

Contraception & Sexual Health Services For Under 25's

- Free & confidential
- Friendly and welcoming service
- Contraception
- Emergency contraception
- Free condoms
- Advice & support
- Chlamydia screening
- Pregnancy testing
- STI tests and treatment available from 2007

Who's Involved?

- Contraception Clinic
- Chlamydia Screening Clinic
- GUM Clinic (sexual health) from 2007
- OutThere
- XS
- Empower-U
- Family Link

Contact Us:

Easington Young Peoples' Centre
4th Floor
Ridgemount House
Bede Way
Peterlee
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SR8 1EA

Phone: 0191 - 569 1032

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Health services open Tuesdays

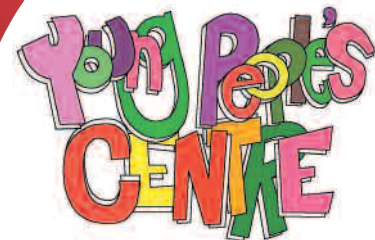
Easington Young Peoples' Centre

A one-stop health shop for under 19's

County Durham 
Primary Care Trust



DISC Registered Charity No 515 755 Registered Company No 182 0492
DISC is a positive about disabilities organisation



Why Are We Here?

The District of Easington has for many years had substance misuse services accessible by both adults and young people. Recent changes in how services are organised has resulted in the establishment of designated young peoples' services which are separate from adult services. In response to this it was decided to establish a young peoples' centre that would comprise of a number of projects in addition to associated services and sexual health clinics to offer the young people of the area a wide ranging and comprehensive facility to meet their needs.

What Do They Do?

OutThere

OutThere is a peer education drugs project which works with young people in one to one and group settings.

The project teaches young people the facts about drug and alcohol issues, dispelling "street myths". Once trained the young people are asked to pass on safe messages to their friends and within their communities in order to reduce the harm caused by drug use.

Family Link

Assessing the needs of carers of drug or alcohol users, offering a friendly chat and assistance to access: -

- Information and advice
- Advocacy
- Coping strategies
- Peer support meetings

- Conflict management
- Training and education

XS

Provides a specialist assessment and care plan relating to substance use. We do this by responding speedily, effectively and offering a safe place to talk things through.

Access to a range of services including:-

- Harm minimisation
- 1-1 therapeutic support
- Prescribing services
- Outreach support
- Family support
- Drug education
- Life skills
- Relapse prevention
- Motivational interviewing

Coordinating the provision of care by other agencies and professionals.



DISC project worker in session with a client in the private consultation room and communal area.



Empower-U

A mentoring project offering 1-1 and group support for young people. Through pairing with a mentor, young people are offered:-

- Friendship & support
- Help to organise leisure time
- Information & advice
- Activities
- Regular contact at convenient times

The project also offers young people training to OCN Level 2 in Mentoring to enable young people to help others in need.

What Else Is Going On?

The Centre also offers other services which include:-

- Use of PCs with Internet access
- Shower and washing machine
- A fully equipped kitchen
- A 'chill out' room
- Advice on accommodation
- Advice on housing benefit

Young people from across a range of projects regularly meet to talk about and help decide what's being offered at the Centre and look at ways of adding to the services being provided.