

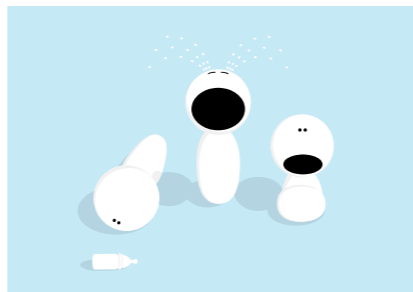


Support for Young Parents & Parents-to-be in Leicestershire

Welcome to the support directory for parents under 20 in Leicestershire

Essential Information for you

This directory is for parents under 20. It gives details of services in Leicestershire that offer advice and information on those things that all new parents think about.



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Thanks :)

Special thanks go to Leicestershire's Young Parents Forum, who were involved in the consultation on the design and content of this directory.

confidentiality...

here to listen, not to tell

Remember, whatever your age, you have a right to confidential advice. If you contact agencies in this booklet nothing will be said to anyone (even if you are under 16) – including parents, other family members or key workers without your permission.

The only reason they may have to consider passing on confidential information without your permission, would be to protect you or someone else from serious harm.

They would always try to discuss this with you first.



Pregnancy Support and Information

So – you are pregnant! The next few months will probably fly and whether you are excited, nervous or terrified – help is at hand! The teenage pregnancy specialist midwives run clinics for parents under 18 and there is a range of other support available near-by – check out your part of Leicestershire via the map on the parentsunder20 website....

www.parentsunder20.co.uk

Specialist Midwifery Clinics

Leicester Royal Infirmary- Mon 10.00am - 2.00pm appointments

Coalville Children's Centre- Thurs 1.00pm - 4.00pm appointments/drop-in

Loughborough Prospects- Friday 1.00pm - 3.30pm appointments

Community Midwives Office 0116 258 4834 or 07876 475 318

-please phone this number with new referrals



Early Start

This is a programme offering first time parents regular support from a health visitor. If you are a parent (or parent-to-be) who lives in or around Loughborough, call 07879 848 371 to find out more.

Support for Young Families

Becoming a parent is hard work, but can be very rewarding. You can sometimes feel like you are the only one going through what you are going through, but there is lots of support out there.

Young parents groups provide friendship, social and learning opportunities as well as support and information.

Visit the parents under 20 website for information about young parents groups, children's centres and other fun things to get involved with.

www.parentsunder20.co.uk

If you are still at school, your school might want to get in touch with SAMS - who offer specialist School Age Mums Support - visit www.samsleics.co.uk or call Sara on 07500 448 370 for further details.



What benefits am I entitled to?

If you are pregnant you can get Healthy Start vouchers for milk, fruit and vegetables. If you are pregnant and until your baby is 1 year old, you can get vitamins from your local Sure Start Children's Centre free of charge. You can get vitamins for your baby too from 1 month old.

You might also be able to claim Income Support, depending on how old you are and who you live with, as well as the Sure Start Maternity grant of up to £500.

If you are a young parent, you will be able to claim Child Benefit and you might also be able to claim Income support or tax credits.

For more information contact your nearest Job centre or visit:

www.gov.uk/benefits-adviser



Benefits & Money Advice

The Citizens Advice Bureau offer advice on benefits - www.adviceguide.org.uk

For a local community advice and law service, visit www.cals.uk.net, or phone 0116 242 1120

www.moneyadvice.org.uk offers advice on money and benefits, visit their website or call them on 0300 500 5000

www.stepchange.org is a debt advice charity. Visit their website or call them on 0800 138 1111

Child Benefits Enquiry Line 0845 302 1444

Care to Learn 0800 121 8989 - funding for childcare

National Debt Line 0800 808 400

Housing

For advice and information on your housing options, contact your local council housing department or housing projects in your area.

Blaby District 0116 275 0555

Charnwood 01509 263 151

Harborough District Council 01858 82 82 82

Hinckley & Bosworth Council 01455 238 141

Melton Borough Council 01664 502 502

North West Leicestershire District Council 01530 45 45 45

Oadby & Wigston Borough Council 0116 288 8961

The Bridge - 01509 260 500 - help and advice on housing and tenancy support - 38 Leicester Road, Loughborough LE11 2AG Mon - Thurs 9am-5pm, Fri 9am - 4pm

Emotional Support & Friendship for Young Parents

Home Start schemes – Offer support, friendship and practical help for families, where at least one child is under 5. Contact your local scheme for details on: 0116 258 7900

Cry-sis – Call 08451 228 669 , if your baby cries a lot visit www.cry-sis.org.

Gingerbread – 0808 802 0925 Support for single parents, or visit www.gingerbread.org.uk

Family Lives- 0808 800 2222 Help and information for parents or visit www.familylives.co.uk

Samaritans – 0845 7 90 90 90 for 24 hour confidential, emotional support if you have feeling of distress or despair or visit www.samaritans.org

Children Centres – visit www.parentsunder20.co.uk to find your nearest centre.

Sure Start Children's Centres

Children's Centres aim to give every child the best possible start in life.

They are a great place to access support on a one to one basis from a Family Outreach Worker - or to attend groups - and a good way for you to meet up with other young mums or dads.

You can access a Children's Centre if you have a child under the age of 5. In Leicestershire there are 36 Children's Centres so there is likely to be one near you!

Individual Children's Centres are able to offer different services, so it's worth finding out where your nearest Children's Centre is so that you can ring them and ask them what support is available to you.

If you're worried about going to a Children's Centre for the first time, a Family Outreach Worker might be able to come and visit you at home beforehand so that you will have a familiar face when you go there. The Family Outreach Worker team is full of warm and friendly people that are there to help you.

Some of the activities you can take part in include antenatal sessions for young mums-to-be; breastfeeding cafe; baby massage, and weigh-in clinics. There are loads more things on offer too.

To find your nearest Children's Centre, visit <http://bit.ly/18psmX6> or you can call the Family Information Service on 0116 305 6545



Family Information Service

Leicestershire's Family Information Service (FIS) have a great booklet of parenting tips - you can access it at www.leics.gov.uk/parenting_top_tips.pdf



Leicestershire's Family Information Service (FIS) provides information, advice and guidance for families who have children or young people aged 0-20 years. Visit them at <http://bit.ly/182sKMg> or ring 0116 305 6445

Childcare



Care to Learn – if you are under 20 and want to continue, or start learning or training, you can get help with childcare costs. Care to Learn will not affect your own or your family's benefits. You do not have to be receiving benefits to have childcare paid for through Care to Learn www.gov.uk/caretolearn
Helpline: 0800 121 8989

Family Information Service – For advice and information on all aspects of childcare, including details of local toy libraries - 0116 305 6445 Tues-Fri 9:30am-3:30pm or visit www.childcarelink.gov.uk

Free Early Education Entitlement (FEEE) – Entitles all 3 and 4 year olds in Leicestershire to 15 hours of free learning for 38 weeks of the year. This can be nursery, pre-school, playgroups or with an accredited childminder for more details, use this link: <http://bit.ly/18ctTld>. There are also some places available for 2 year olds, ring 0116 305 6208 with your National Insurance number ready to find out if you would be eligible.

What questions should I ask a child care provider?

Leaving your child in someone else's care is a big step and you need to feel happy and confident that it feels right for you.

Don't be afraid to ask questions from any prospective child care provider. If they are a good provider, they won't be afraid to answer them.

We've come up with some suggestions for questions that you might like to ask...

- What are the daily routines and how can you incorporate my child's and other children's routines?
- Do you operate a key worker scheme [where one member of staff has main responsibility for your child]?
- How will you keep me informed of my child's progress and news from the nursery/childminder/out-of-school club?

- What are your policies on discipline and how do you manage children's behaviour?
- Do you provide such things as meals, snacks, nappies, etc, or will I need to provide them?
- Where can my child sleep or rest?
- How will you contact me in an emergency?
- Can I see a copy of your registration certificates and inspection reports?



Getting back into learning....

No young person is the same as another. Each young parent is an individual in their own right. It can be really hard to get back into learning once you find out that you are pregnant or become a young parent. There is so much to take in!

We've developed a range of flexible options, from studying at home, to part-time courses for 2/3 days a week. There are courses you can take when you are pregnant and when you've had your baby, some that have on-site childcare, some where you learn with your child and others where you can access free childcare.

For more information on learning opportunities in your area, visit the [parentsunder20](http://parentsunder20.org.uk) website

"Since I started the course I've met so many lovely people that have become friends. They have all helped me change my life and completely turn it around."

Your Education, Training & Career

prospects

Your local centre can provide help and support to young people aged 16-19 (or up to 25 for young people with a learning disability or difficulty). For advice and information on training, education and careers, visit www.prospects.co.uk



National Careers Service - provides information, advice and guidance to help make decisions on learning, training and work opportunities. The service offers confidential and impartial advice. This is supported by qualified careers advisors. Visit http://www.leics-ebc.org.uk/national_careers_service/

Learning

Leicestershire County Council's Adult Learning Service offers hundreds of courses and in some cases you can access them at a free or discounted rate.

Visit <http://bit.ly/1bt5YkC>

You can also do Family Learning courses, visit <http://bit.ly/18CXwIq>



Relationships

Our relationships with others are key to our happiness and fulfilment – from our relationships with family, friends and peers to our sexual relationships. We want everyone to enjoy positive, healthy relationship where trust, fun and care are characteristics.

Domestic Abuse

Sadly some relationships are unhealthy if you feel unhappy in a relationship or under pressure to do things you don't want to do – talk to someone;

Leicestershire Domestic Abuse Helpline: 03000 303 184 If you are concerned about violence in your home you can call this number for confidential support.

Leicester Rape Crisis Helpline: 0116 255 8852 Counselling, crisis support, information & befriending for women over 16 who have been sexually abused – or visit www.rapecrisis.co.uk Tue-Fri 10am-4pm; Wed 6pm-9pm

Visit this link for more information <http://bit.ly/ZG7HHH>

Post Birth Contraception

Contraception might be the last thing on your mind but unless you want to become a parent again really soon – you need to give this some thought!



You need to start using contraception from 3 weeks (21 days) after the birth of your baby.

The best contraception for you is a very personal decision – here are some things to consider:

- You can use male and female condoms as soon as you want to.
- You can start to use the contraceptive implant from three weeks after the birth.
- If you are not breastfeeding then you can use the combined pill, the contraceptive vaginal ring and the contraceptive patch from three weeks after the birth.

- You can start the progestogen-only pill any time after the birth.
- It is usually recommended that you wait until six weeks after the birth to start the contraceptive injection because then you are less likely to have heavy and irregular bleeding. It is possible to use it earlier if there are no other alternatives you find acceptable.
- Unless the IUD or IUS can be inserted within the first 48 hours of the birth, insertion should be delayed until four weeks after birth

For more detailed information visit <http://bit.ly/16bUH79>



Sexual Transmitted Infections (STI's)

STIs include:

Chlamydia – Up to 1 in 10 young people may have this but don't know because they have no symptoms. To find out more or to order a free, confidential home testing kit though the post visit www.fillthepot.info or Text Testme1 to 88020 with your name and address and we will send you a free test.

Genital Warts – Warts can take a year or more to develop after infection with the wart virus. Warts are not always visible.

Gonorrhoea – you may have a thick coloured discharge from your vagina or penis and need to pee more often.

All the above are easy to treat, but if left untreated can have serious consequences including infertility. Treatment is straight forward so don't be embarrassed to seek help. To avoid getting an STI or HIV, practice safe sex (i.e. use a male/female condom) every time you have sex. Sexual Health Advice Line: 0800 318 908 or visit: www.leicestersexualhealth.nhs.uk

Alcohol

Alcohol comes in many colours, strengths and tastes. However one thing is for sure, too much of any alcoholic drink can lead to a good night turning into a night you may not want (or be able) to remember.

When it comes to alcohol and sex, bear in mind the following;

- Alcohol can affect your physical co-ordination and decision making abilities.
- Don't drink so much that you are unable to say NO- to anything
- Don't assume it will never happen to you; that can put you at risk
- Drinking quickly, especially on an empty stomach, will affect your ability to remain in control
- Alcohol can affect your judgement – you may end up doing things you may regret later.

For help to stop drinking

For help and advice locally for alcohol please visit www.swanswell.org.uk or contact 0300 303 5000

Alcoholics Anonymous National Helpline- 0845 769 755 or visit www.alcoholics-anonymous.org.uk

You can also contact Alcoholics Anonymous if you are worried about the drinking of family members.



Drugs

Drugs can make you think, feel and act differently and yes they may lead to feeling chilled out, relaxed and happy but they can also lead to you feeling paranoid and anxious if you the good trips turn bad.

To get clear information about alcohol and drugs go to SMST young people's website: www.drugs.org.uk

If you are using drugs think about the following:

- At a time when you want to look your best, drugs can really mess with your good looks. Regular use can affect the condition of your skin and hair.
- Drug use can really affect your health both in short and long-term. Problems can range from being sick and dizzy to heart damage.
- The few hours of a high can result in a couple of days of feeling down and depressed

- Drugs can make you vulnerable and if other people see that you are high you can become an easy target of crimes such as drink spiking and theft.
- You can get in trouble with the police if you are caught with drugs. A criminal record is probably something you would rather do without!
- The best way to avoid all this is not to take drugs, but if you do take them, make sure you know all the facts first!

For help and advice locally about drugs please visit www.swanswell.org.uk or contact 0300 303 5000

Legal Highs

Legal highs' are substances which produce similar effects to illegal drugs (such as cocaine, cannabis and ecstasy) but that are not controlled by law. Just the fact that a substance is sold as legal to possess, doesn't mean that it's safe - you can't really be sure what's in a 'legal high' that you've bought, or been given, or what effect it's likely to have on you. Get help, advice and information on legal highs and know the risks at www.legalhighslethallows.co.uk

Smoking

Most smokers wish they had never started in the first place. Ask yourself –why bother?

- Living with even one smoker makes it more likely you will try smoking yourself. Encourage smokers you live with to take the pledge and Step Right Out.
- The younger you are when you start the more likely you are to become a heavy smoker.
- Smoking seriously affects your health. Your skin will age prematurely, your teeth will discolour and your breathing and circulation will be affected.
- Your breath, clothes, skin and hair always smell of stale tobacco
- Smoking 20 cigarettes a day costs more than £2,500 each year. Can you afford it?
- As bad as store-bought cigs are, illegal and cheap whites are even worse. Illegal

cigarettes very often mean other crime is brought into your community.

If you have started and want help to stop:

STOP! is a **FREE** service where you can get practical hints and tips on how to deal with cravings and get access to patches, gum and other stop smoking medications.

There will be a friendly supportive advisor in your area and you are much more likely to succeed in quitting if you use this service.

If you would like to find out more or make an appointment, contact **STOP!** on 0845 045 2828, or text them on 07717 420 560.



Other Useful Websites

www.tommys.org

www.bubbalicious.co.uk

www.nhs/worhtalkingabout

www.fpa.org.uk

www.brook.org.uk

www.thesite.org.uk

Need Another Copy?

For more copies of this booklet please contact:

The Teenage Pregnancy Team – 0116 305 9238 www.letstalktp.org.uk