

SUPPORT for YOUNG PARENTS in and around HART

Your health	Your Health Visitor	Sexcare, Fleet 01483 576208 Sexwise helpline 0800 282930 www.ruthinking.co.uk Options pregnancy crisis centre, Farnham 01252 820235 Connexions 01252 324037 School Nurses, Blackwater Valley and Hart PCT, 01483 782933
Your Child's health	Your Health Visitor or Doctor	NHS direct 0845 46 47
Places to Go	<p style="text-align: center;">Young Parents Support Groups</p> <p>There are no groups in Hart specifically for young parents, the nearest groups being held in Basingstoke and Ash Vale. For further information on these, please contact the HCFF Hart Co-ordinator – Kate on 01252 624036.</p>	
	Local Mainstream Groups Attended by Young Parents	Please see attached sheet
Someone to Talk to	For Mums	Connexions 01252 324037 Life (Practical help and support) 0800 849 4545 Aldershot and Farnborough Home Start 01252 545416 Farnborough Early Years Centre 01252 376879 Park Early Years Centre 01252 338607 Sexcare, Fleet 01483 576208 Sexwise helpline 0800 282930 www.ruthinking.co.uk Fleet Information Point 01252 812308 Yateley Information Point 01252 311786 School Nurses, Blackwater Valley and Hart PCT, 01483 782933 Hampshire Youth Bureau One Stop Shop 01252 324499
	For Dads	Connexions 01252 324037 Life (Practical help and support) 0800 849 4545 Aldershot and Farnborough Home Start 01252 545416 Farnborough Early Years Centre 01252 376879 Park Early Years Centre 01252 338607 Sexcare, Fleet 01483 576208 Sexwise helpline 0800 282930 www.ruthinking.co.uk Fleet Information Point 01252 812308

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		Yateley Information Point 01252 311786 School Nurses, Blackwater Valley and Hart PCT, 01483 782933 Hampshire Youth Bureau One Stop Shop 01252 324499
Jobs	JobCentre Job Centre Plus – Lone Parent Advisers	Aldershot Job Centre 01252 356500 Aldershot:- Kelly on 01252 356670 or Sally on 01252 356577 Farnborough:- Alison on 01252 805026 or Karen on 01252 805038
Childcare	Childrens Information Service 0845 602 1125	You can get help with Costs
Training	Connexions 01252 324037	Ask about Care to Learn to Cover Childcare costs 0845 600 2809
	Education Welfare Office	01252 812333
	Care to Learn	0845 600 2809
	Learn Direct Advice Line	0800 100900
Colleges with Nurseries On Site or Very Close	Farnborough College of Technology	01252 407040
	Farnborough Sixth Form College	01252 688200
Housing	Connexions	01252 324037
	Aldershot Job Centre (benefits advice)	01252 356500
	Hampshire Youth Bureau One-stop shop	01252 324499
	Citizens Advice Bureau Website	www.adviceguide.org.uk
	Child Trust Fund	0845 302 1470
	Sentinel Housing	01252 788703
	Hart District Council Housing Department	01252 774420
Money	Connexions	01252 324037
	Aldershot Job Centre (benefits advice)	01252 356500
	Hampshire Youth Bureau One-stop shop	01252 324499
	Citizens Advice Bureau Website	www.adviceguide.org.uk
	Child Trust Fund	0845 302 1470
Transport	The Call and Go Bus Service – an affordable bus service that can take you anywhere in Hart and is fully accessible with buggies and young children. Maximum cost £4 return anywhere in Hart.	0845 6024135