

## Support available for young parents in Fordingbridge, Ringwood, Bransgore and surrounding villages

<b>Your Health</b>	<u>Your Health Visitor:</u> Fordingbridge 01425 654037  Ringwood Health Centre 01425 461749  Cornerways Ringwood 01425 483852  New Medical Centre Bransgore 01 202 476303 01425 672857  Twin Oaks Bransgore 01425 672051 01425625341	<u>Other contacts:</u> <ul style="list-style-type: none"> <li>• Young People's Clinic Wednesday 4.30-6.30pm Ringwood 01425 483942</li> <li>• School Nurses: 01425 654346</li> <li>• Emergency Contraception Helpline 0800 318440</li> <li>• Sexual Health Clinic Salisbury 01722 328595</li> <li>• NHS Direct 0845 46 47</li> <li>• Quit Smoking 01425 482774</li> <li>• Sexwise Helpline 0800 282930</li> <li>• Brook 0800 0185 023</li> <li>• FPA 0845 310 1334</li> </ul>
<b>Your Child's Health</b>	Your own Health Visitor or Doctor	<ul style="list-style-type: none"> <li>• Child Protection Social Services 02380 846953</li> </ul>
<b>Places to Go – Support Groups</b>	Pending New group to be established in FB + RW for young parents and their baby/toddler	<ul style="list-style-type: none"> <li>• Contact 0796 2272931 Roz Bradbury for updated information</li> </ul>
<b>Places to Go – Mainstream Groups</b>		
01725 517379 Jacqui 01425 654201 Anne	Fordingbridge Toy Library Sandeheath Scout Hut Sandeheath Plenty of car parking	10.30 – 4.30 1 <sup>st</sup> Thursday every month except Easter and summer Hoidays – phone to check exact session dates and times
01425 674520 Julie	Bransgore Toy Library	Contact Julie for session times and venue
01425 652639	Fordingbridge Library Story Time	For Under 5's Thursday 11-11.30am
01425 474198	Ringwood Library Story Time	For Under 5's Thursday 2-2.30pm
	Fordingbridge Baby Rhyme Time	For Under2's 1 <sup>st</sup> Wed. 2-2.30pm
	Ringwood Baby Rhyme Time	For Under2's 3 <sup>rd</sup> Wed 2-2.30pm
	All the groups below will welcome any young parent with their little one from birth onwards – you are also most welcome to go along whilst pregnant.	<b>All of the sessions below are available to you where ever you live – and you do not 'join' a group, you may visit as many as you wish to, to suit yourself. The times stated mean you can come and go as you please.</b>
<b>Fordingbridge Area</b>	Stepping Stones Parent Baby and Toddlers	Avonway Community Centre F/B 01425 654851 Alison Rust Wed 1-2.30pm and Friday 10-11.30am

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	Sally Ann Toddlers	Salvation Army Hall FB 01425 652935 Marie Philpott Tuesday 9.39-11.30am
	Hale Parent and Toddlers	Hale Village Hall 01725 511189 Helen Knight Thursday 9.39-11.00am
	Link Mums at Hyde	Village Hall 01425 654071 Enid Alternate Thursdays 2-3.30pm
	Fluffy Chicks	Damerham Village Hall 01725 519477 Nadine Sherborne Tuesday 9.30-11.45am
	Woodgreen Parent and Toddlers	Village Hall 01425 652433 Beverley Deakin Friday 9.30 -11.30am
<b>Bransgore Area</b>	Bambis Parent and Toddler	Deer Hall Burley 01425 404167 Jo Tuesday 1 – 2.45pm
	Kiddiwinks Parent and Toddler	Bransgore Methodist Church 01425 672983 Sam Day Wednesday 10 -11.30am
	Scallywags	The Christian Centre Bransgore 01425 673147 Ruth Davies Thursday 10 – 11.30am
	Stepping Stones	The Scout Hut Bransgore 01425 673973 Sue Shutler Tuesday 10 –11.30am
<b>Ringwood Area</b>	Greyfriars Parent and Toddler	Greyfriars Hall 01425 477731 Sue Leather Monday + Friday 1.30 – 3.00pm
	Teddy Bears Parent and Toddler	Baptist Church Hall Poulner Monday 10 –11.45
	Aunt Sally's Parent and Toddler	Salvation Army Hall 01202 876306 Lyne Pelling Tuesday 9.30 – 11.30am
	Busy Bees Carers and Toddlers	Poluner Scout Hut 01425 461203 Rosie Tuesday 1.15pm – 2.45pm
	Parish Church Parent and Toddlers	The Church Hall 01425 475082 Jenny Whiteman Tuesday 1.30 – 3.00pm
	Little Lambs	The Trinity Centre 01425 476407 Gill Dyer Wednesday 10 – 11.30am

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	Poulner Poppets	Baptist Chapel Hall 01425 461432 Helen Hoff Fridays 10-11.30am + 1.15-2.45pm
	Little Beggars	Ibsley village Hall 01425 656988 Carrie Darke Friday 10 – 11.45am
<b>Nurseries</b>	Ellingham Nursery - Ellingham	01425 473723 Mr Hugh Brook-Hill
	The Coach House Nursery – South Gorley	01425 657711 Mrs Liz Morey
	Ringwood Day Nursery - Ringwood	01425 470709 Sue McBrearty
	Kingswood Day Nursery - Alderholt	01425 656351 Michelle
<b>Someone to Talk to</b>	Help as a Parent	Parentline Plus 0808 800 2222 <a href="http://www.parentlineplus.org.uk">www.parentlineplus.org.uk</a>
	National Council for One Parent Families	0800 018 5026
	Your Health Visitor or Doctor	
	Local Children’s Forum Co-ordinator	Roz Bradbury 01425 655491 Has many local connections with services and support lines
	Childline	For those under 18 free advice line 0800 1111
	NSPCC	For advice or concerns regarding risks or abuse 0808 800 5000
	Drugs	Call FRANK for support and advice 0800 77 66 00
	Baby Equipment and Clothes	Quality, clean, equipment and clothing for babies - free of charge Contact Roz 01425 655491
	Social Services	02380 877704
	Child Support Agency	0845 7133 133
	Connexions	Careers, housing, rights, money See contacts below
<b>Jobs</b>	Lone Parent Link – Job Centre Ringwood	01425 236922 01425 236945 – benefits
	Connexions	Ringwood Drop In: At Council Offices Wednesday 10-12 The Bridge Drop In Fordingbridge Thursday 5 – 7.30pm Ringwood and Burgate School also have advisors 023 8087 7960 or 07980 591228

