	Advice lines for Teenagers and Young People	Teenagers and Young People www.brook.org.uk or ring 0800 018 5023 www.ruthinking.co.uk or ring Sexwise 0800 28 29 30 www.fpa.org.uk or ring the Family Planning Association 0845 310 1334 www.mariestopes.org.uk or ring Marie Stopes 0845 300 8090 www.BPAS.org or ring British Pregnancy Advisory Service 08457 30 40 30
	Advice Line for Parents	www.parentlineplus.org.uk
Jobs	JobCentreplus Aim to help parents into work or ensure they are getting the correct benefits.	Crown Buildings Winchester Road Basingstoke RG21 8ES Tel: 01256 726400 or 01256 726497 or 01256 7266494 alias.martin@jobcentreplus.gsi.gov.uk Anne.allen@jobcentreplus.gsi.gov.uk
	The Prince's Trust (Through practical support including training, mentoring and financial assistance we help 14-30 year olds realise their potential and transform their lives Focus on those who struggled at school, been in trouble, been in care or are long term unemployed).	The Goldings, London Road Basingstoke RG21 4AN Tel: 01256 819922 E-mail: mandy.breese@princes-trust.org.uk Website: www.princes-trust.org.uk
Training	Connexions	01256 843022 Ask about Care to Learn to Cover Childcare costs 0845 600 2809
	Young People's Information	01256 332033
	Care to Learn Care to Learn for Young Parents Childcare for Young Learners Changing circumstances and queries on funding If you face difficulties in applying or changing your circumstances or have problems with payments	Care to Learn Team Education Department PO Box 4120 Manchester M60 3YB 0845 600 2809 Email: caretolearn@manchester.gov.uk
	Financial support for young parents Care to Learn aims to give financial support to teenage parents (including dads), who want to continue their education or training, or are returning to education or training and need help with the cost of their childcare. The Care to Learn scheme, launched in August 2003, makes available up to	Contact and resources: To find out more information on support available through Care to Learn, call the helpline on: 0845 600 2809 (for young people) 0161 234 7269 (for professionals) Monday to Friday 8.30 am to 5.00 pm

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	<p>£5000 per child per year to parents aged 16 to 18 who are in education or training. This money is to cover childcare costs and associated additional transport costs. It is available to support the use of any registered or approved childcare and will be paid directly to the childcare provider. The scheme will be extended to include all young parents under 19 from August 2004 and will help them to have the same continuity of learning as other young people.</p>	<p>or visit the Care to Learn website</p>
	<p>Education and Welfare Service</p>	<p>01256 816429</p>
	<p>Learn Direct For general information about courses and learning contact For information about apprenticeships</p>	<p>www.learndirect.co.uk Tel:0800 100 900 www.realworkrealpay.info Tel: 08000 150 600</p>
	<p>Information about courses running throughout Basingstoke and Deane</p>	<p>Basingstoke and Dean Borough Council Civic Offices. London Road, Basingstoke RG21 4AH Tel: 01256 845845 Fax: 01256 845411 E-mail: a.warton@basingstoke.gov.uk Website: www.basingstoke.gov.uk www.oneshop.org.uk</p>
	<p>Basingstoke Youth Action Trust (Provide training courses)</p>	<p>Rosla Block John Hunt Everest School Popley Way, Basingstoke Tel: 01256 471161 E-mail: mail@basingstokitec.co.uk</p>
	<p>Key Training Limited</p>	<p>3rd Floor Viewpoint House Basing View Basingstoke RG21 4RG Tel: 01256 859514 E-Mail: monical@keyho.co.uk</p>
	<p>The Making (Creative arts workshops for families and young people)</p>	<p>Civic Offices London road, Basingstoke RG21 4AH Tel: 01256 845674 E-mail: learning@themaking.org.uk Website: www.themaking.org.uk</p>
	<p>Learning Through Action (Help to counter alienation and antisocial behaviour through interactive learning projects for children and young people. These projects include making choices and personal decisions, abuse of alcohol, tobacco and other drugs, bullying, racism, citizenship, health and nutrition, teenage pregnancy, sex and relationships)</p>	<p>LTA Centre, Fair Cross, Stratfield Saye, Berkshire RG27 2BT Tel: 0870 770 7985 E-mail: ltacentreoffice@aol.com Website: www.learning-through-action.co.uk</p>

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Colleges with Nurseries On Site or Very Close	Basingstoke College of Technology	Worting Road, Basingstoke RG21 8TN Tel: 01256 354141 or 01256 306484 E-mail@ info@bcot.ac.uk Website www.bcot.ac.uk Education Welfare 01256 816429
	Queen Mary's College	Cliddesden Road, Basingstoke RG21 3HF Tel: 01256 417500 E-mail: enquiries@gmc.ac.uk Website: www.gmc.ac.uk
Housing	Basingstoke & Deane District Council	Housing Dept - 01256 845393 Housing Benefits - 01256 810668 Young People's Information - 01256 332033 E-mail: housing@basingstoke.gov.uk Website: www.basingstoke.gov.uk
	Stoneham House Association (offers housing, care and support to young homeless vulnerable women and their children)	Chineham House Chineham Park Court Popley, Basingstoke RG24 9BW Tel: 01256 844528 Karen.tribe@homegroup.org.uk Website: www.stoneham.org.uk
	Basingstoke Community Furniture Project (nearly new furniture available)	Unit 6 Joules Road Basingstoke 01256 320700
	Basingstoke Women's Refuge (safe accommodation and support to women and their children who have experienced domestic violence)	Via BVS – The Orchard, White Hart Lane Basingstoke RG21 4AF Tel: 01256 350996 E-mail: basfamcent@aol.com
Money	Connexions	01256 843022
	The Maternity Alliance	Can offer advice and information Helpline 020 7490 763
	Help with funding if you are over 20 Contact: financial support for students over 20 in Further Education financial support for students in Higher Education	www.lifelonglearning.co.uk/moneytolearn www.dfes.gov.uk/studentssupport
	Citizens Advice Bureau Gives you free confidential advice and knowledge regarding your rights and services available	19/20 Westminster House Potters Walk Basingstoke, RG21 7LS French, German and Spanish speaking 01256 3222814 www.adviceguide.org.uk