

Free, Confidential, Health Information for Young People

in and around Croydon 2019-2020

CROYDON

www.croydon.gov.uk

Delivering
for Croydon

Specialist young people's services are free, confidential, non-judgemental and open to both young men and young women. You can just walk in at any of these services unless it is indicated here that an appointment is needed.

Services include:

Cn ALL TYPES of contraception offered

Cx Some contraceptive services offered

Ec Emergency contraception

C Free condoms

PT Pregnancy tests

ChT Chlamydia treatment

CG Chlamydia & Gonorrhoea screening

STI STI testing and treatment

A Abortion information, advice & referral

0c Oral contraceptive pill

Gt Gonorrhoea treatment

Croydon Sexual Health Centre

Croydon Sexual Health Centre

Croydon University Hospital, London Road, CR7 7YE

STI

Gt

020 8401 3002

A

C

Cn

CG

Ec

PT

Ght

Walk-in service: The Point (young people's clinic for those aged 18 and under):
Tuesday 15:00 – 17:30

Young People are also welcome at the Sexual Health Centre (all ages):

Monday 8.30 – 17.30 | Tuesday 8.30am – 12:00 | Tuesday: 15:30 – 17:30 (The Point clinic under 18s) | Wednesday 10.30 – 17.30 | Thursday 8.30 – 17.30 | Friday 9.00 – 16.00 | Saturday: 9:15 – 13:00 (contraception only)

Please note that Croydon Sexual Health Centre is no longer a walk in service.
Slots are available 24 hours in advance.

Please call 0208 401 3766 to book a slot for the following day.

www.gettington.org.uk

Long Acting Contraception Appointment clinics: We offer a limited amount of appointment slots for implants, IUD/ IUS (coil). Please call 0208 401 3761 to book an appointment. Please note that coil fittings require an initial consultation appointment prior to the fitting.

Outreach Specialist Contraceptive Nurse for young people under 26 (Croydon residents) who require additional support and care. Mondays, Tuesdays, Wednesdays and Fridays 9am – 5pm

0777 397 6488



Sexual Health at Parkway – Under 26

0844 477 394

Wednesdays Walk-in 3.30pm – 5.30pm. Appointments 6.00pm – 7.30pm.

Call 0208 401 3002. Parkway Health Centre, Parkway, New Addington, Croydon, CR0 0JA

Young Parents Midwife – Claire Sidley-Jenkins,

0777 397 8816

Lead Midwife for Young Parents and Safeguarding

Specialist Midwife's Office, Maternity Unit,

Croydon University Hospital CR7 7YE

Monthly Birth Talks and Tours of the Maternity Unit

Weekly drop in clinic

c.sidley-jenkins@nhs.net **Twitter: @CuhYoungParents**

Sexual Health Services in Local Pharmacies

Emergency Hormonal Contraception (morning after pill)

Ec

The emergency contraceptive pill should be taken within **3 days (72 hours)** of unprotected sex (but needs to be taken as soon as possible to be effective and **the earlier it is taken, the more likely it is to work**). Sometimes emergency contraception can be given up to 5 days (120 hours) after unprotected sex, so always ask if needed.

Emergency contraception DOES NOT protect against sexually transmitted infections.

All the pharmacies (chemist shops) listed here can provide condoms, pregnancy tests and the emergency contraceptive pill free to females under 21 years of age. They also offer free chlamydia screening and treatment to anyone under 25 years of age. Some also offer the oral contraceptive pill.

If you need emergency contraception and find it hard to ask, show this card to

EAST CROYDON

A-Z Healthcare (UK) Ltd

20 London Road, CR0 2TA

PT **C** **Ec** **CG** **Cht** **Oc** 020 8760 0035

Superdrug Pharmacy - Whitgift Centre

Units 2, 3 & 5 Whitgift Centre, Croydon, CR0 1US

PT **C** **Ec** **CG** **Cht** **Oc** 0208 688 8924

MAY DAY

Mayday Community Pharmacy

514 London Road, CR7 7HQ

PT **C** **Ec** **CG** **Cht** **Oc** 020 8689 9345

NEW ADDINGTON AND SELSDON

Fieldway Pharmacy, 3 Wayside, Fieldway,

New Addington, Croydon, CR0 9DX

PT **C** **Ec** **CG** **Cht** **Oc** 01689 843111

the receptionist/pharmacist. Not all pharmacies will have toilets available on the

THORNTON HEATH

Superdrug Thornton Heath

1-2 Cotford Parade, Brigstock Road,
Thornton Heath, CR7 7JG

PT C Ec CG Cht Oc 020 8689 5148

Thornton Heath Pharmacy

27 High Street, Thornton Heath, CR7 8RU

PT C Ec CG Cht Oc 020 8684 4185

WOODSIDE AND SHIRLEY

Fishers Chemist, 1 Enmore Road,
South Norwood, SE25 5NT

PT C Ec CG Cht Oc 020 8654 1874

premises. You may have to take the kit away and then return.

ADDINGTON

Aumex Pharmacy, 43-44 Central Parade,
New Addington, CR0 0JD

PT C Ec CG Cht Oc 01689 843363

Dougans Pharmacy, 114 Headley Drive,
New Addington, CR0 0QF

PT C Ec CG Cht Oc 01689 841251

Goldmantle Pharmacy,
2 The Forestdale Centre, Featherbed Lane,
CR0 9AS

PT C Ec CG Cht Oc 020 8651 1270

Young People's Sexual Health Outreach Clinics in Croydon

Coulsdon College

Placehouse Lane, Old Coulsdon, Croydon, CR5 1YA
Drop in Monday 12-2pm term time.

Open to students of Coulsdon College only.

01737 551176



Croydon College

College Road, Croydon, CR9 1DX
Drop In Wednesday 12pm-2pm term time.

Open to students of Croydon College only.

020 8686 5700



John Ruskin College

Selsdon Park Road, South Croydon, CR2 8JJ
Drop in Tuesday 11.30am - 1.30pm term time. **Open to students of John Ruskin College and Cotelands PRU only.**

020 8651 1131



For more information on College Clinics, please ask at student services.

Fairchildes Clinic

Fairchildes Children's Centre, Fairchildes Avenue,
New Addington CR0 0AH (same road as Addington High)
Drop in every Monday 3pm – 5pm (including school holidays)

Open to all young people aged under 26 years

01689 847136



Turnaround Clinic

Turnaround Centre 51-55 Southend, Croydon,
CR0 1BF (beside Zizzi)
Drop In every 2nd and 4th Thursday of the month 12pm-2pm

Open to all young people aged under 26 years

020 8760 5530



For more details on Outreach Clinics contact: 0777 397 6488

Confidential Sexual Health and Relationships contacts:

Local services & advice **020 8407 1324**
www.gettington.org.uk

The Bridge **020 8305 5000**
Services and groups for lesbian, gay, bisexual, trans
and questioning young people aged 11 – 25.
email: youth@metrocharity.org.uk

Brook helpline & online enquiries
www.brook.org.uk

Metro's HIV support team **020 8305 5006**
hiv@metrocharity.org.uk

www.gettington.org.uk

Terrence Higgins Trust (HIV & AIDS)
www.tht.org.uk

0808 802 1221

Sexual Health helpline
www.nhs.uk/worhtalkingabout

0300 123 7123

Childline
www.childline.org.uk

0800 11 11

Domestic Violence
Family Justice Centre, 69 Park Lane, Croydon CR0 1JD
www.thisisabuse.direct.gov.uk

020 8688 0100

www.gettingiton.org.uk

Other Young People's Services in Croydon

Croydon Drop-In

Counselling, Information, Advice & Advocacy (10-25 year olds),
132 Church Street, Croydon enquiries@croydondropin.org.uk

020 8680 0404



C-Card

Condom Distribution Scheme for all young people aged 13 - 24 years.
To register and for further details, check www.gettingiton.org.uk



CDI TALKBUS

Central Croydon
McDonald's End



020 8680 0404

Every Thursday 3.00pm to 6.00pm
3rd Saturday of the month 12.30pm to 3.30pm

www.gettingiton.org.uk

New Addington Milne Park	2nd Tuesday of the month	2.30pm to 5.30pm
New Addington Walton Green	2nd Monday of the month	3.00pm to 6.00pm
New Addington Central Parade	4th Tuesday of the month	3.00pm to 6.00pm
	2nd Saturday of month	12.30pm to 3.30pm
London Road next to Invictus School	3rd Wednesday of the month	2.30pm to 5.30pm
Croydon Arena near Tram stop	4th Wednesday of the month	2.30pm to 5.30pm

Shrublands Estate 1st Monday of the month..... 3.00pm to 6.00pm
Ball Court

Monks Hill
Leisure Centre Car Park 1st Tuesday of the month 2.30pm to 5.30pm

CDI talkbus on tour check our website for new venues and further information

Further Information www.croydondropin.org.uk

Twitter - [@Croydon_Drop_In](https://twitter.com/Croydon_Drop_In) Facebook - [CroydonDropIn](https://www.facebook.com/CroydonDropIn)

Instagram - [Cdi_talkbus](https://www.instagram.com/cdi_talkbus)

www.gettington.org.uk

Off the Record

Counselling Services for 14-25 year olds, 72 Queens Road, Croydon. **020 8251 0251**

Doctors

All GP contact details are held by NHS Direct on **www.nhs.uk**

- Remember you can always access your GP (Doctor).
- GPs give treatment and advice on almost everything, including sexual health and termination of pregnancy.
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Abortion

0345 300 8090

Marie Stopes International www.mariestopes.org.uk

A

Any of the services listed with the following symbol **A** will provide free and confidential referral for abortion. Your GP can also refer you . You can also self refer by calling Marie Stopes direct on **0845 300 8090**

Adoption

0777 397 8816

Claire Sidley-Jenkins, Lead Midwife for Young Parents and Safeguarding,
Specialist Midwife's Office, Maternity Unit, Croydon University Hospital CR7 7YE
Monthly Birth Talks and Tours of the Maternity Unit, Weekly drop in clinic
c.sidley-jenkins@nhs.net **Twitter: @CuhYoungParents**

www.gettington.org.uk

Substance Misuse (Drug and Alcohol Services for young people)

Turning Point

Email: croydonrecoverynetwork@turning-point.co.uk

0300 123 9288

(24hrs)

Aged 18 and below

Croydon Young People's Substance Misuse Service

Turnaround Centre, 51-55 Southend Croydon CR0 1BF

Drop in: Monday – Friday 09:30am – 5:00pm



Aged 18 plus

Croydon Recovery Network

190 Church Road, Croydon CR0 1SE

Young People Team - office hours only (Mon-Fri)

020 8760 5597



Getting it on...



@CroySexHealth