

### **Sexually Transmitted Infections**

#### **GUM Clinics:**

Aylesbury: 01296 421677  
M. Keynes: 01908 243860  
Luton: 01582 497070

[www.avert.org/teenstd.htm](http://www.avert.org/teenstd.htm)  
[www.drthom.com](http://www.drthom.com)

#### **Sexwise**

Telephone: 0800 28 29 30  
[www.ruthinking.co.uk](http://www.ruthinking.co.uk)

#### **Marie Stopes International**

Telephone: 020 7636 6200  
[www.mariestopes.org.uk](http://www.mariestopes.org.uk)

#### **Rape Crisis Centre**

Aylesbury: 01296 392468  
Luton: 01582 733592

#### **National AIDS Helpline**

Telephone: 0800 567123

#### **Being Bullied?**

#### **NSPCC**

Tel: 0800 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

#### **Kidscape**

Tel: 08451 205 204  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

#### **Childline UK**

(for children in trouble or danger)  
Tel: 0800 11 11  
[www.childline.org.uk](http://www.childline.org.uk)

#### **Beat Eating Disorders Helpline**

Telephone: 0845 634 7650



### **Good General Advice**

#### **Teenage Health Freak**

[www.teenagehealth.org](http://www.teenagehealth.org)

#### **Youth Information**

[www.youth2youth.co.uk](http://www.youth2youth.co.uk)

Bassett Road Surgery

29 Bassett Road  
Leighton Buzzard  
Bedfordshire  
LU7 1AR

Emergency Phone (01525) 373 111  
Appointments line (01525) 378 387  
Fax (01525) 853 767

[www.bassettroadsurgery.co.uk](http://www.bassettroadsurgery.co.uk)

## BASSETT ROAD SURGERY

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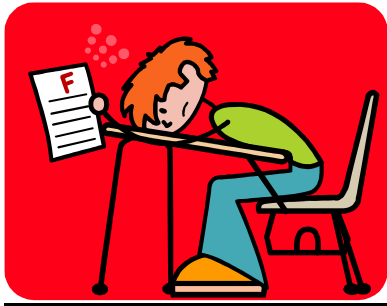
## Any Issues?



## Information for Young People

Remember your GP provides a completely confidential service. You can ask them about anything, no matter how big or small, e.g:

- Drugs, Alcohol & Smoking
- Emotional problems
  - Anxiety about exams
  - Bullying
  - Moving school
  - Problems at home or school
  - Stress



- Sexual Health
  - STD's
  - Contraception
  - Morning after pill
  - Pregnancy
- Health Eating
  - Eating disorders
  - Weight problems
- Abuse – physical, sexual or emotional
- Headaches
- Spots
- Sun safety

## How to Use your GP

Simply telephone the surgery and ask to see or speak to one of the Doctors or Nurses. If they are not available, they will always ring you back later. In an emergency, at any time of the day or night, you can telephone your usual surgery number. You may be put through or asked to ring another number out of normal working hours.

There is always a doctor on call for your surgery, but he/she may be covering from another area.

## Teenage Advice & Information

### **Tactic Centre, Leighton Buzzard**

Telephone: 01525 373838

### **NHS Direct**

Telephone: 0845 46 47

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### Police

Tel. (emergency only): 999  
Tel. Aylesbury: 0845 850 5505  
Tel. L. Buzzard/Luton: 01582 401212  
Tel. M. Keynes: 0845 850 5505

### Ambulance

Tel. (emergency only): 999

## Family Planning

Telephone: 0845 122 8690  
[www.fpa.org.uk](http://www.fpa.org.uk)

### Family Planning Clinics:

Tel. Luton: 01582 511050  
Tel. M. Keynes: 01908 669215  
Tel. Aylesbury: 01296 421722

### Brook Advisory Centre

Freephone (M-F, 9-5): 0800 0185 023  
Info Line (24 hour): 020 7950 7700  
[www.brook.org.uk](http://www.brook.org.uk)

### British Pregnancy advisory Service (BPAS)

Telephone: 0845 730 4030  
[www.bpas.demon.co.uk](http://www.bpas.demon.co.uk)

### Teen Pregnancy

[www.likeitits.org](http://www.likeitits.org)  
[www.preghelp.org.uk](http://www.preghelp.org.uk)

