

SUPPORT for YOUNG PARENTS in and around South West Forest Branch

<p>Your health</p>	<p>Health Visitors/Doctors Surgeries</p> <p>All surgeries have named health visitor although in some cases health visitors are currently covering more than one practice.</p> <p>There are nursery nurses based at both Brockenhurst and Chawton House surgeries able to give advice on sleep training ,behaviour etc.</p> <p>There is not a health visitor specifically assigned to young parents.</p> <p>There is a reduced HV service at present. No parents would routinely be contacted unless there were concerns.</p>	<p>Webb Peploe House Church Lane Lymington 01590 674118</p>
		<p>Chawton House Surgery, St Thomas's street, Lymington, 01590 672953</p>
		<p>Wisteria Surgery, Avenue Road Lymington 01590-672212</p>
		<p>Milford on Sea Surgery Sea Road, Milford on Sea 01590-643022</p>
		<p>Lyndhurst Surgery 023-80282689</p>
		<p>The Arnewood Practice, Avenue Road, New Milton 01425 620393</p>
		<p>New Milton Health Centre, Spencer Road, New Milton 01425 621188</p>
		<p>Barton Surgery, Barton on Sea 01425 620830</p>
		<p>Sway Surgery 01590 682617 Brockenhurst Surgery 01590 622272</p>
		<p>Young Peoples Clinics,</p> <ul style="list-style-type: none"> • Free Confidential Advice • Emergency Contraception • Free condoms and all methods of contraception • Pregnancy Testing
	<p>Emergency contraception helpline</p>	<p>0800 318440</p>
	<p>New forest Pharmacy, Lyndhurst</p>	<p>02380 282630</p>
	<p>Martins, Brockenhurst</p>	<p>01590 623206</p>
		<p>01425 620171</p>

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	Forest pregnancy counselling	
Your Child's health	Your Health Visitor or Doctor NHS direct School nurses	See details above All health visitors hold open clinics in most cases these are fortnightly , timing information from relevant surgery. 0845 4647 01425 627029
Places to Go	Young Parents Support Groups	New Milton Youth Centre Thursday 10am 01425 616694
		Lymington Recreation centre in process of restarting Pennington YP's Contact Vicki Clarke 01590 670333
	Local Mainstream Groups Attended by Young Parents Most P&T groups locally have young parents attending occasionally. Full list attached. Those listed alongside are known to have young parents attending regularly.	Sway Family Drop-In Mon 9.30-11.30 St Lukes church rooms Church lane Sway (approx 3-6 under 20's in attendance.)
		Lymington P&T Tues.10-12 Community Centre Lymington
Someone to Talk to	For Mums	Connexions 02380 877960 Parentline plus 0808 800 2222 It's your Choice 0800515819
	For Dads	Connexions 02380 877960 Parentline plus 0808 800 2222 It's your Choice 0800515819
Jobs	JobCentre	01590 666600
Childcare	Childrens Information Service NCMA New Forest childminders	0845 602 1125 08001694486 01425 612399
Training	Connexions Care to Learn (Cover Childcare costs) Lone parent advisor at Lymington Job centre Learn Direct	02380 877960 0845 600 2809 01590 666600 0800 100900
Colleges with Nurseries On Site or Very Close	Brockenhurst college Arnewood school Education Welfare	01590 625555 01425 610186 02380 812113

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<p>Housing</p>	<p>Swaythling Housing Association</p> <p>Western Challenge Housing Association</p> <p>New Forest District Council Housing Dept.</p> <p>Nightstop –emergency accommodation</p>	<p>Collins House Bishopstoke Road Eastleigh Hants SO50 6AD Customer Services 023 8062 8000</p> <p>Spinnaker House Grange Road Christchurch Dorset BH23 4GE Residents Help Line: 0800 783 7837</p> <p>02380285193</p>
<p>Money</p>	<p>Connexions Child Trust Fund</p>	<p>02380 877960 08453021470</p>
	<p>Jobcentre CIS (tax credits etc.)</p>	<p>01590 666600 0845 602 1125</p>
	<p>Citizens advice bureau Lymington New Milton</p>	<p>01590 672685 01425 612679</p>