

SUPPORT for YOUNG PARENTS in and around Winchester

Your health		
	'Tums and Tots' Health visitor, midwife and nursery nurse run this group on Monday 2-4 pm specifically for young mums /dads/extended family and friends. An excellent and supportive group for young parents.	Baptist Church, Winchester Tel: 01962 877878
	Domestic Violence Support Friends of the Family, Friends Meeting House	16 Colebrook Street, Winchester Tel; 01962 864466
	Winchester Department of Sexual Health	Tel: 01962 369962
	British Pregnancy Advice Service	Tel: 0845 7304030
	Caring in Crisis	Tel: 01962 848033 0800 028 2228
	A&E RHCH	Tel: 01962 824945
	Winchester Rape and Sexual Abuse Counselling	Tel: 01962 848018
Your Child's health	HV Team for young mums	Tel: 01962 877878
	A&E RHCH	Tel: 01962 824945
	School Nurses, Mid-Hants PCT	Tel:01962 763940
	Domestic Violence Support Friends of the Family	Friends Meeting House, 16 Colebrook Street, Winchester Tel: 01962 864466
Places to Go Young Parents Support Groups	Tums and Tots	Tel: 01962 877878
	Friends of the Family. Hold weekly meetings for young mums and children, where children can play in the garden under qualified supervision whilst young mums have a chance to discuss issues. Very supportive and useful service.	Friends Meeting House, 16 Colebrook Street, Winchester Tel: 01962 864466.
	Lanterns Children's Centre, Courses, sessions, nursery, activities for children and parents	Berewecke Road, Winchester Tel: 01962 860393
Local Mainstream Groups Attended by Young Parents	Tots and Tinies, Winchester Family Church Although this group is mainstream it is one of the only groups in Winchester where young mums seem to feel comfortable because there are a number of young mums who attend. There is, however, a waiting list because it is so popular	Stanmore Lane, Winchester. Tel: 01962 840800.
	Baby weigh-in. Popular with young parents because a good meeting place.	United Reform Church, Winchester.
Someone to Talk to	For Mums Tums and Tots	Baptist Church, Winchester Tel: 01962 877878
	For Dads Tums and Tots	Baptist Church, Winchester Tel: 01962 877878 (Specifically interested in supporting dads and other family members)
Jobs	JobCentre Plus	Winchester. Tel: 01962 848848
	Citizens Advice Bureau	St. George's Centre, Winchester. Tel: 01962 848000
	Connexions	St, Georges Street, Winchester

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		Tel: 01962 877386
Childcare	Childrens Information Service	0845 602 1125
		Citizens Advice Bureau, St. George's Centre, Winchester. Tel: 01962 848000
		'Tums and Tots' , Baptist Church, Winchester Tel: 01962 877878
Training	Connexions	St. Georges Street, Winchester Tel: 01962 877386
	Care to Learn To cover childcare costs whilst in education	0845 600 2809
Colleges with Nurseries On Site or Very Close	Sparsholt Agricultural College On site day nursery, very aware of young mums and their needs. Currently have two young mums studying at Sparsholt who use nursery. Preferential places given to children and people studying at the college.	Tel: 01962 776439
	Eastleigh College Has on site day care. Very supportive and informed.	Tel: 02380 911000.
	Winchester University Has an onsite nursery, West Downs Day Nursery. Priority places are offered to students with children.	Romsey Road, Winchester. Tel: 01962 827393.
	Westgate Secondary School Rotherley Day Nursery is on the same site.	Cheriton Road, Winchester Tel: 01962 854757
	Peter Symonds College Lanterns Childrens Centre is very close by in Berewecke Road,	Peter Symonds, Owens Road, Winchester, Tel: 01962 857500 Lanterns Childrens Centere Tel: 01962 860393
Housing	Winchester City House Winchester City Council also feed into Swaythling Housing Group and Winchester Housing Association.	Colebrook Street, Winchester. Tel: 01962 840222.
Money	Connexions	Tel: 01962 877386
	Jobcentre for Benefits Advice	Job Centre Plus, Winchester. Tel: 01962 848848
Local information	Citizens Advice Bureau	St. George's Centre, Winchester. Tel: 01962 848000
	Parentline Plus Excellent website www.parentlineplus.org.uk Useful information on various topics	023 80619826
	Home-Start www.home-startwinchester.org.uk Offering support and friendship to families with at least one child under the age of 5.	01962 893604