

DOMESTIC ABUSE

Berkshire Women's Aid

0118950 4003

www.berkshireromensaid.org.uk

Childline

0800 111

The free helpline for children and young people

www.childline.org.uk

Crossing Bridges

0118959 7333

Advice and support for young people affected by domestic problems. Online message board.

www.crossingbridges.co.uk

www.freefromfear.org

Children's website produced by Birmingham Women's Aid

www.freefromfear.org

First Steps to First Words

Young People's Empowerment Group

Thursdays 12.30 - 3.00pm Union Street Centre for Young People, Oxford

The Hideout

Website created by Women's Aid giving support to children and young people affected by domestic abuse

www.thehideout.org.uk

Men's Advice Line

0808801 0327

www.mensadvice.org.uk

National Domestic Abuse Helpline

08082000247

Women's Aid national website working to end domestic abuse against women and children

www.womensaid.org.uk

Oxfordshire Domestic Abuse Helpline

0800731 0055

8am-6pm, Mon to Fri, 10am-4pm Sat

www.reducingtherisk.org.uk

Oxfordshire's dedicated website for those affected by domestic abuse or violence

Respect

0845122 8609

For abusers wanting help.

www.respect.uk.net

FAMILIES

Alateen

(020)7403 0888 10am-10pm

Support groups for ages 12-20 affected by someone's drinking. Call for group near you.

The Ark

(01865)842777

Help for young people who have been sexually abused and for their families. Appointment only.

BYHP Family Mediator

49a Castle Street, Banbury, OX16 5NU

(01295)259442



Crisis Line

(01865)251152 7pm-1am every night
Helpline for people with concerns about
mental health.

Families Anonymous

(0845)1200 660 (local rate)
For families of drug/alcohol abusers

Mediation Oxfordshire

Regal Community Centre, Ridgefield Road,
Oxford OX4 3BY
(01865)776789
Mediation for families with communication
breakdown. Can be initiated by parents or
young people 16+

Oxfordshire Parent-Talk

(01865)559386
parent-talk@oxfordshire.gov.uk
Specialises in providing support
to parents of 10-19 year olds with
challenging behaviour.

MENTORING AND SUPPORT**Oxfordshire Youth Mentoring Service**

(01865)848181
One to one support for young people.

Seesaw

01865)744768
Grief support for young people who have lost
a parent or sibling.
www.seesaw.org.uk

The Young Person's Safety Net

Free phone (0800) 616101
M-F 8am-8pm, Sa 10am-4pm
Confidential information, advice, advocacy or
legal representation for any issue.

Young Carers' Projects

Southand Vale: (01235) 510212
Northand West: (01295) 264545
Oxford City: (01865) 205192
Advice, support and information for young
people who look after someone who is ill or
disabled (some 1-2-1 in Oxford). Also Fun
clubs, outings and weekend-trips.

FAMILY PLANNING CLINICS**Advice and information helpline:**

(01865) 456666.
See full list in the **Health** section of the guide

LOOKED AFTER**Leaving Care Team**

(01865) 816054

The Line

Free phone (0800) 884444
M-F 3:30-9:30pm; S-Su 2-8pm
Childline services for young people living
away from home.

NORCAP

(01865)875000 M-F 10am-4.30pm
Help finding birth families. Under 18s need
permission from social worker or adoptive
parent.

Social and Health Care p189**Source Workers**

(01865)816054
Young people 15+ who are in care or have left
care provide advice and support on any issue.

Spurgeon's Child Care

(01869)602570
Courtyard Youth Arts Centre, Launton Rd,
Bicester OX26 6DJ
Provide young people in care with adult visitors
and advocates that aren't part of social and
healthcare. Free and confidential.

The Young Person's Safety Net

See details under Mentoring on this page

Who Cares Linkline

Free phone (0500) 564570 M, W, Th 3:30-6pm
Helpline for young people in care.

PREGNANCY**British Pregnancy Advisory Service**

(0845)730 4030 (local rate)
Helpline to discuss options.

Brook Helpline

Free phone (0800) 018 5023

Care Confidential

Freefone(0800) 028 2228
For pregnancy and post-abortion concerns.

Face2Face Youth Counselling

(01993)892424
Teenage pregnancy counselling.

Family Placement Team

Oxford Social and Health Care,
134b Cowley Rd, Oxford OX4 1JH.
(01865)815434
Advice and information about putting a baby up for adoption.

JR Hospital Maternity Social Worker

(01865)221236 or 221248
Advice and information about putting a baby up for adoption.

Life

Oxford: (01865) 202435
Freefone(0800) 8494545 9am-9pm
Pregnancy tests, counselling, long-term support and practical help if you want to keep the baby.

Marie Stopes

(0845) 300 8090 (local rate)
Advice and information.

Talk Adoption

Freefone(0808) 808 1234
M, W, Th 9am-6pm; Tu 9am-8pm; F 9am-4pm
Helpline for any kind of concern about adoption.

Witney Pregnancy Crisis Centre

High St, Witney
(01993)779369

Websites

www.oneparentfamilies.org.uk
This national charity produce a young parent's guide, fact sheets and more.
www.nhs.uk/pregnancy- Pregnancy Planner
www.bbc.co.uk/parenting
Info from the BBC about being a parent
www.mumsnet.com- By parents for parents
www.DadsCanDo.com
A resource for fathers and their children
www.justparents.co.uk
Pregnancy and parenting advice
www.young-fathers.org.uk
For young fathers and fathers to be

Young Parent's Groups

Young Parent groups usually meet weekly and can be a brilliant source of support. They have lots of useful information, whether you are pregnant or have had your baby. Use quick search for details of Young Parent and Toddler Groups in your area on the Oxfordshire Family Information Service website, or phone their information line.
(08452)262636 www.oxoncis.org.uk

You can also find out about Young Parent Groups from your local Youth Centre or www.spired.com.

Banbury Young Parents Group

East Street Centre, Calder Close, Banbury
Thursdays 1.00- 3.00
A chance to meet up with other young parents in the area to chat about all kinds of stuff, run by youth workers and a family/play worker.

Carterton Young Mums Group

Carterton Childrens Centre,
Edith Moorhouse School, Carterton,
Friday afternoons
Contact Tina 01993 842416 for more info about times and activities.

SEXUAL PREFERENCE

Mermaids

(0702)0935066 M-S 3-7pm
www.mermaidsuk.org.uk
Support for young people with gender identity issues.

Oxford Friend

(01865)726893T, W, F 7-9pm
Lesbian, gay and bisexual helpline.
www.oxfordfriend.co.uk

Topaz

(01295)273008 Banbury area
07769742295 Witney area
New initiative for LGBT young people and those questioning their sexuality.

WAYOUT

(01865) 243389 or TXT 07706772392
Weekly social group in Oxford for lesbian, gay and bisexual young people and those questioning their sexuality.