

# WEST LoTHIAN YOUNG PEOPLES DROP IN'S

## Armadale

Armadale Community Clinic – Healthy Respect Drop In

Every Friday 1pm – 3pm

General & Sexual Health information, Emergency Contraception, **C:Card plus**, pregnancy testing & Chlamydia postal testing kits.

## Bathgate

Boghall Community Health Centre – Healthy Respect Drop In

Tuesday 12.30 pm – 2pm (term time)

General & Sexual Health information, **C:Card plus**, pregnancy testing & Chlamydia postal testing kits.

Bathgate Primary Care Centre Young Persons Drop In

Every Frid 1.30pm – 3.30pm 01506 630771

specially for people aged 12-20yrs where you can just turn up without an appointment and see a nurse or doctor. Emergency Contraception, **C:Card Plus**, pregnancy testing, Sexually Transmitted Infections testing, All Contraception. Family planning, sexual health & relationships advice & support.

Chill Out Zone 7 Gardners Lane Bathgate 01506 652436

Offers Drop In, Health Clinic, Counselling, Healthy Eating Café, Information, advice & support to all ages 12yrs – 20yrs

### Health Service Drop In

Mon/Wed/Thurs 5pm – 6pm & 6.30pm – 7.30pm, Friday 2.30pm – 3.30pm  
Emergency contraception, **C:Card Plus**, pregnancy testing, contraceptive pill & injection available during these times.

### ALSO

**Drop In** Mon – Thurs 6.30pm – 8.30pm & Frid 2.30pm – 4.30pm

Advice available re healthy eating, mental health, drug & alcohol, smoking, sexual health & relationships

Boots the Chemist 26 – 30 George Street 01506 652682

Monday – Saturday 0845 – 1730

**C:Card Plus**

## Blackburn

Blackburn Community Centre – Healthy Respect Drop In

Every Friday 4.30pm – 6.30pm General & Sexual Health information, **C:Card Plus**, pregnancy testing & Chlamydia postal testing kits.

## Deans

Knightsridge Adventure Project 'Vennie'

Co-ordinator Tom Heron 01506 432094

Drop In times

Mon & Tues 4pm – 9pm; Wed 6pm – 9pm; Frid 1pm – 9pm

**C:Card Plus** available during all these sessions.

## Inveralmond

Inveralmond Community High School - Healthy Respect Drop In

Tuesday 12.30pm – 1.45pm (term time) (opening late Autumn 09)

General & Sexual Health information, **C:Card Plus**, pregnancy testing & Chlamydia postal testing kits.

Craigshill - Offbeat @ \_Riverside Wing - Healthy Respect Drop In

Friday 1.30pm – 3pm

General & Sexual Health information, **C:Card Plus**, pregnancy testing & Chlamydia postal testing kits.

Cedarbank Health Drop In

Tuesday Lunchtime (Term Time)

Eliburn - West Lothian Youth Action Project

Eliburn Community House 33 Aller Place 01506 461 588

Thursday 4pm – 6pm & Friday 2pm – 8pm

**C:Card Plus** Chlamydia Postal Testing Kits.

## Howden Health Centre

(Young People can attend these drop Ins but these are **not** dedicated Young person's clinics).

**GUM** (Genito-urinary Medicine) Clinics

First hour is walk in 2nd hour appointment only

Monday 6pm – 8pm (arrive 5pm to register) & Friday 1.30pm – 3.30pm (arrive 5pm to register)

**Family Planning Drop In** Friday 9.30am – 11am

**C:Card Direct** Tuesday & Thursday 9am – 5pm

## West Lothian Mobile C:Card Plus Service

Any place – any where just pick up the phone

0783 667 575 to arrange a time, place & date!!

Service delivered by west Lothian Youth Action Project

01506 461 588 www.wlyap.org.uk

## **Broxburn**

Strathbrock Partnership Centre community wing –  
Healthy Respect Drop In Thursday 12.30pm – 2 pm  
(Term time)

General & Sexual Health information, **C:Card Plus**, pregnancy testing  
& Chlamydia postal testing kits.

Strathbrock Community Desk

Monday – Friday 8.30am – 4.30pm **C:Card Direct**

## **West Calder**

West Calder High School – Healthy Respect Drop In

Thursday 1:15pm – 2:05pm

General & Sexual Health information, **C:Card Plus**, pregnancy testing &  
Chlamydia postal testing kits.

Polbeth Village Hall – Drop In

Thursday 7pm – 9pm

## **Linlithgow**

Linlithgow Academy – Healthy Respect Drop In

Monday 1:10pm – 2pm (term time)

General & Sexual Health information, **C:Card Plus**, pregnancy  
testing & Chlamydia postal testing kits.

## **Whitburn**

Whitburn Health Centre – Healthy Respect Drop In

Monday 12.30pm – 2pm (term time)

General & Sexual Health information, **C:Card Plus**, pregnancy testing &  
Chlamydia postal testing kits.

Burnhouse – Health Drop In

Wednesday 12.30pm – 1.30pm (term time)

**West Lothian Connected** The Centre  
Wed 12pm – 2pm; Thurs & Frid 2pm – 4pm  
**C:Card Plus**

**West Lothian College**  
Mon – Frid 9am – 3pm  
**C:Card Direct**

## **Emergency Contraception**

**All** pharmacies in West Lothian supply **FREE** emergency  
contraception to all females 13yrs & over.

This can be taken up to 72 hrs following unprotected sexual  
intercourse

## **What is c:card?**

**c:card is friendly, confidential and easy to use. You can find  
c:card points in colleges, universities, youth agencies and  
health settings.**

There are two kinds of c:card point:



**is only for people aged 16 and over who want free condoms**



**is for people aged 13 and over who want free condoms**

If you are aged 13-15 you will be seen by a c:card worker on every  
visit so you can talk about safer sex and relationships.

[www.ccard.org.uk](http://www.ccard.org.uk)



Healthy Respect is committed to, and dependent on, partnership  
working to deliver the multi-faceted programme of education,  
information and services to young people. The Healthy Respect  
network aims to implement evidence-informed interventions and thus  
ultimately facilitate a culture change, creating an environment that will  
lead to long term improvements in the sexual health and wellbeing of  
young people in Lothian.

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

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