



## Surgeries Available in Northampton Borough Council's One Stop Shop

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<u>Health Trainers</u> Appointments & drop-in session with Kirsty or Uzma. Time: 09:00 – 12:30 Location: Room No. 1	<u>Bromford Teenage Support</u> Appointments & drop-in session with Gerri Norris Time: 10:30 – 16:00 Location: Room No. 3	<u>CAB</u> Appointments & drop-in session with Martin Lord. Time: 10:00 – 13:00 Location: Self-Serve Area.	<u>CAB</u> Appointments & drop-in session with Martin Lord. Time: 10:00 – 13:00 Location: Self-Serve Area.	<u>Health Triage</u> With Debre De Vere or Adam. Time: 10:30 – 16:00 Location: Self-Serve Area
<u>Teenage Parents NCC/NBC</u> Appointments & drop-in session with Nicola Hobbs. Time: 13:30 – 15:30 Location: Room No.1	<u>Health Trainers</u> Appointments & drop-in session with Kirsty or Uzma. Time: 09:00 – 12:30 Location: Room No. 1	<u>Woman's Aid</u> Appointments & drop-in session with Philomena. Time: 10:00 – 13:00 Location: Room No.1	<u>Bromford Support Mental Health</u> Drop-in session with Ian 13:00 – 14:00. Appointments with Ian 09:00 – 13:00 & 14:00 – 17:00. Location: Room No.1	<u>Leaving Care</u> Drop-in session. Time: 13:00 – 17:00 Location: Self-Serve Area & Room No.1
<u>Leaving Care</u> Drop-in session. Time: 09:00 – 13:00 Location: Self-Serve Area and Room No. 3	<u>Stop Smoking</u> Appointments & drop-in session with Jancy. Time: 14:00 – 17:00 Location: Room No.1		<u>Bromford Teenage Support</u> Appointments & drop-in session with Gerri Norris Time: 10:30 – 16:00 Location: Room No. 3	<u>Bromford Support Mental Health</u> Drop-in session with Ian 13:00 – 14:00. Appointments with Ian 09:00 – 13:00 & 14:00 – 17:00. Location: Room No.1
<u>Police</u> Drop-in session with Pam. Time: 09:00 – 16:30 (Lunch 12:30 – 13:00) Location: Police Desk	<u>Police</u> Drop-in session with Pam. Time: 09:00 – 16:30 (Lunch 12:30 – 13:00) Location: Police Desk	<u>Police</u> Drop-in session with Pam. Time: 09:00 – 16:30 (Lunch 12:30 – 13:00) Location: Police Desk	<u>Police</u> Drop-in session with Pam. Time: 09:00 – 16:30 (Lunch 12:30 – 13:00) Location: Police Desk	<u>Police</u> Drop-in session with Pam. Time: 09:00 – 16:30 (Lunch 12:30 – 13:00) Location: Police Desk
			<u>A4E</u> Drop-in session with Sally Hackett. Time: 10:00 – 16:00 Location: Self-Serve Area	

# What The Surgeries Offer...

## Health Trainers

The Health Trainers will give advice on weight, diet, drinking limits, stopping smoking, exercise, and other life style changes you may wish to make.

## Bromford Teenage Support

This service provides floating support to teenage parents between the ages of 16 and 20 and focuses on sustaining tenancies and maximising independence. Support is for a short term period of up to 2 years, and will consist of weekly visits to the service user in their own home. The support offered is flexible and tailored to meet the particular needs of each individual person accessing the service.

Applicants can be referred by any statutory or voluntary agency, or through self-referral.

People who are already on our housing waiting list will be considered for housing with Bromford when the panel meet to discuss their vacancies. There is always a representative from Gateway on this panel, and they will nominate people off our waiting list who fit the category.

If you should have a customer come in to see you who is a teenage parent within the age limits mentioned, and they are struggling to cope, please refer them to Bromford on the surgery day, or get the person to ring them. Please remember however, to check if they have spoken to Gateway and been referred through them.

## Citizens Advice Bureau

The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers.

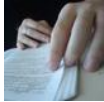
## Teenage Parents

Can get pregnancy tests and termination support to those who are aged up to 20 years, unless they have been in care and/or have a learning disability in which case will go up to aged 24. For Chlamydia screening will go up to age 24 whatever their situation, and if their partners are over this age they can also be tested, as long as one of them is 24 or under. Can also support those requiring contraception advice and issues of domestic abuse and emotional support as required.

## Woman's Aid

Women's Aid is the national domestic violence charity that helps up to **250,000** women and children every year.

They work to end violence against women and children, and support over **500** domestic and sexual violence services across the country



### **PROTECTION**

By influencing laws, [policy and practice](#) and working in partnership with key national and local agencies.



### **PREVENTION**

Through raising public awareness and developing education programmes e.g. [hideout.org.uk](http://hideout.org.uk), [campaigns](#)



### **PROVISION**

By providing services needed to help abused women and children e.g. [UKROL](#), the [National Domestic Violence Helpline](#).

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## Stop Smoking

Will provide advice on the different methods of stopping smoking and can also provide a prescription for you to take to the chemist to get the gum, patches etc.