

SUPPORT for YOUNG PARENTS in and around Aldershot & Farnborough

<p>Your health</p>	<p>Your Health Visitor – There are no Health Visitors specifically designated to young parents in Rushmoor</p> <p>Lois Burton, the Community Nursery Nurse will do extra visiting for young mums if needed</p> <p>Sexwise Helpline Helpline offering advice on sex, relationships & contraception</p> <p>Health Promotion Service For help and advice to mums and dads on stopping smoking. If the mum is a smoker, the midwife will encourage them to see Hilary Naudi from the unit in their own home</p> <p>Sexcare FREE confidential information, contraception supplies & help in relationship & sexual issues, including pregnancy testing & emergency contraception to anyone under 25 Monday 5.00-6.15pm Wednesday 4.30-6.30pm</p> <p>Options Pregnancy Crisis Centre For women experiencing a crisis pregnancy</p>	<p>A named Midwife and Health Visitor are attached to every GP practice – contact your own surgery for details.</p> <p>Telephone 01252 544066</p> <p>Telephone 0800 282930 www.ruthinking.co.uk</p> <p>35 High Street ALDERSHOT GU11 1BH Telephone 01252 333043 Email resource@farn-ha.nhs.uk</p> <p>Aldershot Institute Station Road ALDERSHOT Telephone 01252 318888</p> <p>Union Road FARNHAM GU9 7PT Telephone 01252 820235</p>
<p>Your Child's health</p>	<p>Your Health Visitor or Doctor</p> <p>FOR MILITARY FAMILIES– Tuesday 10.30-11.30am Tea & Coffee available</p>	<p>For School Nurses, either contact your child's school or telephone Blackwater and Hart PCT on 01483 782933.</p> <p>Baby Weigh In Connaught Community Centre NORTH CAMP Telephone 01252 347559</p>
<p>Places to Go</p>	<p>Young Parents Support Groups</p>	
	<p>Farnborough Early Years Centre (There are currently no specific Groups running for young parents)</p> <p>Park Early Years Centre (There are currently no specific Groups</p>	<p>Farnborough Grange Nursery/Infant School Moor Road FARNBOROUGH Telephone 01252 376879</p> <p>Park Primary School Gloucester Road</p>

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	<p>running for young parents)</p> <p align="center">Life Housing</p> <p>Supported Accommodation for homeless pregnant women and mothers of small children, who are in need of support to help them move onto independent living Life Housing also provides Support Services for Teenage Parents living in the community in need of support. A Health Visitor visits on a regular basis to talk to the mums</p>	<p align="center">ALDERSHOT Telephone 01252 338607</p> <p align="center">106 Alexandra Road FARNBOROUGH GU14 6DF Telephone 0800 849 4545</p>
	<p>Hampshire Youth Bureau One-Stop Shop The Youth Bureau helps young people up to the age of 25 years</p>	<p align="center">Aldershot Institute Station Road ALDERSHOT Telephone 02363 324499</p>
	<p align="center">Two-Stop Shop</p> <p>For young people aged 13 – 25 years, the Two-Stop Shop offers information and advice on a range of subjects. Tuesday 9.30am-12.30pm Thursday 9.30am – 12.30pm</p>	<p align="center">2 Queensmead FARNBOROUGH Telephone 01252 521645</p>
	<p align="center">The Source Café</p> <p>A mentoring project is soon to commence for Young Mums to give them the support they need. As part of the program, there will be a Parenting Course. The project is open to anyone who was pregnant or who had their first child when they were 19 years or younger and who is currently under the age of 25. There is no lower age limit</p>	<p align="center">10-12 Grosvenor Road ALDERSHOT GU11 1DP Telephone 01252 333330 www.thesourcecafe.co.uk</p>
	<p align="center">Mayfield Ukonline Centre</p> <p>If you are a teenage parent, you can join any of the Centre's FREE courses that are currently on offer e.g, Job Shop, Digital Photography and Create your own Website. There are also FREE Creche places available</p>	<p align="center">Mayfield Community Centre FARNBOROUGH Telephone 01252 540279 Email – tracy@mayfield-online.co.uk</p>
	<p>Local Mainstream Groups Attended by Young Parents</p>	
	<p align="center">Home-Start North East Hants (A voluntary organisation in which volunteers offer regular support, friendship and practical help to young families under stress in their own homes) FREE drop-in Groups, where mums can get</p>	<p align="center">Mayfield Community Centre 14 Totland Close FARNBOROUGH GU14 8TX Telephone 01252 545416 Email homestart@nehants.fslife.co.uk</p>

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	<p>together & children are encouraged in social skills, singing & playing Monday & Wednesday 10.00am-11.30am</p>	
	<p align="center">Olive Branch Children's Clothing Exchange Open to anyone to exchange children's clothes and to come along and have a coffee Attendance varies Thursday 9.30am – 12.30pm Term Time Only</p>	<p align="center">Church of the Good Shepherd Sandhill FARNBOROUGH Telephone 01252 549481</p>
	<p>St Joseph's Church Hall, Toddler Group Occasionally have young mums come along Everyone welcome Monday, Wednesday & Friday 10.00am-11.30am</p>	<p align="center">Queen's Road ALDERSHOT Telephone 01252 320956</p>
	<p align="center">For a full list of Parent & Toddler Groups in Aldershot & Farnborough, please refer to the Aldershot & Farnborough Families Directory</p>	
	<p align="center">Musical Tots Under 5's Music Group Have fund whilst learning through music and making friends. Drop-in Group Tuesday 9.45am-10.30am Wednesday 10.15am-11.00am THERE ARE NOT CURRENTLY ANY YOUNG PARENTS ATTENDING THIS GROUP, BUT ALL ARE WELCOME</p>	<p align="center">The Baptist Church Queen's Road NORTH CAMP Telephone 01252 517724 / 37720</p>
	<p align="center">Baby Bounce & Rhyme Time Toe Tapping, Hand Clapping, Knee Jogging Fun. All sessions are FREE, just turn up Thursday 2.15pm-2.45pm</p> <p align="center">Story Time Free Story Time for under 5's Tuesday 10.30am-11.00am</p> <p align="center">Baby Bounce & Rhyme Time As above Friday 11.15am-11.45am</p> <p align="center">Toddler Time A mixture of Rhymes and Stories for the under 5's Thursday 10.30am-11.00am MORE YOUNG PARENTS ATTEND THE BABY BOUNCE & RHYME TIME GROUPS</p>	<p align="center">Farnborough Library Pinehurst FARNBOROUGH GU14 7JZ Telephone 01252 513838 Email – ginny.arnison@hants.gov.uk</p> <p align="center">Aldershot Library 109 High Street ALDERSHOT GU11 1DQ Telephone 01252 322456 Email – ginny.arnison@hants.gov.uk</p>

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	<p align="center">THAN THE STORY TIME SESSIONS</p> <p align="center">Merry-Go-Round Parent & Toddler Group Monday 1.00pm-3.00pm</p> <p>A Group that allows you and your child time to play and also provides an opportunity for you to socialise and meet other parents. The Group is for children who are walking confidently, up to the age of 2.5 years SEVERAL YOUNGER PARENTS ATTEND THIS GROUP</p>	<p align="center">Park Early Years Centre Gloucester Road ALDERSHOT Telephone Sandie Hatwell on 01252 338607 for details</p>
	<p align="center">Baby Weigh-In FOR MILITARY FAMILIES Tuesday 10.30am-11.30am Tea & Coffee available</p> <p align="center">Dads Baby & Toddler Group Monday 10.00am – 12.00pm During Term Time Phone or just turn up THERE ARE NOT CURRENTLY ANY YOUNG DADS ATTENDING THIS GROUP, BUT ALL ARE WELCOME</p> <p align="center">Bumps & Babes (with Health Visitor) Thursday 10.00am – 11.30am THERE ARE SEVERAL YOUNG PARENTS IN THEIR 20'S THAT ATTEND THIS GROUP</p>	<p align="center">Connaught Community Centre NORTH CAMP Telephone 01252 347559</p> <p align="center">Cherrywood Community School Mayfield Road FARNBOROUGH Telephone Chris Magee, the Health Visitor on 01252 544298</p> <p align="center">Cherrywood Community School Mayfield Road FARNBOROUGH Telephone Mary Baldwin, the Health Visitor on 01252 547896</p>
<p>Someone to Talk to</p>	<p align="center">For Mums Cry-sis Support Group</p> <p align="center">Contact A Family</p> <p align="center">Coffee, Chill & Chat</p> <p align="center">National Childbirth Trust (NCT)</p>	<p>Self help and support for families with excessively crying, sleepless and demanding young children Telephone 0207 4045011 8.00am-11.00pm, 7 days a week</p> <p>For families with special needs children Telephone 01252 545345</p> <p>Support group for parents and children with disabilities Telephone 01252 343753</p> <p>A friendly group of parents offering mum-to-mum support and friendship to all parents – members and non-members. Telephone 07005 801867</p>

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	<p>Parentline Plus</p> <p>Samaritans</p> <p>Aldershot & Farnborough Twins & Triplets Club</p> <p>Barnardo's Young Parent's Network</p> <p>National Council of One Parent Families</p>	<p>FREE confidential helpline for anyone in a parenting role Telephone 0808 800 2222</p> <p>If you feel desperate and in need of help or just a sympathetic ear Telephone 0845 790909 Anytime, day or night</p> <p>Support group for all families of multiples, providing a chance to meet other families in similar circumstances Telephone 01276 677846 Email – Debbie Ross at dross@hotmail.com</p> <p>Working with young parents in their own communities to identify the issues, which are relevant to them and then work out the best way to support them to deal with these issues. Telephone Sue Stevenson – Young Parents Advice & Information Bureau Advisor on 028 90 671992 Email sue.Stevenson@barnardos.org.uk</p> <p>Offers FREE information to lone parents on many different topics. Also supplies a magazine giving advice on housing, work etc. Telephone their Helpline on 0800 018 5026 9.00am-5.00pm Monday to Friday www.oneparentfamilies.org.uk</p>
	<p>For Dads AS ABOVE, EXCLUDING THE NATIONAL CHILDBIRTH TRUST</p> <p>Teenage Pregnancy Unit</p>	<p>Offers a book for teenage fathers entitled 'New Images of Teenage Fatherhood', Ref 30018 by Edmund Clark www.teenagepregnancyunit.gov.uk</p>

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<p>Jobs</p>	<p align="center">JobCentre Plus</p> <p align="center">Aldershot Office - South Western House Station Road ALDERSHOT GU11 1HP Telephone – 01252 356500</p> <p align="center">Farnborough Office – Princeton House 1-5 Victoria Road FARNBOROUGH GU14 7NP Telephone – 01252 805000 www.jobcentreplus.gov.uk</p> <p align="center">Rushmoor Volunteer Bureau The Community Centre Meudon Avenue FARNBOROUGH GU14 7LE Telephone 01252 540162</p>	<p>Lone Parent Advisors at JobCentre Plus – Aldershot – Kelly on 01252 356670 or Sally on 01252 356577 Farnborough – Alison on 01252 805026 or Karen on 01252 805038.</p> <p>At JobCentre Plus, there is no one specifically designated to Young Parents, but if you come in you will be given advice in the Jobcentre re benefits and then you will be directed to a warm phone where you will contact the call centre who will then arrange for you to claim a benefit.</p> <p>If you would like to do some Voluntary Work, the Volunteer Bureau will help you to learn new skills whilst helping other people</p>
<p>Childcare</p>	<p align="center">Childrens Information Service 0845 602 1125</p> <p align="center">National Childminding Association Suite E 2nd Floor, Telford House Hamilton Close BASINGSTOKE RG21 6YT Telephone 01256 300720</p>	<p>You can get help with Costs</p> <p>Promotes & Supports quality childminding expertise and supplies information to parents looking for a childminder</p>
<p>Training</p>	<p align="center">Connexions 01252 324037</p> <p>(You can claim Care to Learn funding if you are under 19 & start a course in a school, college or as a trainee with a work based learning provider that receives some public funding and you are caring for you own child(ren) – fathers are also eligible if they are the main carer and are using a registered childcare provider)</p> <p align="center">Education Welfare Office</p> <p align="center">Learn Direct Advice Line Learn Direct provides hundreds of online courses in computers, office skill, self development or enables you to improve your Maths & English. The courses are designed</p>	<p>Ask about Care to Learn to Cover Childcare costs 0845 600 2809 Email cartetolearn@manchester.gov.uk</p> <p>Telephone 01252 812333</p> <p>Telephone 0800 100900</p>

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	so that you can learn at a time, place and pace to suit your needs.	
Colleges with Nurseries On Site or Very Close	<p>Farnborough College of Technology Boundary Road FARNBOROUGH GU14 6SB Telephone 01252 407040 Email info@farn-ct.ac.uk www.farn-ct.ac.uk</p>	
	<p>The Sixth Form College Prospect Avenue FARNBOROUGH GU14 8JX Telephone 01252 688200 Email admin@farnboroughsfc.ac.uk www.farnboroughsfc.ac.uk</p>	
	<p>Oaklands Day Nursery SITUATED AT THE SIXTH FORM COLLEGE Prospect Avenue FARNBOROUGH GU14 8JX Email oaklands@peartreegroup.co.uk</p>	
Housing	<p>Rushmoor Borough Council Housing Department Council Offices Farnborough Road FARNBOROUGH GU14 7JU</p> <p>First Wessex Housing Group (Formerly Pavilion Housing) Gordon House Gordon Road ALDERSHOT GU11 1LD Telephone 01252 338800 Email info@pavilionhg.co.uk</p> <p>Emmaus Projects 63 Victoria Road ALDERSHOT A charity working with single, homeless people aged 16-25, providing a combination of accommodation, support, occupation and training.</p>	<p>Telephone 01252 398398 www.rushmoor.gov.uk</p> <p>Visit their offices Monday, Tuesday & Thursday 8.30-5.00pm Wednesday 8.30-4.00pm Friday 8.30-4.30pm</p> <p>Telephone 01252 312364</p>
Money	<p>Connexions 39 Victoria Road FARNBOROUGH Telephone 01252 324037</p>	<p>Connexions Personal Advisors give advice and guidance on issues that young people are faced with, whatever they are. They can be found in schools and colleges</p>

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		across the Borough as well as at their Farnborough Information Centre
	Jobcentre (Benefits Advice)	Telephone 01252 356500
	<p>Citizens Advice Bureau</p> <p>Aldershot – Princes Gardens High Street ALDERSHOT GU11 1BJ Telephone – 084501203765 www.aldershotcab.org.uk</p> <p>Farnborough Meudon Avenue FARNBOROUGH GU14 7LE Telephone 0845 1203752 www.farnboroughcab.org.uk</p>	<p>Drop-in Advice Times Monday 9.30-12.30pm (pm appointments only) Tuesday 9.30-15.30pm (evening appointments available) Wednesday & Thursday 9.30-12.30pm Friday 9.30-15.30pm</p> <p>Telephone Advice Times Monday, Wednesday & Thursday 9.30-12.30pm Tuesday & Friday 9.30-15.30pm</p> <p>Drop-In Advice Times Monday 9.30-14.30pm Tuesday 9.30-12.30pm (Appointments 12.30-14.30pm) Wednesday 9.30-15.30pm (Appointments available in the evening) Thursday 9.30-14.30pm Friday – Appointments only 9.30-12.30pm</p> <p>Telephone Advice Lines Monday & Wednesday 9.30-15.30pm Tuesday, Thursday & Friday 9.30-12.30pm</p>