



Budbrooke Medical Centre

Young Persons Handbook

Services, information
and support for
outside agencies.



Signposts for Local Services

Fitter Futures

Are you aged 12-16 and want some support with weight management, healthy lifestyle or physical activities? To find out more information about how Fitter Futures can help visit www.fitterfutureswarwickshire.co.uk or phone 02476400594.

Speak to Nurse Joy about a referral

Call 02476385888 for support or speak to one of the receptionists.

Guideposts– Carers

Do you help look after someone? This free, confidential service is held at Budbrooke Medical Centre once a month. Their staff provide information on services, confidential support and assistance.

Signposts for Local Services

Young Pregnancy

Are you under 20 years old and expecting your first baby? You could join a voluntary programme and receive regular home visits by specialist nurses. Call Deb on 07808763319

Ask your GP,
Midwife or
Contact Deb
at South
Team

To book your
initial
appointment
please call
02476671090

Psychological Therapy (IAPT) Over 16's

A service for people who are feeling stressed, anxious, low in mood or depressed. You will be able to talk about your concerns on the phone or in person. If you are under 16 please discuss first with a doctor.

Big White Wall™

Safe and anonymous peer support community which can be accessed online. Google for more information.

Signposts for Local Services

Sexual Assault Referral Centre

The Blue Sky Centre is based at the George Eliot Hospital in Nuneaton. There you can feel safe and supported and where immediate medical needs are met. You can also contact this centre if you are at risk of female genital mutilation. ((FGM).

Call 02476865505 to contact the centre. They are available 24/7 for any age and gender.

Warwickshire Sexual Health Clinics

The nearest sexual health clinic is at the Brunswick Hub in Leamington Spa. Please call 03001236644 for bookings or you can turn up and wait. The clinic offers emergency contraception, pregnancy testing and advice, other forms of contraception and confidential advice.

Call 02476865505 to contact the centre. They are available 24/7 for any age and gender.

Emergency Crisis Services

Refuge 24-Hour Domestic Violence Helpline

Crisis line providing
counselling, support and
advice for women and
children escaping
domestic violence.
Call: 08705995443

The Rape and Abuse Line

For anyone who has been
affected by rape or abuse.
Call: 08088000123 (Answered
by women)
Call: 08088000122 (Answered
by men)
7-10pm

Emergency Crisis Services

Female Genital Mutilation

There is help available throughout Warwickshire for people who are, or who may be at risk of female genital mutilation (FGM). Warwickshire Police have trained, specialist officers who can be contacted by calling the police on 101.

Samaritans

A confidential 24 hour service providing emotional support to people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Call: 08457 909090

Email: jo@samaritans.org.uk

Emergency Crisis Services

Childline

Are you worried? Do you need to talk?

Call childline on 08001111. It is free and you don't have to tell them your name. They are there to talk all day and night. Or call NSPCC Child protection on 0800800500

Lesbian, Gay, Bisexual and Transgender Community

Visit the website below for help and support within the LGBT community.

<https://www.stonewall.org.uk>