



Rotherham

Clinical Commissioning Group

Right Care, First Time for Young People



**Helping you to find the
health service you need in
Rotherham**

*Keep this guide in a handy
and safe place*

Introduction

As health staff working in Rotherham we want to help you find the right service at the right time to meet your health needs. We want young people in Rotherham to have the information and knowledge to be able to ask for the healthcare you need, when you need it. The power to be as healthy as you can be is in your gift.

Young people in Rotherham told us that they needed information, what information they needed and how they wanted it. We are very grateful for all the help and suggestions.

Thank you

Dr Julie Kitlowski

*Local GP and Chair of NHS Rotherham
Clinical Commissioning Group*

Advice, information and support

IYSS Youth Start

Tel: **01709 255266**

Tel: **0778 148 6367**

Facebook: **YouthstartRotherham**

Please telephone for opening times.

All young people welcome.

SERVICES:

- Information and advice
- Counselling and support
- Free and confidential
- Disabled access

Trans Youth Group

Tel: **0774 814 3280**

6pm – 9pm Wednesdays (fortnightly).

Trans young people welcome.

Lesbian, Gay and Bisexual Youth Group

Tel: **0774 814 3280**

(Please ring for the details of venue and meetings)

Tuesday 6pm – 9pm.

Lesbian, bisexual and gay young people welcome.

Services:

- One to one support
- A place to meet other young people
- Social activities

Drugs & Alcohol

Know the Score

Tel: **01709 836047**

Please telephone for an appointment.
For any young person under 19 years.

Services:

- Information and advice
- Medical treatment
- Needle exchange service
- Support around drug and alcohol use
- Home and school visits available
- Disabled Access

GP (Doctor) /Dentists

Find your local Doctor and nearest Dentist online at NHS Choices. You will then need to visit the surgery and ask to register. You will need some proof of who you are. Or Contact:-

Healthwatch

33 High Street, Rotherham S60 1AP
Tel: **01709 717130**

They will be able to find you a local service Healthwatch Rotherham.

Housing/Homeless

Rush House

Tel: **01709 369295**

Email: **info@rushhouse.co.uk**

18 Lindum Terrace, Doncaster Road,
Rotherham S65 1NJ

Service available 24 hours a day.

Young people 16 – 25 years.

Services:

- Accommodation
- Support and information
- Life skills training

Safe@last

Tel: **0800 335 7233**

Text: **60777**

Website: **www.safe@last.co.uk**

Open 24 hours a day.

Anyone up to 16 years of age.

Services:

- Advice and support for young people who are at risk of running away, being made homeless or who have run away.

Action Housing and Support Ltd

Tel: **01709 821251**

Staffed 24 hours a day.

Young people aged 16 to 25 years of age.

Services:

- 24 hour support and advice
- Short-term accommodation

Housing Solution (Rotherham MBC)

Tel: **01709 336009**

Key Choices, Property Shop, Old Town Hall, Rotherham S60 1QX

Open Monday to Friday - Please telephone for opening times.

Anyone who is homeless or at risk of becoming homeless.

Services:

- Advice on Housing
- Self-referral
- Application for re-housing

Mental Health

Samaritans

22 Percy Street, Rotherham.

Visitors: 12 noon – 8pm Monday,
Tuesday, Wednesday & Thursday.

Tel: **01709 361717** (24 hours)

UK Wide: **08457 909090** (24 hours)

Text: **07725909090** (24 hours)

Email: **jo@samaritans.org**

Website: **www.samaritans.org**

For anyone – confidential phone help
for any problem.

Youth Start Mental Health

IYSS Youth Start

Eric Manns Building, 45 Moorgate
Street, Rotherham S60 2RB

9am – 5pm Monday to Friday.

Tel: **01709 255266**

Text: **07781 486367**

Email: **youthstart@rotherham.gov.uk**

For young people up to 25 years.

Mymindmatters

For information and advice.

Website: www.mymindmatters.org.uk

RDaSH CAMHS Duty Desk

For help for yourself or a friend. The desk provides advice and to direct you to the services and people who are best placed to help you.

Tel: **01709 304808**

Sexual Health

Contraception & Sexual Health (CASH) Central Clinic

Tel: **01709 423129** Phone for same day appointment.

Rotherham Community Health Centre,
Greasbrough Road, Rotherham S60 1RY

Mon – Thurs 9am – 7pm, Friday 9am – 4pm & Sat Under 25 years only
11am – 2pm.

All young people welcome.

Services:

- Free condoms and contraception
- Emergency contraception
- Pregnancy Testing
- Termination support
- Sexually Transmitted Infections (STI) checks
- Disabled access

- Rotherham Chlamydia Screening – Young People under 25 years can order on line by Post Free Chlamydia Screening Kit with Free return post: www.rotherhamchlamydia.co.uk
- Information and advice card

Genito-Urinary Medicine (GUM)

Tel: **01709 427777**

Rotherham General Hospital,
Moorgate Road, Rotherham S60 2UD

Please telephone for opening times.

All young people welcome.

Services:

- Sexual Health Advice
- Sexually Transmitted Infections (STI) checks
- Counselling
- Free condoms
- HIV testing
- Disabled access

See Locations below for Venues & Information of Contraception & Sexual Health Youth Clinics:-

For information for any of the Youth Clinics please contact:-

Tel: **01709 255266**

Text: **0778 148 6367**

Facebook: **YouthstartRotherham**

Young people up to 19 years.

Services:

- Private and confidential advice and support
- Condoms and contraception
- Emergency contraception
- Pregnancy testing
- Termination support
- STI Testing and treatment
- No appointment needed

Youth Start

Eric Manns Building,
45 Moorgate Street, Rotherham S60 2RB
3pm – 6pm Tuesday.

Dinnington Drop-in J.A.D.E. Young Peoples Centre

3pm – 5pm Monday (TTO).

Wath Comprehensive School, Wath Youth Space

12:20pm – 1:20pm Monday (TTO).

Swinton Community School, Swinton Youth Centre

3pm – 5pm Wednesday (TTO).

Thybergh Comprehensive School, Thybergh Spectrum Centre

3pm – 5pm Monday (TTO).

**Eastwood Young Peoples
Centre, Collieridge Road,
Eastwood, Rotherham S65 1LW**

3pm – 5pm Wednesday (TTO).

Rawmarsh Youth Clinic

Website: www.youthi.org.uk

**Dearne Valley College, Manvers
Park, Wath Upon Dearne,
Rotherham S63 7EW**

11:45am – 1:30pm Tuesday & Thursday
(TTO).

**Thomas Rotherham College,
Moorgate Road, Rotherham
S60 2BE**

12:30pm – 3pm Tuesday (TTO).

**Maltby Linx Youth Centre,
Maltby Academy School**

3pm to 5pm Thursday (TT and School
holidays).

**Ucount2, Kiveton Park Primary
Care Centre, Chapel Way,
Kiveton Park, Sheffield S26
2QU**

Tel: **01909 770213**

3:30pm – 5pm Tuesday and Thursday
(TTO).

Pregnancy Advisory Service

Tel: **01709 304542**

Advice on pregnancy choices.

Other useful numbers:

Central Clinic Contraception and Sexual Health (CASH)

Emergency Number: **01709 423129**

Where to access emergency contraception.

Rotherham Community Health Centre

Tel: **01709 423000**

Range of Health Services including Walk in Centre.

NHS 111 – 111

24 hour advice and Health information.

Stop Smoking Service

Tel: **01709 422444**

Advice, help and support to stop smoking.

NHS Rotherham CCG

Website: **www.rotherhamccg.nhs.uk**

Email: **rotherhamccg@rotherham.nhs.uk**