

SEXUAL HEALTH

Edgware Community Hospital

Sexual Health Clinic, Lower Ground Floor, Burnt Oak Broadway, Edgware, HA8 0AD

Mon 08.30-15:00. Tues 12.30-19:00. Wed 08.30-15:00.

Thurs 12.30-19:00. Fri 08.30-15:00

Closed from 13:00 1st and 3rd Wed of the month.

Vale Drive Primary Care Centre

Vale Drive, Barnet, EN5 2ED

Mon 08.30-15:00. Wed 12.30-19:00.

Closed from 13:00-16:30 1st and 3rd Wed of the month.

Dedicated young people sexual health drop-in clinic every Tuesday at Edgware 15:30-18:30. Needs no appointment. Young people can walk-in to Barnet sexual health clinics (both located at the lower ground floor) anytime during opening hours if cannot attend during the drop-in session or want to be seen urgently.

Contact: <https://www.sexualhealth.cnwl.nhs.uk/>

The Bridge Sexual Health Service:

For people with learning disabilities and autism. Clinics at Edgware Community Hospital and Vale Drive Primary Care Centre.

Specialised service offers support and advice on sex, relationships and pregnancy to people in the Borough **aged over 16** who find it difficult to attend regular appointments to discuss sexual health needs or concerns. People with learning disabilities can refer themselves or be referred by GPs, family members, carers, case and social workers with client's consent.

Contact: cnwl.bridgeservice@nhs.net (to refer).

If you live in Barnet call 07738 261 319

SEXUAL HEALTH

The Town Clinic - ECHO

4 - 5 Burleigh Way, Enfield EN2 6AE.

White Lodge Medical Practice - ECHO

Chase Side, Enfield

Contact: <https://www.echoclinics.nhs.uk>

Tel: 0208 887 4510 (Appointments)

Mon-Fri 08:00-16:00. Sat 09:00-10:30. Sun 10:00-11:30.

Same day: 08:00-09:00

Brook Sexual Health and Healthy Relationship Service for Young People

Brook Sexual Health and Healthy Relationship Service for Young People. Brook are free and confidential sexual health and wellbeing experts.

Contact: <https://www.brook.org.uk>

National Sexual Health Helpline

To talk to someone about a sexual health problem, call free on:

0300 123 7123 Mon - Fri 9am - 8pm.

Individuals will be referred to services if required and a nurse-led service is available.

Health for Teens

Sexual health information and advice website for teenagers.

Contact: <https://www.healthforteens.co.uk/sexual-health>

HEALTHY LIFESTYLE

XPLORE

Free 8 week healthy lifestyle programme for 4-13 year olds, delivered in Better leisure centres across Barnet. Helps children and their families, who might be over the healthy weight range to make lifestyle and dietary changes, helping to achieve and maintain a healthy weight. Consists of interactive nutrition workshops and fun physical activity sessions. Sessions run afterschool from 4.00-6.00pm. GPs, health professionals and self-referrals are all welcome.

Contact: <https://www.better.org.uk/fab-health-wellbeing>

Email: xplore.barnet@gll.org. Tel: 0208 457 9907

Gro Health

Healthy lifestyle service for adolescents aged 13-19 years old (or up to 25 years old with SEND). The programme features nutrition education and physical activity initiatives to promote and instil healthy lifestyle behaviours in young people.

Contact: <https://web.grohealth.com/barnet>

Tel: 0330 133 0307

Fit and Active Barnet (FAB) Hub

Barnet residents are eligible for a FREE FAB Card offering exclusive benefits and discounts across Better leisure centres and community based activities. Includes 8 to 15-year-olds swim for £1 (Monday to Saturday). Carers (including foster carers), looked after children and young people and those who are in care experienced are also eligible for free swimming across Better Barnet swimming pools (during all public swim sessions).

****Monday to Saturday only. Terms and conditions apply.***

Contact: <https://www.better.org.uk/fab-health-wellbeing>

Bread n Butter

Well-established community cooking class operating in Barnet – running weekly community cooking classes at the community centre in Grahame Park.

Cooking and lifestyle courses aimed at increasing cooking skills and providing healthy lifestyle courses.

Contact: <https://breadnbutter.org.uk>

BEREAVEMENT SPECIFIC SERVICES

Grief Encounter

A London based charity supporting bereaved children & young people. Offers group, 1-2-1 and other therapy options.

Contact: bereavementsupport@griefencounter.org.uk

Tel: 0808 802 0111 **Mon-Fri 9.30am-3pm**

Talk Grief

Dedicated online space for teenagers and young adults (13 to 25). Offers advice and stories from other grieving young people.

Contact: talkgrief.org

Winston's Wish Charity

Winston's Wish charity supports bereaved children, young people and families.

No waiting list, speak to a bereavement professional right away on **live chat, helpline**, by **email** or over **text**. For additional support, they offer one-to-one sessions with bereavement support workers and counsellors. For 13yrs and over. For 12 or under, seek support via a trusted adult (parent, guardian, teacher etc).

Freephone Helpline: 08088 020 021. Mon - Fri 08:00-20:00.

Contact: <https://winstonswish.org/helpline>

COUNSELLING SERVICES

Barnet Talking Therapies

Provides a range of treatment programmes including one to one therapy, counselling and group work. For young people over age of 16 registered with a GP in Barnet.

**NHS Talking Therapies is not able to provide support for people who are in immediate danger and crisis or immediate risk of serious harm or injury.*

Contact: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/barnet>

Beat (For eating issues)

National helpline encourages and empowers people to get help quickly. People can contact us online or by phone. Also supports family and friends, equipping them with essential skills and advice.

Contact: <https://www.beateatingdisorders.org.uk/get-information-and-support>

Tel: 0808 801 0677

Change Grow Live (Drugs and Alcohol service)

Free and confidential service for young people up to 24. Offers advice, support and treatment with drugs, alcohol, smoking or other issues such as mental and sexual health.

Contact: <https://www.changegrowlive.org/barnet/young-peoples-service>

Tel: 0300 303 2866

Email: Barnet.Info@cgl.org.uk

Childline

Offers support for children and young people in the UK on a variety of issues, including mental health, bullying, and family relationships. Childline is available 24 hours a day, 7 days a week.

Contact: <https://www.childline.org.uk/get-support/contacting-childline>

COUNSELLING SERVICES

Kooth

Free, online mental health service providing support to children and young people aged 10 to 25. It offers counselling, peer support, and self-help resources. Available 24/7, 365 days a year. Can be accessed from any device with internet connection. There are no waiting lists, referrals, or thresholds to meet. Self-referral service.

Contact: <https://www.kooth.com>

Papyrus

Offers professional advice and information to young people and those who are worried about them when suicide becomes part of their lived experience. HOPELINE247 is a free and confidential call, text and email service, available 24 hours a day, every day of the year (weekends and bank holidays included).

Contact: <https://www.papyrus-uk.org>

Rephael House

Play therapy for children 4 to 12 years. Support for parental separation/divorce, relationships, anxiety, sadness, self-esteem, self-confidence, bullying, school, eating disorders, self-harm, abuse, loss and other concerns affecting children today.

Therapy for 13 to 25 years. Support for parental separation/divorce, relationships, anxiety, sadness, self-esteem, self-confidence, bullying, school, sexuality, work issues, eating disorders, self-harm, abuse, loss and many other concerns that affect young people in today's society.

Referrals by professionals, self referral, or parent/carer of a child/young person.

Contact: <https://www.rephaelhouse.org.uk>

COUNSELLING SERVICES

Samaritans

24hr service providing listening and support for anyone in emotional distress, struggling to cope or at risk of suicide. Also giving people ways to cope and the skills to be there for others.

Contact: <https://www.samaritans.org>

The Mix

Comprehensive service offering support for sex and relationships, your body, mental health, drink and drugs, housing, money, work & study, crime & safety, travel & lifestyle. Contact via online community, on social or their counselling service.

Contact: <https://www.themix.org.uk>

Young Minds

Website and range of publications for young people, parents and professionals covering issues affecting children and young people such as depression, bullying and self-harm. Also offers free telephone service staffed by a team of experienced advisers, with an extensive database of services.

Contact: <https://www.youngminds.org.uk>

ACTIVITIES IN BARNET

Canada Villa Youth Activity Centre

Pursley Road, Mill Hill, London NW7 2BU.

Range of term time and holiday activities take place in Canada Villa Youth Activity Centre for young people aged 4 to 19 and up to 25 with Disabilities or Autism: Music Production, Cookery Workshops, Arts & Crafts, Fitness & Gym Sessions, Boxing Sessions, Graffiti Workshops, Digital Photography, Hair Dressing, Media Hub.

Contact: 020 8359 3100

Finchley Young People's Activity Centre

142 High Road, East Finchley, London N2 9ED

A range of term time and holiday activities take place in Finchley Youth Activity Centre. They are for young people aged 4 to 19 (and up to 25 with Disabilities and/or Autism.) These activities include: dance, drama, musical theatre, circus skills, art.

All Positive Activities are free (fully funded) for children and young people that live or are educated in Barnet.

Contact: 020 8359 3100

Positive Activities

Term time and holiday activities project. a community project for children and young people within the Borough of Barnet, especially for youths aged 0-19 and up to 25 with learning disabilities and / or Autism. Providing a wide range of programmes from Arts, Music, Sports, Educational workshops, Adventurous Activities and Media and Technology. Activities are available to any Barnet resident or young person educated in the borough. The programmes run across a number of locations within the borough.

Contact: <https://barnetyouth.uk/Positive-Activities>

ACTIVITIES IN BARNET

Rithmik studio project

Music project for young people aged 13 to 19 (up to 25 with additional needs) Young people can get involved in Music production, Radio Production, Journalism, Media, Vocals and Song writing. Runs at Canada Villa and Finchley Centre.

Contact: 020 8359 3100

Unitas Youth Zone

Located in Montrose Park, near to Burnt Oak and Colindale, our building is open to everyone aged 8-19, or up to 25 with additional needs.

Has something for everyone – whether it's playing your favourite sport, recording a track in our music studio or kicking back in the Rec area. Provide North London's young people with somewhere to go, something to do and someone to talk to.

For £5 a year membership and 50p a visit, young people can access our whole range of activity and support, facilitated by our team of youth workers.

Contact: <https://www.unitasyouthzone.org/discover-unitas>

FURTHER HEALTH AND WELLBEING SUPPORT

Good Thinking

For children and young people's mental health and wellbeing. Exploring pressure of exams; concerns about the future; learning your own identity and perhaps your sexuality; peer pressure or bullying; navigating the challenges of social media. Things making you feel stressed, anxious, low and finding it difficult to sleep.

Contact: <https://www.good-thinking.uk/youngpeople>

Reading Well

Reading Well supports you to understand and manage your health and wellbeing using helpful reading. Reading Well books are recommended by health experts, as well as people with lived experience of the conditions and topics covered and their relatives and carers.

Contact: <https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/>

AVAILABLE QR CODES

