



**LATHAM
HOUSE**

M E D I C A L P R A C T I C E

Latham House Medical Practice welcomes young people. Please look inside for clinic and services available to you

WHAT CAN THE SURGERY OFFER ME?

- Help to stop smoking
- Encouragement with healthy eating and weight issues.
- Contraception and sexual health advice.
- Someone to talk about mental health and well being.
- Support to tackle alcohol and drug misuse.
- Asthma and diabetic reviews.
- Travel vaccines and advice.
- Immunisation.
- Counselling
- Minor surgery

Latham House Medical Practice telephone numbers:
Sage Cross Street, Melton Mowbray 01664 503000
Asfordby Surgery Regency Road Asfordby 01664 503006
Out of Hours NHS Direct 0845 4647

CLINICS FOR YOU...?

Chat Clinic (Confidential Health Advice for Teenagers)

No need for an appointment, you can attend without an adult being present. The clinic is free, confidential and very friendly. You can talk about any personal problems, your sexual health and any contraceptive needs.

Times:

Wednesday 16:00 to 17:00

- **Travel Clinic - Travel vaccines and advice**
- **Immunisation Clinic**
- **Asthma Clinic**
- **Diabetic Clinic**
- **Family Planning Clinic**
- **Lifestyle Screening**
- **Weight Reduction Clinic**
- **Eye Clinic**
- **Counselling**

HELP ADVICE AND INFORMATION....?

- **Minor treatment Unit** - Open 8:30 to 18:00 and is staffed by trained nurses who will offer treatment, help and advice.
- **Resolution** - Stop Smoking Service Phone 0845 0452828.
- **Chlamydia Screening Programme** - Please pick up a Chlamydia screening kit from the surgery, which are available in all the toilets or ask a staff for a CSP. The test is simple and there is no need to see a Doctor. Just fill in the form and provide a urine sample and hand it in to anyone at the surgery.
- **Condoms** - Free condoms are available from the **CHAT** Clinic, **SWIFT** Clinic and all nurse led clinics

WWW ADDRESSES

Information specifically for young people is available at:

www.connexions-leics.org - A service for all aged 13 - 19 advice, info and support with everything from education to health, drugs, relationships and housing.

General Health

www.nhsdirect.nhs.uk - NHS Direct 0845 46 47. Ask about any health problem and get advice or signposting to someone who can help.

www.bbc.co.uk - Easy to use site with lots of info for young people.

Sexual Health

www.ruthinking.co.uk - for under 18's sex relationships and contraception. Sexwise helpline 0800 282930 for under 18's only 7am to midnight every day.

www.drugs.org.uk/daat - Clear facts about drink and drugs for young people in Leicester.

www.quit.org.uk - Advice on giving up smoking and staying stopped.

Healthy Eating

www.b-eat.co.uk/youngpeople/home - Info and help on eating disorders.

Well Being

www.childline.org.uk - Childline number 0800 1111

www.beyondbullying.com - Leicester anti bullying website.

www.youngcarers.net - Advice and info for young carers.

www.rd4u.org.uk - For young people by young people when someone dies.

www.youngminds.org.uk - Info for young people, professionals and parents.

WWW.LHMP.CO.UK