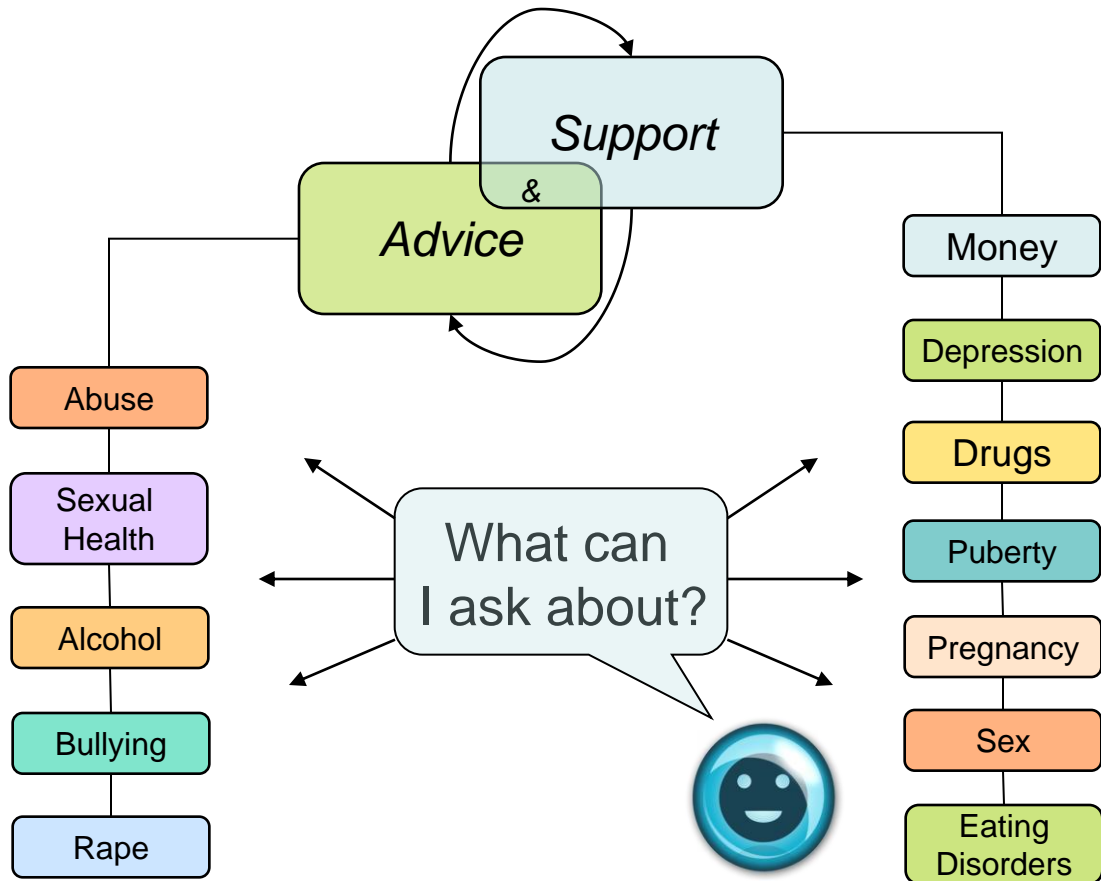




St Stephens Gate MEDICAL PRACTICE

Guide To Services For Young People

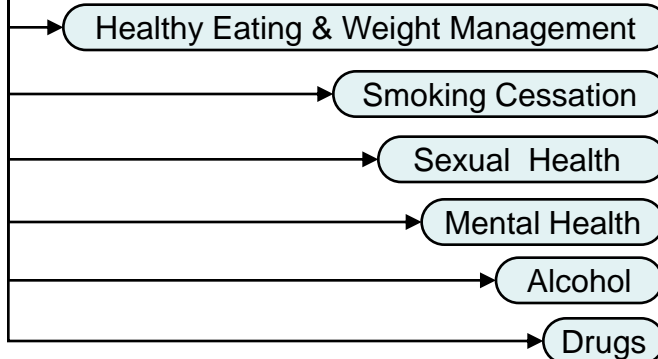


You can always go to Mum, Dad, Friend or a Relative

Or alternatively, you can arrange to see a Doctor/Nurse at St Stephens Gate Medical Practice. Tel: 01603 228686 for an appointment to have a friendly and **CONFIDENTIAL** Chat. This means completely private and we won't tell anyone.

Here at St Stephens Gate Medical Practice,
we can offer you the following
CONFIDENTIAL services:

- ❑ Attend with a friend, relative or on your own for a confidential appointment as long as you are able to understand and make informed decisions and the doctor or nurse has no concerns about your safety.
- ❑ In house testing for Chlamydia, Gonorrhoea and seamless referrals for other sexually transmitted diseases.
- ❑ Free Pregnancy tests for under 25's.
- ❑ Referral for specialist services for Abortion, Mental Health and Child and Adolescent Mental Health Service.
- ❑ Offer free condoms – collection point for C-card Scheme.
- ❑ All Contraception Prescriptions are free.
- ❑ Contraceptive Implant or Coil.
- ❑ Fully trained Nurses to offer support on the following:



How To Find Us



Bus Routes

St Stephens Gate Medical Practice is located close to Norwich Bus Station which is just off Queen's Road and Surrey Street. Many bus routes run through the area around the practice to and from Norwich city centre. The practice is located in the city centre just off Chapelfield Road in Wessex Street. The practice is signposted from St Stephens round-a-bout and from the subway underneath the round-a-bout.

Main Bus Routes & Areas

- 16 - Angel Road
- 19, 20 – Kettis Hill, Riverside Road, Wensum House
- 21, 22 – Dereham Road, Sprowston Road, Magdalen St.
- 25, 35 – South Park Avenue, Unthank Road, North Park Avenue, Northfields
- 26, 27 – Magdalen Street
- 28 – Heigham Street
- 9, 9A – Lakenham
- 10, 18 – City College, Ipswich Road
- 17, 17A – South Tuckwood

However, if you feel you are unable to do this there is plenty more help out there, you can access them in the following ways – by phone, website etc:- Here are a few we picked out for you:-

Locally:

MAP (Mancroft Advice Project), The Risebrow Centre, Chantry Road, Norwich NR2 1RF – www.map11-25.org – 01603 766994 1.30pm-5pm Drop-in Sessions. This organisation provides access to all kinds of help from Sexual Health to finding a job with the help of friendly trained Counsellors. Aimed at 11-25 year olds.

MATHEW PROJECT UNDER 18 - www.matthewproject.org – 01603 774355 or 0800 970 4866(free from Landlines). Need Help and Support with Drugs and Alcohol.
NORWICH RAPE CRISIS - 01603 667687 – Telephone helpline on Tuesdays 7pm-9pm and Fridays 12Noon-2pm. All calls on the answer phone are answered within 48 hours.

ST STEPHENS GATE MEDICAL PRACTICE – www.ststephensgate.com – Tel: 01603 228686 Your GP Surgery – From 8.00am-6:30pm Monday-Friday.

Nationwide:

CHILDLINE – www.childline.org.uk – 0800 1111 – Calls are free and confidential. NO problem is too big or too small – up to 18 yrs old.

NATIONAL YOUTH ADVOCACY SERVICE – www.nyas.net – 0800 616101(Freephone).
Counselling and Legal Advice.

SUPPORT LINE – www.supportline.org.uk – 020 8554 9004 (5pm-8pm). Confidential emotional support for young people and adults in despair. Advice and help available.

GET CONNECTED – www.getconnected.org.uk – 0808 808 4994 – Email: help@getconnected.org.uk offers free and confidential advice via the telephone, email or web chat to help young people find the best help.

TALK TO FRANK ABOUT DRUGS – www.talktofrank.com – 0800 776600(Freephone). 24hrs free, confidential. Provides advice and information about drugs in general.

SAMARITIANS – www.samaritians.org.uk – 08457 909090 – Confidential Advice Line.

Young Persons Health Point

This Information Point is on the first floor of the practice by the large front windows. To get to the Info. Point when you enter the building just go up the stairs or take the lift to the first floor. The stairs and lift are found through the door to the right of the front reception desk. The young persons' health info. point is a dedicated area where you can sit down and have a read of health posters and leaflets which you can take away and there are free condoms and Chlamydia testing kits too. You don't have to ask anyone before visiting this area, but if you would like help or advice please ask a receptionist.

Contact Us

Telephone: 01603 228686

E-Mail: fran.fulton@nhs.net

NEVER BE AFRAID TO ASK FOR HELP