



FORTH VALLEY DIRECTORY

OF

SEXUAL HEALTH SERVICES

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FAMILY PLANNING CLINICS

1

Confidential advice and services for contraception and sexual health; a range of contraception, including emergency contraception up to 3 days after; free condoms; free pregnancy testing, advice and referral; chlamydia testing; well woman advice. No appointment or referral needed. All ages and both sexes welcome.

For more information, phone: 01786 433679

Alloa Health Centre

Marshall, Alloa, FK10 1AB

Wednesday 6.45 pm - 8.45 pm

Tel: 01259 215333

Falkirk & District Royal Infirmary Maternity Outpatients

Majors Loan, Falkirk, FK1 5QE

Tuesday 6.00 pm - 8.00 pm

Wednesday 2.00 pm - 4.00 pm

Thursday 6.00 pm - 8.00 pm 1st & 3rd of month

Tel: 01324 611711 (daytime)

Grangemouth Health Centre

Kersiebank Avenue, Grangemouth, FK3 9EL

Thursday 6.30 pm - 8.30 pm

Tel: 01324 482354

Orchard House Health Centre

Union Street, Stirling, FK8 1PH

Friday 1.00 pm - 3.30 pm

Tel: 01786 463448

Stirling Royal Infirmary Maternity Outpatients

Livilands Drive, Stirling, FK8 2AU

Tuesday 5.30 pm - 7.30 pm

Tel: 01786 434000

Alloa Health Centre Young Person's Clinic

This is part of Alloa Family Planning Clinic and offers confidential advice and services for contraception and sexual health for young people.

The clinic provides:

- free condoms
- contraception (including emergency contraception)
- pregnancy testing
- referral for termination of pregnancy
- chlamydia testing and treatment
- information/advice

Marshall, Alloa, FK10 1AB

Wednesday

6.45 pm - 8.30 pm

Tel:

01259 215333

Caledonia Youth

A free and confidential service for any young person (male or female) who wishes information and support on any aspect of sex, contraception and relationships.

The service offers:

- free condoms and contraception (including emergency contraception)
- pregnancy testing
- referral for termination of pregnancy
- advice about sexually transmitted infections
- chlamydia testing
- counselling education and training sessions for young people and professionals

110 High Street, Falkirk, FK1 1NW

Drop in - no appointment necessary.

Monday, Thursday

3.30 pm - 6.30 pm

Saturday

12.00 pm - 3.00 pm

Tel:

01324 617161

Tullibody Healthy Living Centre, Tullibody

Drop in - no appointment necessary.

Tuesday

3.00 pm - 6.00 pm

Tel:

01259 724374

email: information@caledoniayouth.org

www.caledoniayouth.org



Sorted On Sex (S.O.S)

A confidential sexual health drop in clinic for young people.

SOS offers:

- free condoms
- contraception (including emergency contraception)
- pregnancy testing
- referral for termination of pregnancy
- chlamydia testing and treatment
- information/advice

The Basement, Back Walk, Stirling

Drop in - no appointment necessary.

Monday, Thursday 4.00 pm - 6.00 pm

Tel: 01786 450518

Freephone (for young people only) 0800 027 6001

Mail and professional enquiries to:

Department of Family Planning and Sexual Health, Angus Building,
Stirling Royal Infirmary, Sirling, FK8 2AU Tel: 01786 433697



Sandyford Initiative - Family Planning Service

The clinic provides:

- free condoms
- contraception (including emergency contraception)
- pregnancy testing
- counselling
- well woman screening
- specialist clinics: menopause, community gynaecology, colposcopy, vasectomy, sexual problems
- information/advice

2-6 Sandyford Place, Glasgow, G3 7NB

Drop in: Monday to Saturday 8.30 am - 7.45 pm

Appointments: Monday to Friday

Tel: 0141 211 8130

(Saturday clinic - emergencies only).

email: helpsandyford@glacomen.scot.nhs.uk

www.sandyford.org

Department of Genitourinary Medicine (GUM), Falkirk & District Royal Infirmary

For full testing and treatment of all STIs including HIV and advice on any sexually related problems. All ages welcome.

Appointment necessary.

Majors Loan, Falkirk, FK1 5QE

Monday, Wednesday, Thursday 2.00 pm - 5.00 pm

Tuesday, Friday 9.30 am - 12.30 pm

Tel: 01324 616159 (appointments)

Tel: 01324 613944 (helpline)

Department of Genitourinary Medicine (GUM), Orchard House Health Centre

For full testing and treatment of all STIs including HIV and advice on any sexually related problems. All ages welcome.

Appointment necessary.

Union Street, Stirling, FK8 1PH

Monday, Wednesday, Thursday 9.30 am - 12.30 pm

Tuesday 2.00 pm - 4.00 pm

Tel: 01786 463448 (appointments)

Tel: 01786 446125 (sexual health advice line)

Department of Genitourinary Medicine (GUM), Edinburgh Royal Infirmary

For full testing and treatment of all STIs including HIV and advice on any sexually related problems. All ages welcome.

Same day testing available. Test 8.30 am - collect results 4.00 pm.

Everyday drop-in available 8.30 am - 10.00 am

Appointments available on

Tuesday, Wednesday, Fridays 2.00 pm - 4.00 pm

Tel: 0131 536 1000

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www.caledoniayouth.org



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Freephone (for young people only) 0800 027 6001

Mail and professional enquiries to:

Department of Family Planning and Sexual Health, Angus Building,
Stirling Royal Infirmary, Stirling, FK8 2AU Tel: 01786 433697



Sandyford Initiative, Glasgow

Confidential expert advice diagnosis and treatment for all sexual health issues for both men and women.

2-6 Sandyford Place, Glasgow, G3 7NB

Monday to Friday 8.30 am - 7.45 pm (clinic hours)

Monday to Friday 8.30am - 10.00 am (drop in)

Tel: 0141 211 8601

email: helpsandyford@glacomen.scot.nhs.uk

www.sandyford.org

Steve Retson Project, Gay Men's Sexual Health Service

STI testing, treatment, counselling. Same day HIV testing and results, advice and information. To guarantee a sexual health screening or consultation with a member of staff an appointment is required.

Sandyford Initiative, 2-6 Sandyford Place, Glasgow, G3 7NB

Tuesday, Wednesday 5.30 pm - 8.30 pm

LGBT Centre, 84 Bell Street, Glasgow

Thursday 5.30 pm - 8.30 pm

Tel: 0141 211 8628 (ask for project)

email: helpsandyford@glacomen.scot.nhs.uk

www.sandyford.org

The Place - Young Peoples Sexual Health Service

A sexual health service for young people up to the age of 20 offering a chance to speak in confidence about any health or emotional concerns.

Sandyford Initiative, 2-6 Sandyford Place, Glasgow, G3 7NB

Wednesday 1.00 pm - 4.00 pm (appointments only)

Monday to Thursday 4.00 pm - 6.00 pm (drop in)

Saturday 1.00 pm - 3.30 pm (drop in)

Tel: 0141 211 8130

email: helpsandyford@glacomen.scot.nhs.uk

www.ThePlace-Sandyford.co.uk

Community Pharmacies in Forth Valley are based in the heart of communities, both urban and rural, are easily accessible by local people with many offering extended opening hours at evenings and weekends. Pharmacists and their staff are trained to offer consistent sexual health advice and information on contraception and sexually transmitted infections.

Many Community Pharmacies in Forth Valley are signed up to offer a Pharmacy Sexual Health and Emergency Hormonal Contraception Service (EHC).

Pharmacists use a Patient Group Direction (PGD) to supply Levonelle-1500 within 72 hours of unprotected sexual intercourse, or failure of contraceptive method, without a prescription. Free condoms, sexual health advice and pregnancy testing are also offered as part of this service, which is free for women aged 16-50 years.

For an up to date list of participating Pharmacies please contact the Primary Care Pharmacy Services Department Tel: 01786 431200 or visit the NHS Forth Valley Community Pharmacy Home Page

http://intranet.fv.scot.nhs.uk/home/Depts/PrimaryPharmacy/Pharm_Primary_Intro.asp

Posters and A5 flyers advertising the availability of the Pharmacy EHC service are available from HIRS Tel: 01786 434756 or the Primary Care Pharmacy Services Department on Tel: 01786 431200.

British Pregnancy Advisory Service (BPAS)

Offers private care in relation to reproductive choice. Services include abortion provision and care, contraception, emergency contraception, male and female sterilisation, counselling and support.

Glasgow Consultation Centre, 2-6 Sandyford Place, Sauchiehall Street,
Glasgow, G3 7NB

For appointments phone the action line.

Tel: 0845 304 030

www.bpas.org.uk

Child Law Centre

Kidzone service for young people. Website for under 18s - information about what the law means for young people and how the Child Law Centre can help.

Free text message advice service, free telephone information line.

Tel: 0800 328 8970 (under 18s free)

LEXTTXX: Text SCLC and your question to 80800

www.sclc.org.uk

Childline Scotland

Help and support for children and young people.

Tel: (24hrs) 0800 1111

Bullying helpline: 0800 44 1111

www.childline.org.uk

Education for Choice

An impartial organisation dedicated to enabling people to make informed choices about pregnancy and abortion. Includes a website dedicated to young people. Also provides guidance for parents and professionals around discussing the issue of abortion with young people.

www.efc.org.uk

Family Planning Association (FPA)

The helpline offers confidential support regarding abortion and pregnancy choices, contraception, emergency contraception and sexually transmitted infections.

Monday - Friday

9.00 am - 6.00 pm

Helpline tel:

0845 310 1334

Fertility UK

Provides instruction/counselling in Fertility Awareness and Natural Family Planning (NFP) for women/couples. Also offers accredited training and support for health professionals.

www.fertilityuk.org

Healthy Respect

Information on sexual health and relationships for young people, parents and professionals. Developed for Edinburgh and the Lothian area, but provides information which is useful for all of Scotland.

www.healthyrespect.co.uk

Marie Stopes UK

A leading reproductive healthcare charity. The website provides advice and help for men and women on a wide range of topics including abortion, contraception, emergency contraception, sterilisation and health screening. Also provides links to helpful organisations.

www.mariestopes.org.uk

NSPCC There 4 Me (Advice for 12-16s)

Confidential online advice and support for young people. Includes online advisor service-UK wide.

www.there4me.com

RU Thinking

A website for young people, offering advice and information on all aspects of sexual health and relationships.

Includes:

- local sexual health services and young people's rights in accessing services
- sexual health information and contraception advice
- dealing with pressure in relationships and from friends
- body image
- bullying

www.ruthinking.co.uk

Sexwise

Sexwise is a helpline that offers free, confidential advice on sex, relationships and contraception to anyone under 18.

- the phones are answered by friendly advisers who are used to working with young people
- anonymous - no names are asked for at any time during the call
- calls from a landline are free and won't show up on the bill
- calls from a mobile vary in cost and might show up on a bill

Seven days a week.

7.00 am to midnight

Tel:

0800 282930

Text service for those with a hearing impairment.

0800 328 1651

Falkirk Children's Rights Service

Advice and information for young people in about their rights in the following areas:

- the law and how it applies to you if you are under 16, 16-18 or over 18
- health and wellbeing including sexual health and mental health
- discrimination-rights at home at school and in the community

Gordon Stewart, Unit 6, The Courtyard, Callander Business Park,
Callander Road, Falkirk

Tel: 01324 629029

email: gordon.stewart@quarriers.org.uk

www.quarriers.org.uk

Relate

Relationship counselling and support for couples regardless of marital status or sexual orientation who are experiencing problems. Sexual relationship therapy for couples or individuals who are experiencing sexual difficulties/dysfunctions with either physical or emotional causes. No referral needed. This service is free, but donations are appreciated.

9 Callendar Road, Falkirk, FK1 1XS

Monday - Friday 9.00 am - 5.00 pm

Tel: 01324 670067

Couselling service available

Monday - Thursday 6.00 pm - 9.00 pm

Tel: 01324 670067

email: info@relateforthvalley.org.uk

Anti-Bullying Network

Information for adults and young people about bullying and useful contact numbers for support.

Moray House School of Education, University of Edinburgh, Holyrood Road,
Edinburgh, EH8 8AQ

Tel: 0131 651 6103

email: abn@education.ed.ac.uk

www.antibullying.net

Centre For Womens Health - Sandyford Initiative

The Centre offers women a wide range of emotional support and information in a confidential women only space. It is staffed by trained and professional counsellors and support workers.

Services include:

- a quiet space for reading
- listening ear “one off” support
- self referral one to one counselling
- specialist lesbian and eating disorder counselling
- support groups i.e. self esteem
- peer support for disabled women

Sandyford Initiative, 2-6 Sandyford Place, Glasgow, G3 7NB

Monday to Friday

Tel: 0141 211 6700 (Direct Line)

email: helpsandyford@glacomen.scot.nhs.uk

www.sandyford.org

Sexual Problems Service - Sandyford Initiative

A comprehensive service for individuals with problems of sexual function, sexual desire, gender identity or sexual orientation. The service can accept all modes of referral including GP, self-referral, psychiatry, social work, psychology and hospital.

Sandyford Initiative, 2-6 Sandyford Place, Glasgow, G3 7NB

Monday to Friday (Appointments/further information.)

Tel: 0141 211 8130

email: helpsandyford@glacomen.scot.nhs.uk

www.sandyford.org

Sexwise

Sexwise is a helpline that offers free, confidential advice on sex, relationships and contraception to anyone under 18.

- the phones are answered by friendly advisers who are used to working with young people
- anonymous - no names are asked for at any time during the call
- calls from a landline are free and won't show up on the bill
- calls from a mobile vary in cost and might show up on a bill

Seven days a week 7.00 am to midnight

Tel: 0800 282930

Text service for those with a hearing impairment. 0800 328 1651

Central Scotland Rape Crisis & Sexual Abuse Centre

Confidential long/short term emotional and practical support for survivors of rape, sexual assault and child sexual abuse. Including advocacy and escort support for police/court procedures.

PO Box 48, Stirling, FK8 1YG

PO Box 28, Falkirk, FK1 1AA

Business No: 01786 446887

Fax No: 01786 446467

Helpline operated:

Tuesday 11.00 am - 1.00 pm

Wednesday 11.00 am - 1.00 pm

Thursday 7.00 pm - 9.00 pm

Sunday 1.00 pm - 3.00 pm

Tel: 01786 471771

24 hr answering machine – calls returned discreetly ASAP

email: info@rapecrisiscentralscotland.co.uk

www.rapecrisiscentralscotland.co.uk

Rape Crisis National Helpline

Monday - Sunday 6.00 pm - 12.00 pm

Freephone: 08088 010302

Open Secret

Support for adults and young people aged 12 years and over who are survivors of childhood sexual abuse (male and female). Also support for non abusing parents of children who have been sexually abused.

Services include:

- one to one and group support
- befriending
- information and resources.

19 Mar Street, Alloa, FK10 1HR

Tel: 01259 729981

email: alloa@opensecret.org

9 Callendar Road, Falkirk, FK1 1XS

Tel: 01324 630100

email: info@opensecret.org

13 Pitt Terrace, Stirling, FK8 2LP

Tel: 01786 448504

email: stirling@opensecret.org

www.opensecret.org.uk

Scottish Women's Aid

Provides support, assistance and advocacy for women, children and young people affected by domestic abuse. Temporary accommodation for women with and without children.

National Office, 2nd Floor, 132 Rose Street, Edinburgh, EH2 3JD

Tel: 0131 226 6606

Fax: 0131 226 2996

Helpline tel: 0800 027 1234

www.scottishwomensaid.co.uk

LOCAL CENTRES

Clackmannanshire Women's Aid

Greenfield Lodge, Parkway, Alloa, FK10 2AF

Monday - Friday 9.30 am - 4.00 pm

Tel: 01259 721407

Fax: 01259 222913

on call - out of hours service not 24 hours

email: womensaid@clacks.fslife.co.uk

Falkirk and District Womens Aid

4 Wellside Place, Falkirk, FK1 5RL

Monday - Friday 9.30 am - 4.00 pm

Tel: 01324 635661

Fax: 01324 623095

On call service available weeknights. 6.00 pm - 9.30 am
(Monday - Thursdays)

24 hour service weekends and public holidays.

email: womensaid@yahoo.co.uk

Stirling Women's Aid

57 Barton Street, Stirling, FK8 1HH

Monday - Thursday 9.30 am - 4.30 pm

Tel: 01786 470897

Fax: 01786 472674

On-call - out of hours support available at weekends, phone main number.

email: womensaid@dsi.pipex.com

Stirling Women's Aid - Children and Young Peoples Outreach Service

The outreach worker provides support for children and young people aged 18 and under who are affected directly or indirectly from domestic abuse and who have not been in refuge or received follow on support. Referrals are taken from schools, social work, health, police and from young people themselves.

57 Barton Street, Stirling, FK8 1HH

For further information contact the telephone numbers below.

Tel: 01786 470897

Tel: 07928527395

email: outreach@dsi.pipex.com

Relate

Relationship counselling and support for couples regardless of marital status or sexual orientation who are experiencing problems. Sexual relationship therapy for couples or individuals who are experiencing sexual difficulties/dysfunctions with either physical or emotional causes. No referral needed. This service is free, but donations are appreciated.

9 Callendar Road, Falkirk, FK1 1XS

Monday - Friday 9.00 am - 5.00 pm

Tel: 01324 670067

Couselling service available

Monday - Thursday 6.00 pm - 9.00 pm

Tel: 01324 670067

email: info@relateforthvalley.org.uk

Victim Support Scotland

The lead voluntary organisation in Scotland helping people affected by crime. The service offers free and confidential emotional and practical assistance as well as information about the criminal justice system.

National Office, 15/23 Hardwell Close, Edinburgh, EH8 9RX

Tel: 0131 668 4486

Fax: 0131 662 5400

Monday - Friday 9.00 am - 4.30 pm

Helpline tel: 0845 60 39 213

email: info@victimsupportscotland.co.uk

www.victimsupportscotland.co.uk

LOCAL CENTRES

Victim Support - Falkirk

30 Newmarket Street, Falkirk, FK1 1JQ

Co-ordinator Susan McDermott

Monday - Friday 9.00 am - 4.00 pm

Tel: 01324 633433

Fax: 01324 882586

email: admin@victimsupportfalkirk.org.uk

www.victimsupportfalkirk.org.uk

Victim Support - Stirling

38 Forth Crescent, Riverside, Stirling, FK8 1LG

Co-ordinator Michelle Neilson

Monday - Friday 9.00 am - 4.00 pm

Tel: 01786 445782

Fax: 01786 447518

email: vsstirling@btconnect.com

www.victimsupportstirling.org.uk

Body Positive Strathclyde

Body Positive Strathclyde provides support to people living with, or affected by HIV.

Facilities/services provided:

- counselling
- information
- social and cultural activities
- sexual health information
- support
- training

9 Sandyford Place, Glasgow, G3 7NB

Tel: 0141 248 8285

email: info@bodypositive.org

www.bodypositive.org.uk

Brownlee Centre

Confidential information, advice, counselling and testing for HIV. Clinical service for the management/treatment of HIV & AIDS.

Gartnavel Hospital, 1053 Great Western Road, Glasgow, G12 OYN

General enquiries: 0141 211 1074

For HIV related calls.

Tuesday and Thursday 9.00 am - 7.00 pm

Tel: 0141 211 1089

HIV Scotland

The leading national policy and strategic HIV charity. The website provides information, news, advice and statistics as well as links to useful organisations and websites.

www.hivscotland.com

National AIDS Trust (NAT)

An independent policy and campaigning voice on HIV/AIDS, working both in the UK and internationally. The website provides HIV/AIDS statistics, and information on a number of areas such as HIV testing and care, HIV prevention initiatives, challenging stigma and discrimination.

www.nat.org.uk

Positively Women

A helpline which provides support for women living with HIV, operated by women living with HIV.

Monday to Friday 10.00 am - 1.00 pm
 Monday to Friday 2.00 pm - 4.00 pm
 Tel: 020 7713 0222

Will ring back free of charge.

www.positivelywomen.org

Terrence Higgins Trust Scotland (THT)

THT Scotland provide a range of services for people who are living with HIV, gay and bisexual men, lesbians, those questioning their sexuality and for the wider community.

THT Scotland offers:

- advocacy and support for those living with HIV
- targeted HIV prevention work with men who have sex with men, including outreach and support groups for those living in rural areas
- training and resources for professionals

Top Floor, Rothesay House, 134 Douglas Street, Glasgow, G2 4HF

Monday to Friday 9.00 am - 5.00 pm
 Tel: 0141 332 3838
 Fax: 0141 332 3755

Monday to Friday 10.00 am - 10.00 pm
 Saturday and Sunday 12.00 noon - 6.00 pm
 Helpline tel: 0845 1221 200

email: info.glasgow@tht.org.uk
www.tht.org.uk

Waverley Care

Support for the HIV, AIDS and Hepatitis C, Community in Scotland and those directly affected by such a diagnosis.

Facilities/services provided:

- advice and information
- befriending/buddying
- childcare
- day care centre
- respite care

Waverley Care Solas, 2/4 Abbeymont, Edinburgh, EH8 8DJ
 Monday to Friday 9.00 am - 5.00 pm
 Tel: 0131 661 0982

email: info@waverleycare.org
www.waverleycare.org

LESBIAN, GAY, BISEXUAL, TRANSGENDER (LGBT) SUPPORT

Central Scotland Police Homophobic Crime Helpline

Counselling, advice, and remote reporting service staffed by trained members of the LGBT community. Reported crimes will thereafter be investigated by officers of Central Scotland Police.

Monday - Sunday 7.00 pm - 10.00 pm
Tel: 01786 469483

Alternatively phone during the day and leave details and they will phone back between 7.00 pm and 10.00 pm.

Bi-Scotland

Scotlands national organisation for bisexuals.

Services include:

- monthly meetings in Edinburgh and Glasgow
- social events
- campaigning for bi-pride and visibility
- outreach and support

Tel: 0796 396 0321

Text: 0796 396 0321

Messages can be left on voicemail and calls will be returned.

email: info@biscotland.org

www.biscotland.org.uk

Crosslynx National Transvestite/Transsexual/Transgender Support

Monthly support group meetings.

Helpline Monday 7.30 pm - 9.30 pm

Tel: 0141 847 0787

Can only receive incoming calls.

Gay Men's Health - Edinburgh

Promoting the health of gay/bisexual men. Free, confidential counselling, sexual health information and advice, free condoms and lubricant, leaflets. They can also report crimes on your behalf.

10a Union Street, Edinburgh, EH1 3LW

Monday - Friday 9.00 am - 5.00 pm

Tel: 0131 558 9444

Fax: 0131 558 9060

email: info@gmh.org.uk

www.gmh.org.uk

Gay Men's Health - Glasgow

84 Bell Street, Glasgow, G1 1LQ

Monday - Friday

9.00 am - 5.00 pm

Tel:

0141 552 0112

Fax:

0141 552 4928

email: glasgow@gmh.org.uk

www.gmh.org.uk

Glasgow LGBT Centre

The LGBT Centre aims to develop into a truly inclusive space that will be seen as a beacon in the west of Scotland for all members of the LGBT community. Fully wheelchair accessible.

84 Bell Street, Glasgow, G1 1LG

Monday - Sunday

11.00 am - 12.00 midnight

Tel:

0141 552 4958

Healthy Gay Scotland

Promoting the health of gay/bisexual men. Free condoms by post delivered discreetly in unmarked packaging.

Suite 2, Beaverhall House, Beaverhall Road, Edinburgh, EH7 4JE

Monday to Friday

9.00 am - 5.00 pm

Tel:

0131 558 3713

Fax:

0131 558 9887

email: info@healthygayScotland.com

www.healthygayScotland.com

Lesbian Mothers Group

Lesbian mothers will be back in the near future. For information please contact the centre office.

Tel:

0141 552 4958

LGBT Centre for Health and Wellbeing

Promoting Healthy Lifestyles and improving the accessibility of mainstream health services for lesbian, gay, bisexual, and transgender communities.

Services include:

- physical and social activities
- community groups
- health information advice and signposting
- professional training

9 Howe Street, Edinburgh, EH3 6TE

Tel: 0131 523 1100

www.lgbthealth.org.uk

LGBT Youth

A national organisation supporting lesbian, gay, bisexual and transgender young people.

John Cotton Centre, 10 Sunnyside, Edinburgh, EH7 5RA

Tel: 0131 622 2266

LGBT Youthline - Tuesdays 7.30 pm - 9.00 pm

Tel: 0845 113 0005

Confidential support.

LGBT Textline 07905 918 515

email: info@lgbtyouth.org.uk

www.lgbtyouth.org.uk

Lothian Gay & Lesbian Switchboard Line

Confidential telephone counselling and support on a range of issues including sexuality, relationships and 'coming out'.

They offer:

- advice on safer sex and sexual health for men and women
- information on a wide range of issues including: social organisations, support groups, housing, legal issues, employment and the local scene
- icebreakers - a monthly social event held on the second and fourth Wednesday of every month
- face to face meetings between counsellors and callers if appropriate
- referrals to other organisations which may be able to offer further help

All our services are available to lesbians, gay men, bisexuals, transvestites, transsexuals and their families and friends.

Monday - Sunday 7.30 pm - 10.00 pm
Tel: 0131 556 4049

Lothian Lesbian Line

Confidential counselling and information support for women by women.

Thursday 7.30 pm - 10.00 pm
Tel: 0131 557 0751

Make it Personal

Gay/bisexual men's health information website.

www.makeitpersonal.org.uk

Parents Enquiry Scotland

Telephone support for parents/carers and families of LGBT children - run by parents of LGBT children. Please note these are home phone numbers.

Rev Lindsay Biddle
Tel: 0131 556 6047
email: lindsaybiddle@hotmail.com

Susan Rossi
Tel: 0133 784 2636
email: susanrossi@btinternet.com

Daily 9.00 am - 10.00 pm
Tel: 0131 556 6047 (Anne)
0141 427 3897 (Pat)

email: parentsenquiry@hotmail.com
www.parentsenquiryscotland.org

Sandyford Initiative - Gender Identity Clinic

This was established to meet the needs of clients with gender identity issues.

Services offered by the clinic include:

- monthly drop in clinics
- general health advice
- consultations with the gender clinics specialist psychiatrist
- counselling service
- transgender support group

Sandyford Initiative, 2-6 Sandyford Place, Glasgow, G3 7NB

Tel: 0141 211 8137

Clients can self refer and ask for a first appointment with Dr Carr.

email: helpsandyford@glacomen.scot.nhs.uk

www.sandyford.org

Sandyford Initiative - Sappho Service & Clinic for Lesbians

For lesbian health and wellbeing Sappho promotes positive sexual health and easier access to sexual reproductive and womens health services for lesbians.

Counselling and listening ear support by lesbian counsellors on Tuesday evenings. For times and appointments please contact.

Sandyford Initiative, 2-6 Sandyford Place, Glasgow, G3 7NB

Tel: 0141 211 8130

email: helpsandyford@glacomen.scot.nhs.uk

www.sandyford.org

Steve Retson Project, Gay Men's Sexual Health Service

STI testing, treatment, counselling. Same day HIV testing and results, advice and information. To guarantee a sexual health screening or consultation with a member of staff an appointment is required.

Sandyford Initiative, 2-6 Sandyford Place, Glasgow, G3 7NB

Tuesday, Wednesday 5.30 pm - 8.30 pm

LGBT Centre, 84 Bell Street, Glasgow

Thursday 5.30 pm - 8.30 pm

Tel: 0141 211 8628 (ask for project)

email: helpsandyford@glacomen.scot.nhs.uk

www.sandyford.org

Stonewall Scotland

Working to achieve legal equality and social justice for LGBT people. Provides advice, information and support. Also supports children of LGBT parents.

Tel: 0131 556 6047

email: Calum.irving@stonewall.org.uk

www.stonewall.org.uk

Strathclyde Gay and Lesbian Switchboard

Confidential telephone counselling and support on a range of issues including sexuality, relationships and coming out.

They offer:

- advice on safer sex and sexual health for men and women
- information on a wide range of issues including: social organisations, support groups, housing, legal issues, employment and the local scene
- icebreakers - a monthly social event held on the first Sunday of every month
- face to face meetings between counsellors and callers if appropriate
- referrals to other organisations which may be able to offer further help

All our services are available to lesbians, gay men, bisexuals, transvestites, transsexuals and their families and friends in the West of Scotland.

Monday - Sunday 7.00 pm - 10.00 pm

Tel: 0141 847 0847

Strathclyde Homophobic Crimeline

Reported crimes will thereafter be investigated by officers of Strathclyde Police. Information can be given anonymously if required.

Monday - Sunday 7.00 pm - 10.00 pm

Tel: 0141 847 0647

Strathclyde Lesbian Line

Confidential counselling and information support for women by women.

Wednesday 7.00 pm - 10.00 pm

Tel: 0141 847 0547

VividYouth

VividYouth is a youth group for people who are 15 to 25 years of age. If you require more information or would like to talk to someone regarding the group please contact James.

Glasgow LGBT Centre, 11 Dickson Street, Glasgow, G1 4AL

Tuesday 7.00 pm - 9.30 pm

Tel: 07956 590 980

Positive Parenting

Support for parents through parenting workshops and courses for parents via schools and community groups, literature and resources including material designed for parents whose children have additional support needs. Also deliver training programmes for parents and professionals.

9 Morven Court, Hallglen, Falkirk, FK1 2QD

Contact: Jackelyn Thomson

Tel: 01324 877276

email: jthomson@parenting.org.uk

www.parenting.org.uk

Child Law Centre

Information for adults: promoting knowledge and use of Scots law and children's rights, for the benefit of the children and young people in Scotland. Telephone advice service on all aspects of Scots law relating to children and young people including education, health, social work, divorce, contact, residence, children's rights, youth offenders and access to files.

Information line tel: 0131 667 6333

email: enquiries@sclc.org.uk

Children First

An organisation within the NSPCC which works to:

- support families under stress
- protect children from harm and neglect
- help children recover from abuse
- promote children's rights and interests

83 Whitehouse Loan , Edinburgh, EH9 1AT

Tel: 0131 446 2300

www.children1st.org.uk

Parentline Scotland

A free, confidential helpline for parents and carers run by the NSPCC. Offers parents and carers the opportunity to talk through worries, problems and concerns.

Tel: 0808 800 2222

www.childrenfirst.org.uk/parentline

Alloa Health Centre Young Person's Clinic

This is part of Alloa Family Planning Clinic and offers confidential advice and services for contraception and sexual health for young people.

The clinic provides:

- free condoms
- contraception (including emergency contraception)
- pregnancy testing
- referral for termination of pregnancy
- chlamydia testing and treatment
- information/advice

Marshall, Alloa, FK10 1AB

Wednesday

6.45 pm - 8.30 pm

Tel:

01259 215333

Caledonia Youth

A free and confidential service for any young person (male or female) who wishes information and support on any aspect of sex, contraception and relationships.

The service offers:

- free condoms and contraception (including emergency contraception)
- pregnancy testing
- referral for termination of pregnancy
- infection advice
- chlamydia testing
- counselling education and training sessions for young people and professionals

110 High Street, Falkirk, FK1 1NW

Drop in - no appointment necessary.

Monday, Thursday

3.30 pm - 6.30 pm

Saturday

12.00 pm - 3.00 pm

Tel:

01324 617161

Tullibody Healthy Living Centre, Tullibody

Drop in - no appointment necessary.

Tuesday

3.00 pm - 6.00 pm

Tel:

01259 724374

email: information@caledoniayouth.org

www.caledoniayouth.org



Sorted On Sex (S.O.S)

A confidential sexual health drop in clinic for young people.

SOS offers:

- free condoms
- contraception including emergency contraception
- pregnancy testing
- referral for termination of pregnancy
- chlamydia testing and treatment
- information/advice

The Basement, Back Walk, Stirling

Drop in - no appointment necessary.

Monday, Thursday 4.00 pm - 6.00 pm

Tel: 01786 450518

Freephone (for young people only) 0800 027 6001

Mail and professional enquiries to:

Department of Family Planning and Sexual Health, Angus Building,
Stirling Royal Infirmary, Stirling, FK8 2AU Tel: 01786 433697



Falkirk Children's Rights Service

Advice and information for young people in about their rights in the following areas:

- the law and how it applies to you if you are under 16, 16-18 or over 18
- health and well-being including sexual health and mental health
- discrimination - rights at home, at school and in the community

Gordon Stewart, Unit 6, The Courtyard, Callander Business Park
Callander Road, Falkirk

Tel: 01324 629029

email: gordon.stewart@quarriers.org.uk

www.quarriers.org.uk

Stirling Women's Aid - Children and Young Peoples

Outreach Service

The outreach worker provides support for children and young people aged 18 and under who are affected directly or indirectly from domestic abuse and who have not been in refuge or received follow on support. Referrals are taken from schools, social work, health, police and from young people themselves.

57 Barton Street, Stirling, FK8 1HH

For further information contact the telephone numbers below.

Tel: 01786 470897

Tel: 07928527395

email: outreach@dsi.pipex.com

Anti-Bullying Network

Information for adults and young people about bullying and useful contact numbers for support.

www.antibullying.net

www.there4me.com

Child Law Centre

Kidzone service for young people. Website for under 18s - information about what the law means for young people and how the Child Law Centre can help.

Free text message advice service, free telephone information line.

Tel: 0800 328 8970

LEXTTXX: Text SCLC and your question to 80800

www.sclc.org.uk

Childline Scotland

Help and support for children and young people.

Tel: (24hrs) 0800 1111

Bullying helpline: 0800 44 1111

LGBT Youth

A national organisation supporting lesbian, gay, bisexual and transgender young people.

John Cotton Centre, 10 Sunnyside, Edinburgh, EH7 5RA

Tel: 0131 622 2266

LGBT Youthline - Tuesdays 7.30 pm - 9.00 pm

Tel: 0845 113 0005

Confidential support.

LGBT Textline 07905 918 515

email: info@lgbtyouth.org.uk

www.lgbtyouth.org.uk

NSPCC There 4 Me (Advice for 12-16s)

Confidential online advice and support for young people. Includes online advisor service-UK wide.

www.there4me.com

RU Thinking

A website for young people, offering advice and information on all aspects of sexual health and relationships.

Includes:

- local sexual health services and young people's rights in accessing services
- sexual health information and contraception advice
- dealing with pressure in relationships and from friends
- body image
- bullying

www.ruthinking.co.uk

Sexwise

Sexwise is a helpline that offers free, confidential advice on sex, relationships and contraception to anyone under 18.

- the phones are answered by friendly advisers who are used to working with young people
- anonymous - no names are asked for at any time during the call
- calls from a landline are free and won't show up on the bill
- calls from a mobile vary in cost and might show up on a bill

Seven days a week.	7.00 am to midnight
Tel:	0800 282930
Text service for those with a hearing impairment.	0800 328 1651

The Place - Young Peoples Sexual Health Service

A sexual health service for young people up to the age of 20 offering a chance to speak in confidence about any health or emotional concerns.

Sandyford Initiative, 2-6 Sandyford Place, Glasgow, G3 7NB

Wednesday	1.00 pm - 4.00 pm (appointments only)
Monday to Thursday	4.00 pm - 6.00 pm (drop in)
Saturday	1.00 pm - 3.30 pm (drop in)
Tel:	0141 211 8130

email: helpsandyford@glacomen.scot.nhs.uk

www.ThePlace-Sandyford.co.uk

Produced by:

Sexual Health Team, Health Promotion Department, Euro House, Wellgreen Place, Stirling FK8 2DJ

Approved by:

C.H.P Clinical Governance Improvement Group

Review date: June 2009

The directory is also available to download from our website:

http://www.nhsforthvalley.com/home/Services/healthpromotion/teams/sexual_health/seh_intro

You can obtain the service of an interpreter or have this document translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

ਤੁਸੀਂ, 0845 130 1170 ਤੇ ਦੁਭਾਸ਼ੀਆ ਸੇਵਾਵਾਂ (interpreting services) ਨੂੰ ਸੰਪਰਕ ਕਰਕੇ ਇਕ ਦੁਭਾਸ਼ੀਏ ਦੀ ਸੇਵਾ ਜਾਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਆਪਣੀ ਸੋਲੀ ਵਿਚ ਅਨੁਵਾਦ ਲੈ ਸਕਦੇ ਹੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

آپ 0845 130 1170 پر انٹریپرٹنگ سروس سے رابطہ کر کے کسی مترجم کی خدمات حاصل کر سکتے ہیں یا اس دستاویز کا ترجمہ اپنی زبان میں کرا سکتے ہیں۔ یہ خدمات مفت دستیاب ہے۔

您可以通過撥打翻譯服務熱線 0845 130 1170 取得翻譯員服務或得到此文件的翻譯版本。 這些服務都是免費的。

Galite prasyti vertejo paslaugu arba gauti sita dokumenta isversta I jusu kalba kreipdamiesi I musu vertimo paslaugu biura skambindami 0845 130 1170. Sitos paslaugos yra nemokamos.

يمكنك الحصول على خدمة الترجمة الفورية أو القيام بترجمة هذه الوثيقة إلى لغتك الأصلية عن طريق الإتصال بخدمات الترجمة الفورية على رقم 0845 130 1170. هذه الخدمات متاحة مجاناً بدون أي مقابل مادي.

Dzwoniąc do biura tłumaczeń pod numer 0845 130 1170 możecie Państwo prosić o tłumacza albo otrzymać ten dokument przetłumaczony na wasz język ojczysty. Powyżej wymienione usługi są darmowe.

**Health Promotion
Department
Euro House
Wellgreen Place
STIRLING
FK8 2DJ**

tel. 01786 431100