

RESOURCES IN KINGSTON & RICHMOND

KINGSTON UPON THAMES				
Provider	Service	Age Range	Website	Contact
SEXUAL HEALTH				
The Point	The Point is a one stop walk-in sexual health service for young people of both sexes aged 18 years and under. It provides sexual health screening, HIV testing, contraception (emergency, routine and long term), counselling, pregnancy testing and advice about sex and relationships. Walk-in clinics don't need an appointment. Tuesdays 4-6pm drop in.		http://www.sexualhealthkingston.co.uk/clinics-times/	
Hawks Road	Drop-in sexual health clinic. On most Mondays there will be a female doctor. Contraception. All services are free and confidential. Sexually Transmitted Infection (STI) Testing. Free Condoms. Chlamydia Treatment. Advice. Sexual Assault Advice, Help and Information. HIV Testing. Free Emergency Contraception (Known as Morning After Pill). Free Pregnancy Testing. LARC (Coils, Implants, Injection). Contraception (eg. The Pill). Free Condoms. Free Pregnancy Testing Advice. Information and Advice. Sexual Assault Advice, Help and Information.		http://sexualhealthkingston.co.uk/your-visit/175-2/	
The Wolverton Clinic Connect Service	The Connect Service provides a safe environment for people with SEND to discuss their sexual health and relationship needs.		www.connectkingston.nhs.uk	
CASH CLINICS				
CASH clinics	Community Contraceptive and Sexual Health (CASH) clinics are run by Your Healthcare. Free health services from KU19 KU19 is Kingston's free and confidential health service for young people aged 19 years and under. It's provided by Your Healthcare CIC. You can get: Free condoms. Emergency contraception. Chlamydia and gonorrhoea screening. Contraception. Advice and information. Pregnancy testing.		www.kingston.gov.uk/info/200287/health_and_wellbeing/1322/cash_services www.kingston.gov.uk/info/200309/sexual_health_support_advice_and_services/899/ku19_services_for_young_people	020 8549 6323

	<p>You can contact KU19 or drop into one of the KU19 clinics around the borough (you don't need an appointment). Their non-judgemental, free and confidential service welcome all genders, sexualities and age groups. Walk in and appointment services are offered, including: Contraception: long acting methods, for example: implants, IUD/IUS (coils), injectables and the pill. Emergency contraception. Sexually transmitted infections and HIV testing. Pregnancy testing and options. Treatment for chlamydia infection and follow-up.</p>		<p>Email: ku19@yourhealthcare.org</p>	
<p>Wolverton Clinic Kingston Hospital</p>	<p>At the Wolverton Centre we have been providing a free, comprehensive and confidential sexual health service in Southwest London to everyone who may need our service for nearly twenty years. They provide routine testing and treatment for sexually transmitted infections (STIs), HIV testing, treatment following HIV risk (PEPSE), emergency contraception services and dedicated clinics for young people and gay/bisexual men. A referral is not required and there are walk-in clinics every day. A visit can be arranged by phone, e-booking or simply by attending a walk-in clinic.</p>		<p>www.sexualhealthkingston.co.uk/clinics-times/</p>	<p>Book an appointment by telephone on 020 8974 9331 or by <u>e-booking</u></p>
EMOTIONAL WELLBEING				
<p>Kooth</p>	<p>Kooth provides digital counselling service, to children and young people in the borough of Kingston-upon-Thames. The service is available to anyone aged between ten and 22 and is free at the point of need. The service will give young people anonymous and immediate access to qualified psychotherapists and British Association of Counselling and Psychotherapy (BACP) certified counsellors via any connected device, including a smartphone.</p>		<p>xenzone.com/kooth-online-counselling-offers-mental-health-support-young-people-kingston-upon-thames/</p>	
<p>Mind</p>	<p>Mind in Kingston Counselling Service offers one to one counselling sessions to individuals living, working or studying within the Borough of Kingston. They particularly welcome people who are currently in employment, education or have caring responsibilities and are unable to access daytime counselling. They will offer a maximum of 12 sessions (with a possibility for an extension if necessary). Each session will last 50 minutes and will take place on a weekly basis at a regular date and time at our Drop-in Cafe premises in Kingston. Their counselling service is coordinated by a fully qualified counsellor, who</p>		<p>http://www.mindinkingston.org.uk/counselling-service.asp</p>	

	oversees intake and allocation of clients, recruitment of new counsellors, supervision of counsellors and the administration for the service.			
Relate	Kingston and Richmond provides counselling for young people. If you are a member of the student support team and would like to discuss working in partnership with Relate to establish a confidential counselling service at your school or academy please contact Sally Bushell, Chief Executive at: sallyb@relatelondonsw.org or telephone: 020 8940 8578.		http://www.relatelondonsw.org/services/young-people/	020 8940 8578
Kingston Bereavement Service	The Saying Goodbye Project is commissioned by AFC to provide bereavement support for children living in Kingston and Richmond.		www.sayinggoodbye.org.uk	020 8547 1552
RICHMOND UPON THAMES				
Provider	Service	Age Range	Website	Contact
SEXUAL HEALTH				
ISH Service	This clinic will offer a routine sexual health and contraception service led by our nursing team and booked appointments with doctors. Opening times Wednesday 9am - 7.30pm, including the following clinics: 8.45am - 10.30am specialist Long Acting Reversible Contraception (LARC) clinic, including implant removal (appointment only) 12noon - 3pm psychosexual counselling by GP referral 5.30pm - 7.30pm walk-in nurse led contraception clinic Thursday 6pm - 8pm		www.richmond.gov.uk/sexual_health Teddington Health and Social Care Centre, 18 Queens Road, Teddington, TW11 0LR	
Sexual Health Clinics in Richmond	There are six clinics across the three boroughs, offering contraception and sexual health testing, treatment and advice and are opened for six days a week including Saturdays. The services provided in these clinics are free and confidential. You can book an appointment yourself or attend in an emergency. You do not need your GP to refer you for care, nor do you need		www.clch.nhs.uk/services/sexual-health-south-west-london	

	<p>to live locally.</p> <p>Please call the booking and advice line on 0333 300 2100 to check which clinic you should use. Lines are open 8am to 8pm Monday to Friday and on Saturday mornings. A recorded message gives useful information outside of these hours.</p>			
<p>Sheen Lane Health Centre Sheen Lane, East Sheen SW14 8LP</p>	<p>This clinic will offer a routine sexual health and contraception service led by our nursing team.</p> <p>Opening times: Tuesday 6pm - 8pm (appointments only)</p> <p>Please see here for the locations of other locations across Wandsworth and Merton, including the two L3 Hubs.</p> <p>Although there is no minimum age limit within the clinics, in line with the Fraser guidelines, patients will be assessed and referred or treated as appropriate. Although their age does not exclude them from treatment, this will raise safeguarding alerts with Social Services.</p> <p>Referrals of Sexual Assault/abuse are for the Havens in the first instance. Generally these cases if under 13 would be seen by a paediatrician with a forensics specialism (often gained through the Haven) rather than in GU medicine.</p> <p>Under 13's could be seen in either a hub or spoke but they would always have the support of a health advisor.</p> <p><u>Contraception:</u> The GP surgery provides free contraceptives (it's a free prescription), and some surgeries offer long acting reversible contraception (LARC) such as Coil (IUD/IUS), injection and implant. All of these types of contraception including IUD/S are available regardless of age. The FPA website provides information on the different types and methods of contraception. All GPs can screen for chlamydia, HIV and gonorrhoea. Some pharmacies in the borough provide emergency contraception (EHC or morning after pill) which prevent pregnancy after unprotected sex. These pills are effective for up to 72 hours after unprotected sex.</p>		<p>www.gettington.org.uk</p>	
<p>Off the Record</p>	<p>Walk in information, counselling, sexual health services for young people, based in Church Street, Twickenham</p>		<p>www.otrtwickenham.com</p>	<p>020 8744 1644</p>
Child Sexual Abuse Medicals / Support				
<p>The Haven children &</p>	<p>Opened April 2017 and now taking children under 13 years. Other Havens: Camberwell, Whitechapel & Paddington.</p>		<p>Christinemurphy5@nhs.net</p>	<p>0203 299 6798 Mon & Tues or</p>

<p>young person's service</p>	<p>New Child Havens to open 2018.</p> <p>Offer CSA/CP medicals to exclude/document injuries, STI screening, and emotional support for children under 13 where an allegation of CSA has been made within <u>3 weeks</u> of the most recent incident of sexual assault.</p> <p>The Havens Kings College Hospital NHS Foundation Trust.</p> <p>Emotional support is only offered to children only if they have had a forensic or CSA/CP medical done with us; however for the next 2-3 months [from December 2017] our waiting list has had to be closed to all children due to staffing and capacity.</p> <p>We also offer follow up STI screening and a young person's advocate/ISVA to the older age group between 13-19yr olds, with support from an advocate for up to a year post assault. (no waiting lists for this service)</p> <p>Depending on the age of the child, outside of the 3 week timeframe we usually recommend MOSAC http://www.mosac.org.uk/ for parents/carers and children however will only take self-referrals from parents/carers</p>		<p>www.thehavens.org.uk</p> <p>King's College Hospital [Denmark Hill Station 35 mins public transport from Richmond]</p>	<p>020 3299 6282 Wed, Thurs Fri</p> <p>General enquiries: 020 3299 1599</p>
<p><u>NPSCC Service called - Letting The Future In</u></p>	<p>This is a service for 4-17 years old, who have experienced sexual abuse, and the child hub NSPCC in Croydon are keen to see an increase in referrals to them for children who disclose/allege CSA.</p> <p>Parental and child support; play therapy, writing, storytelling;</p> <p>Also Foyle – specialist support for children with learning difficulties.</p> <p><i>Do we need to cite commissioning arrangements?</i></p>		<p>https://www.nspcc.org.uk/services-and-resources/services-for-children-and-families/letting-the-future-in/letting-the-future-in-referrals/</p>	<p>020 3722 9905</p>
<p><u>Catch 22 – London CSE Service – Wandsworth YPs Health Agency</u></p> <p><u>Place 2 be</u></p>	<p>Re CSE – diversionary activities to support reductions in substance and alcohol misuse & promote sexual health & positive choices. Services include Counselling/ therapy, support.</p> <p>An organisation that depending on school - can provide support to children at school. We currently have this operating at Hampton Hill School in borough.</p>	<p>12-18 years</p>	<p>ww.catch22.org.uk/services/wandsworth-young-peopleshealth-agency</p> <p>https://www.place2be.org.uk/what-we-do/parent-carer-resources/what-is-counselling-for-children.aspx</p>	

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AfC Emotional Health Service	Referral criteria. All referrals are managed through the Kingston and Richmond SPA. 8am to 6pm Monday to Friday This service works with children and young people up to the age of 19 years old who have a Richmond or Kingston home address. The focus of this service is early intervention and prevention, including consultation, training and short term direct therapeutic interventions. They are very happy to have a discussion with you if you are worried about a child or young person.		www.achievingforchildren.org.uk/emotional-health-service	020 8547 5008 add emailXXX
Richmond Borough Mind	RB Mind offer two youth well-being services and have produced a helpful Youth Wellbeing Guide for 10-25 year olds which includes information on topics such as bullying, eating disorders, counselling, drugs and sexuality.		www.rbmind.org/youth-wellbeing-projects.asp	020 8948 7652
Richmond Carers Centre	Commissioned by LBRUT working with AFC to provide support to young carers.		www.richmondcarers.org	020 8867 2383
Addiction Support and Care Agency (ASCA)	Counselling, group therapy and support for those living with or affected by addiction. They have a centre in Mortlake.		www.addictionsupport.co.uk	020 8940 1160
Change Grow Live (CGL) Richmond Integrated Recovery Service	Commissioned by Richmond CCG to provide a drug and alcohol service for adults in the borough. Based in Twickenham, clients can self-refer. Will assess the family situation and work with AFC to refer to appropriate services.		www.changegrowlive.org	020 8892 3363
Refuge – Richmond Advocacy and Community Outreach Service	Commissioned by LBRUT, Refuge provides free, confidential, non-judgemental and independent support to anyone experiencing domestic violence living in Richmond. The service supports men and women aged 16+.		www.refuge.org.uk/richmond	020 8843 8188
Richmond Crossways Pregnancy Crisis Centre	Crossways offers free and confidential advice for women and their partners facing an unintended pregnancy or dealing with pregnancy loss. Based in East Twickenham.		www.crosswayspregnancy.org.uk	020 8892 8483
The Mulberry Centre	Free support and advice for anyone affected by cancer. There is no postcode restriction and the centre is based at West Middlesex Hospital.		www.themulberrycentre.co.uk	020 8321 6300

Mediation in Divorce	MiD offer mediation to separating and divorcing couples specialising in family breakdown with the main focus on the impact on the children and reducing this as much as possible. Please note MiD is a charity it does make a charge for its services.		www.midmediation.org.uk	020 8891 6860
Citizens Advice Richmond (CAR)	Information, advice and specialist casework to anyone who lives, works or studies in LBRUT. It is a free service which includes debt and money management, housing and legal advice. Advice is available online, by phone and in person and there are evening appointments for carers and working people.		www.citizensadvice.org.uk/richmond	020 8712 7800
Richmond Foodbank	Part of the Vineyard Community Centre in Richmond it operates three other foodbank distribution centres in the borough in Barnes, Hampton and Isleworth.		www.richmond.foodbank.org.uk	020 8940 0274
SEND Family Voices (SFV)	Brings parents of children with SEND together in a community to improve services, share support and strengthen the common voice.		www.sendfamilyvoices.org.uk	07469 46145
LONDON WIDE				
Haven	The survivors of abuse network. Services including counselling are available to young people above the age of 13	Above the age of 13	www.havennetwork.org.uk	
One in Four	Supports people who have experienced child sexual abuse and trauma If the family are unable to access support via these services, they should go to their GP and express concern regarding their child's wellbeing (outlining what their concerns are) and request referral to alternative services such as CAMHS. Their service including counselling and a helpline are available to male and female survivors of rape and sexual abuse aged 14+	14+	http://www.oneinfour.org.uk/	
Respond London	Works with children and adults with learning difficulties who have experienced abuse or trauma. Their services include counselling and are available to male and female survivors of rape and sexual abuse	5+	http://respond.org.uk/	
Safeline	A specialised charity working to prevent sexual abuse and to support those affected in their recovery [male and female]. Its services include counselling for children aged 11+, and creative therapies for children aged 5+. Based in the Midlands it offers a helpline and online support across the UK.		www.safeline.org.uk	
Mothers of Sexually Abused Children	Specifically for mothers who have experienced the sexual abuse of one of their children. A range of specialist support and advice is on offer. Also provide support to all non-abusing parents. National free helpline.		www.mosac.org.uk https://www.careplace.org.uk/Services/13268/Mosac-supporting-no Email enquiries: enquiries@mosac.org.uk	
The Survivors			http://thesurvivorstrust.org/find-	

Trust directory of support in London			<u>support/london-england</u>	
Spectra	Spectra work with diverse communities to improve the positive and informed health choices of individuals. Non-judgemental and peer-based services include: health checks, HIV testing, groups (including for trans, non-binary, genderqueer and questioning people), free condoms, counselling and one to one support. Delivered locally across London, see the web pages for details		<u>https://spectra-london.org.uk/</u>	
Feltham Centre for Health The Practice Feltham Centre Open 09:00 - 17:30	Feltham provides a service for people with symptoms or signs of an infection on Mondays only by appointment. For urgent needs please visit West Middlesex Hospital Please note that during busy times the clinic may close earlier than advertised. We encourage patients to attend the clinic as early as possible in order to be seen.		<u>www.thecentrefeltham.co.uk</u> High Street, Feltham TW13 4GU Monday, 5pm to 7pm, Walk-in Tuesday, 9am to 5pm Walk-in & appointments Wednesday, 12.30pm to 2.30pm Walk-in & appointments 3pm to 5pm, Walk-in under 20 year olds only 5pm to 7pm, Walk-in & appointments	020 8844 2468
Hounslow Centre for Health / Heart of Hounslow, The Practice	Young People's Clinic (Mondays & Fridays 3pm to 5pm - no appointment needed). Opening times - Hounslow Please note that during busy times the clinic may close earlier than advertised. We encourage patients to attend the clinic as early as possible in order to be seen.		92 Bath Road, Hounslow TW3 3EL Monday, 9am – 5pm Walk in & Appointments Tuesday, 12pm to 7pm, Walk in & Appointments Wednesday, 9am to 4pm, Walk in & Appointments Thursday 9am to 12pm – Appointments	020 8630 1424

			<p>Only 12pm – 7pm, Walk in & Appointments</p> <p>Friday 12.30pm to 2.30pm – Walk in 3pm to 5pm – Under 20 year olds only</p>	
<p>Sexual Health Clinic, West Middlesex University Hospital</p>	<p>Specialist Services Young People's clinic for under 20 year olds (Mondays 3.00pm - 5.00pm - no appointment needed)</p> <p>Sex Workers' clinic. (Please telephone in advance and ask for a Health Adviser) To book an appointment call 0208 321 5718</p> <p>STI and HIV testing - people with no symptoms or signs of an infection can book online. (If you do have symptoms or specific concerns, please telephone to arrange an appointment instead of booking online, so we can ensure your appointment is the most appropriate one for you.)</p> <p>Please note that during busy times the clinic may close earlier than advertised. We encourage patients to attend the clinic as early as possible in order to be seen.</p>		<p>Twickenham House West Middlesex University Hospital Twickenham Road, Isleworth TW7 6AF</p> <p><u>www.sexualhealthhounslow.org.uk</u></p> <p><u>Opening times for Appointments:</u> Monday – 9am to 6pm Tuesday – 9am to 4pm Wednesday – 12.30pm to 7pm Thursday – 9am to 4pm Friday – 9am to 3pm</p> <p><u>Walk in Opening Times:</u> Walk in services are for patients requiring urgently to be seen or who are unable to make an appointment. Please note, walk in times are limited and your waiting time will vary. Monday – 9am to 12pm & 1.30pm to 4pm Tuesday – 1.30pm to 4pm Wednesday – 1.30pm to 4pm Thursday – 1.30pm to 4pm Friday – 9am to 12pm</p> <p><u>Young People's Clinic:</u> Walk in – No Appointment Needed For Under 20 year olds Monday – 3pm to 5pm</p>	020 8321 5718
<p>Child Line</p>	<p>Support, advice and information for children and young people online and on the phone at any time.</p>		<p><u>www.childline.org.uk</u></p>	0800 1111

Child Death Helpline	For anyone affected by the death of a child of any age from any cause. The line is staffed by parents who have been bereaved themselves.		www.childdeathhelpline.org.uk	0800 282986
Winston's Wish	Help and Advice in supporting a bereaved child.		www.winstonswish.org.uk	08452 030405
The Lullaby Trust	Safer Sleep advice for babies and support for bereaved families. They also offer a Care of Next Infant Service for families who are expecting another child after the sudden death of a previous baby and who may need extra emotional and practical support.		www.lullabytrust.org.uk	020 7802 3200 Bereavement support helpline 0808 802 6868
Papyrus UK	A national charity dedicated to the prevention of young person suicide. If you are a young person thinking about suicide or you are concerned about a young person they have a helpline that is manned on a daily basis.		www.papyrus-uk.org	0800 068 4141