

## Useful websites

[www.winstons.org.uk/foryoungpeople](http://www.winstons.org.uk/foryoungpeople)  
Information on Cancer and Bereavement

[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)  
Medical questions can be asked and answered by email

[www.ruthinking.co.uk](http://www.ruthinking.co.uk)  
Contraception and relationships advice

[www.b-eat.co.uk/YoungPeople/Home](http://www.b-eat.co.uk/YoungPeople/Home)  
Eating disorder information for young people

[www.bad.org.uk/public/leaflets/acne.asp](http://www.bad.org.uk/public/leaflets/acne.asp)  
British Dermatology Information on Acne

[www.brook.org.uk](http://www.brook.org.uk)  
Questions and answers about sexual health

[www.fpa.org.uk](http://www.fpa.org.uk)  
Helping people to make informed choices

**Riverside Health Centre**  
Contraception and sexual health advice  
01225 466789  
Young Persons Clinic  
Friday 3pm – 5pm  
Saturday 11am – 1pm

**Connexions**  
Youth Support Service  
28 Southgate Street  
Bath  
01225 461501

## Useful numbers

**Off the Record**  
Counselling service  
01225 312481

Young Peoples helpline  
0800 3895551

**Brook Young Peoples Information Line**  
0800 0185 023

**Childline**  
0800 1111

**Quitline**  
support and advice on how to stop smoking  
0800 1690169

**Contraception Advice Line**  
0845 310 1334

**Sexwise**  
Free confidential advice about sex, relationships or contraception for under 18's  
0800 28 29 30

**Frank**  
Drug Advice line  
0800776600

**GROSVENOR  
PLACE SURGERY**

Dr Nicole Howse  
Dr Jane Davidson  
26 Grosvenor Place  
Bath  
BA1 6BA

Services For  
Young People



## Why Read This Leaflet?

This leaflet gives you information about the surgery, the services we offer and how you can make use of them. We want you to feel comfortable about coming to see the doctor or nurse.



## How can we help you?

We offer you the opportunity to speak confidentially to a doctor or nurse.

They can give you help and advice with:

- ❑ **Acne and skin care**
- ❑ **Worries about weight and eating disorders**
- ❑ **Contraception and sexual health**
- ❑ **Smoking, the facts and how to stop**
- ❑ **Drug or alcohol worries**
- ❑ **Anxiety and Mental Health Concerns**

## How Can You See Someone?

You can ring the surgery to make an appointment:

Monday to Friday  
Mornings from 8.30am to 12.30pm  
Afternoons from 2.00pm to 6.00pm

## If you need to see someone today:

Ring for an appointment, or come in and ask the receptionist when you can speak to a Nurse or a Doctor

## Can I see someone by myself?

Yes, you will be seen on your own if you wish, even if you are under 16.

You may like to bring a friend with you, or if you want to come with your parent or carer, they will be welcome too.

## Can I ask about anything?

We know young people worry about all sorts of things relating to themselves and their families.

Bearing in mind our rules on confidentiality for others, we can talk about general concerns or worries you may have, or specific illnesses you may want to know more about.

And when we don't know an answer- we know where to look!

## Confidentiality

You can be sure that anything you discuss with any members of this practice – family doctor, nurse or receptionist – will stay confidential.

Even if you are under 16 nothing will be said to anyone – including parents, other family members, care workers or teachers – without your permission.

The only reason why we might have to consider passing on confidential information without your permission, would be to protect you or someone else from serious harm. We would always try to discuss this with you first

If you have any worries about confidentiality, please feel free to ask a member of staff

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