



This toolkit was developed following the successful launch of the Teenage Pregnancy Strategy in May 2024.

With thanks to our partnership services including Health, Education, the Voluntary Community Social Enterprise sector (VCSE), Public Health, Wakefield Council, Spectrum Sexual Health and young people of Wakefield.



Wakefield Teenage Pregnancy Toolkit 2025

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Introduction

In Wakefield, we are ambitious for all our districts children and young people to be happy, healthy and safe, thriving in communities where families and services work together to help them achieve their potential and dreams. We recognise that teenage parents will need support and a [strong local partnership](#) to help achieve this ambition.

This toolkit has been developed jointly with partners and young people from across the district including [Wakefield Council](#), [Voluntary Community Social Enterprise sector \(VCSE\)](#), and [Health and Education colleagues](#).

The toolkit aims to provide [practitioners](#) with the [knowledge, confidence](#), and [support](#) to discuss [sexual health](#) and [pregnancy](#) with young people.

In this toolkit, you will find a range of topics to help you support and advise young people who may be at risk of teenage pregnancy or soon to become a teenage parent.



Protective factors for young people

It is important for young people to prioritise their health and make good choices for themselves. Good health encompasses physical well-being, including nutrition, physical activity, sleep, immunisations and dental care, as well as mental, physical, emotional and sexual health, which is fostered through supportive environments and routines.

Personal Factors:

- Having a balanced diet
- Engaging in regular exercise.
- Establishing a consistent sleep routine.
- Protecting against preventable diseases through recommended immunisations and practicing safe sex.
- Engaging in good oral hygiene practices.
- Accepting who they are and recognising their strengths.

Education/Aspirations:

- Going to a school/college that supports the well-being of all of its students.
- Getting involved in local activities, groups or the community.
- Engaging in age-appropriate activities.
- Having opportunities to learn & succeed.
- Having aspirations and a vision for the future.

Home/Living Environment:

- Having a sense of belonging.
- Feeling loved, trusted, valued and safe.
- Being aware of what positive, consensual sexual relationships look like.
- Understanding the risks of drug and alcohol use.

Competencies for resilience

Resilience is about promoting a young person's development. These skills increase the ability and protective factors that allow young people to manage difficult situations, feelings, and experiences, moving on with confidence and being optimistic about their future. (www.riskandresilience.org.uk, March 2025).

Here are some key competencies for resilience:

- To be able to access confidential advice, support and information.
- To live within a safe and secure environment.
- To engage in a cohesive and supportive community.
- To understand and regulate emotions in positive ways using good social skills.
- To have a good range of problem solving skills and skills for calculated risk-taking.
- To have at least one positive role model and supportive peer relationships.
- To have a strong cultural awareness (celebrating Christmas, Eid, birthdays etc).
- To have self-worth, self-confidence and a positive sense of self (race, religion, gender, sexuality, ability/disability).
- To have access to contraception, sexual health services and treatment, including long-acting methods of contraception (LARC).
- To be engaged in education, employment or training.
- To show commitment and a positive attitude to learning.
- To be able to identify factors that affect physical and mental well-being (sleep, diet, exercise, positive relationships).



For more information & FREE training on the Risk & Resilience competencies for young people, visit

www.riskandresilience.org.uk



Common risk factors for young people

Personal Factors:

- Poor mental health (e.g. self-harm, depression, low self-esteem, eating disorders etc.).
- Has been, or is being, bullied.
- Experience of trauma (physical, emotional, sexual abuse or neglect)

Education/Aspirations:

- Low or non attendance at school.
- Not in Education, Employment or Training (NEET).
- Lack of interest in educational attainment and has no, or few, aspirations for the future.

Home/Living Environment:

- Emotional upheaval i.e. bereavement, divorce, house move or separation within the family.
- Unhappy with their living situation (inc. homeless, in care or soon to leave care).
- Breakdown of living arrangements or a significant change in circumstances
- Living in economical poverty.
- Evidence of physical, emotional, sexual abuse or neglect.
- Lack of positive parental role modelling and age-appropriate boundaries.
- Young carer (has caring responsibilities).
- Dysfunctional family support.
- Use of alcohol, drugs or substances in the home.
- Domestic violence within the home.

Use of the internet/media:

- Develops relationships using the internet i.e. social media, Snapchat, Facebook, etc.
- Uses the internet to meet people and/or shares information easily online/in person.

Risky Behaviours:

- Regularly uses drugs and/or alcohol.
- Involved in criminal activity.
- Becoming easily attached to new people.
- Uses overtly sexual language or displays overtly sexual behaviour.
- Shares information inappropriately.

Additional risk factors for young people

- A lack of supportive friendships.
- Isolated from peers.
- Low self-esteem or poor self-image.
- Engagement in age-inappropriate activities.
- Considers themselves to be in a relationship with someone who is significantly different in age.
- Evidence of grooming (receiving material gifts from a partner to gain trust or parental approval).
- Regularly stays out overnight.
- Being in a relationship with a partner who already has at least one child.
- History of pregnancy termination (self or partner).
- Has at least one child already.
- Wants to have a child.
- Believes that having a child would give them someone to love, and to feel loved.
- Is known to have had, or their partners have had, a previous pregnancy.
- Engaging in risky sexual behaviour i.e. frequently changing partners, multiple partners, has sex whilst under the influence of drugs or alcohol, unsafe sex etc.
- Receiving gifts in exchange for sex.
- Family history of teenage pregnancy as a normalised pattern.
- Displays possessive, abusive, or controlling tendencies in relationships.
- Association with peer groups (gangs) who display negative attitudes towards the opposite sex.
- A young person who is vulnerable, due to Special Educational Needs (SEN) and/or learning/physical disabilities.



Spotting the signs



The Spotting the Signs Tool (2023) is designed to help professionals ask the right questions to identify potential abuse or exploitation in children and young people. Rather than acting as a checklist of questions, the Tool is designed to facilitate a conversation with the child or young person to help understand their situation better.

www.brook.org.uk/spotting-the-signs-tool/

What is CSE & CCE?

Child Sexual Exploitation (CSE) and Child Criminal Exploitation (CCE) are both complex forms of abuse which can be difficult for children, young people and professionals to identify.

They often involve coercion, manipulation and threats to engage in sexual activity and/or to carry out criminal acts for the benefit of others.

Children and young people are groomed into CSE and CCE which can make it hard for the victim to be aware that what is happening, is abuse and/or exploitation. Even when they do, feelings of fear, shame and guilt can prevent them from seeking help.

Wakefield Safeguarding Children Partnership (WSCP) support professionals and local organisations who work or volunteer with children, young people and families. If you are worried about a young person and want information or guidance, visit

www.wakefieldscp.org.uk.

One Minute Guides:

CCE - www.wakefieldscp.org.uk/resources/omg-to-child-criminal-exploitation/

CSE - www.wakefieldscp.org.uk/resources/omg-to-child-sexual-exploitation/



Confidentiality

The primary purpose of confidentiality is to protect the best interests of young people. When working with young people it is important that professionals make them aware of their service confidentiality policy.

Young people have the right to access confidential information and support, however there are circumstances when information cannot be kept confidential.

Disclosure should be limited to situations where:

- There is a serious risk of harm to the young person.
- There is a serious risk of harm to others.
- There is a legal duty to disclose.

The overriding objective of breaking confidentiality must be to safeguard young people. If a situation arises where you have concerns about a young person and need to break confidentiality, you should firstly discuss this with the young person, explaining the reason for, and the benefits of disclosure.

If it is felt that a young person is at risk and the situation is urgent but there is no immediate danger, please call the Integrated Front Door or Emergency Duty Team (EDT) on [0345 8503503](tel:03458503503).

Always remember the welfare of the young person comes first. If the young person is in immediate danger, the police should be contacted on [999](tel:999).

Fraser Guidelines

It is important for professionals working with young people to know and understand the legal position in relation to sex and the sexual health of young people.

Young people under the age of 16 have as much right to confidentiality as any other person. Under 16's can consent to medical treatment (without parental involvement) if they have sufficient maturity and judgment to enable them to understand what is proposed.

In relation to young people and sex, although it is an offence to have sex with someone under the age of 16, it is lawful for professionals to provide contraceptive advice and treatment without parental consent providing certain criteria are met.

These criteria are called Fraser Guidelines. They require that, before providing treatment or advice, the professional is satisfied that:

- The young person understands the advice that they have been given.
- The young person cannot be persuaded to inform their parents.
- The young person is likely to engage in sexual intercourse, with or without contraceptive treatment.
- Without contraceptive treatment, the person's physical or mental health (or both) are likely to suffer.
- The young person's best interests require them to receive contraceptive advice or treatment, regardless of parental consent.

Although the criteria specifically refers to contraception, the principles are deemed to apply to other areas of information and advice which require consent. (i.e. termination of pregnancy, drug treatment etc.)

If someone under the age of 16 is judged not to be mature enough to consent to treatment, the consultation itself can remain confidential.

For more information about Fraser Guidelines, visit:

<https://learning.nspcc.org.uk/child-protection-system/gillick-competence-fraser-guidelines>



The Mental Capacity Act 2005



The Mental Capacity Act (MCA) provides a framework for caring/treating people under the age of 16 who do not have the ability to make decisions for themselves.

Young people aged 16 or 17 are legally presumed to have the capacity to consent to medical treatment, similar to adults. However, unlike adults, a refusal of treatment may, in certain circumstances, be overridden by a parent, someone with parental responsibility, or a court, if it is determined to be in the young person's best interests.

This includes circumstances where refusal of treatment is likely to result in death, severe permanent injury or irreversible mental or physical harm.

Key Principles of the MCA:

- Assume a person has capacity unless proved otherwise.
- Do not treat people as incapable of making a decision unless all practicable steps have been tried to help them.
- A person should not be treated as incapable of making a decision because their decision may seem unwise.
- Always do things or take decisions for people without capacity in their best interests.
- Before doing something to someone or making a decision on their behalf, consider whether the outcome could be achieved in a less restrictive way

For more information about The Mental Capacity Act, visit:

www.nhs.uk/conditions/social-care-and-support-guide/making-decisions-for-someone-else/mental-capacity-act/



Information sharing

Appropriate information sharing is the key to delivering effective services that are co-ordinated around the needs of children and young people.

It enables improved outcomes for young people by:

- Offering early intervention and prevention work for children and young people
- Safeguarding children and young people
- The protection of the wider public.

It is important that practitioners work within their organisations' policies and guidelines to share information. It is also important to remember that there are significant consequences to not sharing information. Staff should use their professional judgment to determine whether to share information or not, and what information is appropriate to share. Staff should seek support from managers if they are unsure about when to share information.

The Seven Golden Rules to Information Sharing

(Adapted from 'Information sharing: Advice for practitioners providing safeguarding services to children, young people, parents, and carers', 2018)

1 Data protection law and human rights do not stop information being shared; they provide the structure around how it should be shared.

2 Be open and honest about why you need to share the information, what you are going to share, how you will do it and who you are going to share it with. Unless it is not safe or inappropriate to do so, you must seek the person's agreement to do this.

3 If you are worried about sharing information, seek advice from your Designated Safeguarding Lead or your manager.

4 Where possible, share information with consent. There are occasions where consent is not required, namely if you are worried that a child is at risk or a crime is going to be or has been committed. Where information is shared or requested (either with or without consent) make sure you are clear in your reasons and decision to share, or not to share, the information. Where you do not have consent, bear in mind that the individual may not expect information to be shared.

5 Decisions to share information should include consideration of the safety and well-being of the person who you are sharing information about and others who may be affected by what happens.

6 Make sure that you share only information that is necessary for the purpose for which you are sharing it, that it is only shared with people who need to know, that it is up to date, shared securely and that it is done in a timely way.

7 Make sure you record your decision whether to share information or not and the reasons for your decision. The record should also show what you have shared, with whom, and why.

Alcohol & Teenage Pregnancy

It is important to recognise that there are strong links between young people's alcohol consumption and their sexual behaviour.

- Young people are generally more vulnerable when drinking alcohol.
- Early regular alcohol use is associated with early sex and higher numbers of sexual partners.
- Alcohol use in young people often leads to regretting the sexual activity.
- Teenage drinking, particularly binge drinking, is associated with them becoming sexually active.
- Young people who have their first sexual experience whilst under the influence are less likely to use condoms.
- There is a connection between alcohol consumption and consistent non-use of condoms.
- There are links between alcohol use and sex without any contraception.
- Alcohol use increases the likelihood of teenage pregnancy.
- Alcohol consumption, particularly binge drinking, increases the risk of forced sex and sexual exploitation.
- Young people who are exposed to environments where alcohol is being consumed are more vulnerable to getting their drinks spiked (Rohypnol, GHB etc.). Drink spiking is often done with sexual abuse in mind.
- Drinking in environments such as parks, bars, and parties, can increase young people's vulnerability.
- Young people drinking with people they don't know very well can increase their vulnerability.
- Young people may be inclined to leave their friends, or find themselves left alone, when they have been drinking.

Other substances can have similar effects - consider what the young person may be using!

For more information, see the **Wakefield Safeguarding Children Partnership's** One Minute Guides for **Alcohol Use & Illicit Drug Use:**

www.wakefieldscp.org.uk/resources/alcohol-1mg/
www.wakefieldscp.org.uk/resources/illicit-drug-use-1mg/



Important sex messages to advise young people

Firstly, and **always remember** – sex should feel good and be safe and consensual between all partners.

Be yourself – your sexuality is an important part of who you are, and it's ok to explore your sexual thoughts and desires as long as it doesn't harm yourself or anybody else. Masturbation is a safe and healthy way to discover your own body.

Respect yourself and the one you're with. Be aware of sex and the law - visit www.brook.org.uk/your-life/sex-and-consent/ for more information.

In your own time – the legal age of consent is 16. **Consent** occurs when an individual willingly agrees to the request or intentions of another person. Sex can be a risky business so there's no rush – wait until it feels right for you. Even if you've had a sexual relationship with previous partners, don't feel that you must have sex every time you start a new relationship. **Your Body – Your Choice**. Say 'NO' if you do not give consent or want a sexual relationship (see page 22).

Stay safe and protected – using condoms correctly can protect from sexually transmitted infections (STIs). Other methods of contraception can protect against pregnancy. It's a good idea to use both. It's also a good idea to have regular STI screening tests if you're sexually active.

Communication is key – be mindful that there are several different ways to communicate how you feel without engaging in sex. If you do decide to have sex, talk to the person about what you both want.

➡ (See next page for more!) ➡

Stay in control – having sex when you’ve been drinking or using drugs may mean that you are more likely to do something that you wouldn’t usually choose to do, and you may regret it later.

Stay connected – make sure that you have people you can talk to (friends, parents, carers), and that you know where to get help and advice about sex and relationships (GP, sexual health clinic etc.).

Your rights – all young people have a right to access accurate, high-quality information and support regarding sexual health, which is generally confidential, unless yourself or someone else is at risk of serious harm.



Working with young people: advice for avoiding risky situations

Being safe online

- Think twice about sending sexualised images of yourself to a partner – it could be dangerous if it fell into the wrong hands and will be out of your control forever. Child Exploitation and Online Protection (CEOP) command that education gives advice for parents, children, and young people on staying safe from sexual abuse and online grooming (www.thinkuknow.co.uk).
- Don’t give out personal information or meet up with someone you’ve met on the internet. If you do, never go alone, share their profile with someone you trust, and tell them who you are meeting and where. If possible, take a photo when you meet and text it to a friend.

Feeling supported

- Engage in positive activities/sports training with young people of a similar age and with similar interests.
- If you feel you need to talk to someone, choose someone you trust (a parent or family member, friend, youth or family worker, teacher, or a specific person).
- Don’t lose touch with your friends and family. We all need people to fall back on!

Tips for going out

- Practice what you could say to get out of unwanted situations. Explain there are different ways to say ‘No’. Being in control is a great confidence booster!
- Always make sure you have money so you can get home.
- Have a taxi phone number in your phone or book via a local taxi firm app.
- If you take a taxi, make sure it’s licensed. Don’t flag a taxi down. If you book one from a public place, remember that people can overhear you and then pretend to be a taxi, as they will then know your name and where you’re going.
- Make sure you are always close to friends and don’t go off with someone you don’t know very well. Also, never leave one of your friends on their own.
- If you or your friends are using alcohol or drugs, make sure someone stays sober so that they can keep an eye on the group.
- Avoid places where alcohol and drugs are regularly used.
- Carry a condom - just in case! It doesn’t mean that ‘you’re easy’ - it shows that you’re responsible.
- Tell your parents/carers as well as your friends where you’re going.

Before engaging in a sexual situation

- Make a list of what you could gain and lose (now and in the future) if you were to become a young parent.
- If there is a big age gap between you and your partner, ask yourself the question - why would an older person want to be in a relationship with someone much younger.
- Only have sex if you and your partner are ready, do not be pressured into doing it, and always use a condom and contraception.

Utilising services

- Register with Wakefield C-Card scheme to get free condoms.
- Visit Spectrum Sexual Health clinic, or your GP to talk about the best methods of contraception for you.
- Have regular checks for sexually transmitted diseases if you are sexually active.
- Identify your local pharmacies that offer EHC (Emergency Hormonal Contraception) for under 25’s.

Working with young people who are at risk of an unplanned pregnancy

Use this pathway when working with and advising young people who may be at risk of an unplanned pregnancy.

Young person is at risk of unplanned teenage pregnancy.



Advise the young person of:

- C-Card Scheme (free condoms for under 25s)
 - Chlamydia Screening
- Spectrum Services (Contraception and Sexual Health)
- Free Emergency Hormonal Contraception (EHC) Scheme



Consider signposting the young person to Spectrum Health.

www.spectrum-sexualhealth.org.uk

Phone: 0800 121 4860 or Text 'CALL ME' to 07540 325 406

Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield WF1 1QS

Spectrum Health Services include:

- Sexual Health advice
- Advice, treatment and testing for Sexually Transmitted Infections (STIs)
 - Contraception advice and support
- Confidential advice relating to sexual abuse, coercion, and exploitation
 - Pregnancy advice and referral to the rights services
 - HIV support, advice, and prevention
- Signposting to other appropriate services if needed

Guidance for young people after unprotected sex

Emergency Contraception

The sooner emergency contraception is accessed after unprotected sex, the more options there might be.

Types of emergency contraception include:

- Emergency Hormonal Contraceptive (EHC) pill or “morning after pill”
- Emergency Intrauterine Device (Cu-IUD) or “copper coil”

Was the unprotected sex within the last 3-5 days?

Swiftly signpost the young person for Emergency Contraception information and advice:

➤ **Spectrum Sexual Health Clinic**

Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield, WF1 1QS

www.spectrum-sexualhealth.org.uk

Phone: 0800 121 4860 or Text: 'CALL ME' to 07540 325 406

➤ **Spectrum Outreach Service**

If a young person cannot independently access Spectrum Clinic, contact the outreach service via email:

Spectrum.Outreach@spectrum-cic.nhs.uk

➤ **Pharmacies**

Under 25s can obtain free EHC without a prescription in selected pharmacies across the District.

See the list of pharmacies providing free EHC at: www.spectrum-sexualhealth.org.uk/emergency-contraception-venues/

➤ **NHS - GP surgeries, Walk-in centres**

www.nhs.uk/nhs-services/services-near-you/

Was the unprotected sex more than 5 days ago?

Some people may be eligible for a copper coil more than 5 days after sex if it's a single episode of unprotected sex since their period and they are within 5 days of earliest expected ovulation.

Signpost or refer the young person for emergency contraception advice and quick start contraception options:

➤ **Spectrum Sexual Health Clinic**

Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield, WF1 1QS

www.spectrum-sexualhealth.org.uk

Phone: 0800 121 4860 or Text: 'CALL ME' to 07540 325 406

➤ **Spectrum Outreach Service**

For a young person who may face barriers to mainstream healthcare, Spectrum's Outreach Team can provide follow-up health promotion, education and outreach support in the community following unprotected sex contact.

Email: Spectrum.Outreach@spectrum-cic.nhs.uk

➤ **NHS - GP surgeries**

www.nhs.uk/nhs-services/services-near-you/

In ALL cases of unprotected sexual intercourse...

Advise the young person about future contraceptive options and testing for Sexually Transmitted Infections (STIs) and prevention information:

- [Spectrum Sexual Health Clinic](#) - STI testing and contraception options
- [NHS GP surgeries](#) - STI testing and contraception options
- [Pharmacies](#) - free emergency contraception
- [C-Card Free Condom Scheme](#) for under 25s

(www.spectrum-sexualhealth.org.uk/contraception/condoms-c-card/)



Pathway: Young people who think they are pregnant

If the young person thinks they may be pregnant, consider a [pregnancy test](#). If they don't know when their next period is due, advise to test at least [21 days after unprotected sex](#).

Pregnancy testing kits can be bought by the young person, may be available via GPs, or are available for free from:

Spectrum Sexual Health Clinic

Address: Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield WF1 1QS

Website: www.spectrum-sexualhealth.org.uk/

Phone: 0800 121 4860 or text: 'CALL ME' to 07540 325 406

If the pregnancy test is positive:

- Advise the young person to [speak to their parent or carer](#) and offer the young person ongoing [support](#) and [signpost to services](#) as required.
- Refer the young person to [Spectrum Sexual Health, Family Nursing Partnership or GP services](#) for choices and support.
- If the young person has made the [decision not to proceed](#) with the pregnancy, further information and advice can be obtained from:

BPAS Abortion Care Services (www.bpas.org)

MSI Reproductive Choices (www.msichoice.org.uk)

Sex Readiness: advice to give young people

Most young people who choose to have sex early say they regret it afterwards; regardless of sexual orientation, you are probably not ready for sex if:

- You are doing it because you think everyone else is.
- You are scared that you will get dumped if you don't do it.
- Someone is trying to persuade or pressure you to have sex.
- You have not talked about condoms or contraception.
- You don't trust the person you might have sex with.
- You don't feel in control of your decision.
- You think you might regret it afterwards.

Many young people feel pressure to have sex and saying 'No' is not always easy. However, you have the right to say 'No' and it can be a positive choice.

Ways to say 'No':

- I like you, but I want to wait.
- I'm not ready.
- I don't want to have sex now.
- I won't be pressured.
- I'd be doing it for all the wrong reasons.



Practitioner's Checklist

- Be non-judgmental and supportive.
- Be trauma aware and trauma responsive.
- Explain the confidentiality policy.
- Advise on sex readiness with the young person (see page 22).
- Does the young person understand sex and the law?
- Is the young person Fraser competent?
- Are there any safeguarding issues to be reported?
- Is the young person aware of the basics of sex?
- Don't make assumptions – assess first!
- Work with the young person around delaying sex - even if they are/have been sexually active.
- Promote the benefits of healthy relationships!
- If you know or suspect that a young person has experienced sexual abuse, make it clear that the safe sex messages you are promoting are in place when choosing to have sex.
- Discuss when the young person is most likely to engage in risky behaviour.
- Promote alternative activities for the young person.
- Ask the young person what they need.
- Encourage the young person to speak to their parent/carer and offer to support them in making an appointment if needed.



The C-Card scheme

C-Card is a confidential scheme which allows young people, under 25, to access [condoms](#), [lube](#), [dental dams](#) and [STI testing](#) free of charge from a variety of access points across the district.

Young people aged 13-15 must register at the C-Card hubs where trained professionals guide young people through the registration process.

C-Card Access Point Options

The 4 access point options enable a wide range of services to contribute to the expansion of the C-Card scheme.

1  **C-Card Hub (full C-Card service)**

A C-Card Hub provides:

- Condoms
- Lube
- Dental dams
- STI testing kits
- C-Card registration

3  **C-Card Walk-in (card holders only)**

A C-Card Walk-in Point is for C-Card holders only and provides:

- Condoms
- Lube
- Dental dams
- STI testing kits



For all C-Card locations in the Wakefield District, please scan the QR code.

2  **C-Card Registration Point**

A C-Card Registration Point provides:

- Registration for a C-Card
- Signposting to C-Card Hubs, walk-in and click & collect options

4  **C-Card Click & Collect (card holders only)**

C-Card Click & Collect is a collection point for pre orders from the Spectrum website:

- Condoms
- Lube
- Dental dams
- STI testing kits



Support Services



The Wakefield **Risk and Resilience Framework** is designed for practitioners working with children and young people in the Wakefield District.

The purpose of the framework is to help reduce the risk of poor outcomes and increase their resilience, in doing-so this will improve health, educational and social outcomes for children and young people.

www.riskandresilience.org.uk

Spectrum sexual health clinics are a safe and confidential space, where you can find help, advice, guidance, testing and treatment on all sexual health matters. Spectrum, in partnership with BHA Wakefield, provides sexual health prevention and outreach services in the community

Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield WF1 1QS.

www.spectrum-sexualhealth.org.uk



Young Lives Consortium is a membership organisation of Voluntary and Community Sector (VCS) groups working with children and young people aged 0-25 years across the Wakefield District.

Supporting our members, to assist children and young people in the Wakefield District to develop key skills and competences, to be resilient and meet their full potential.

www.younglives.net



Resources & Training

There are a range of promotional materials available for circulation and display, including [leaflets](#), [posters](#) and [banners](#). There is also [training](#) available for organisations who wish to be a part of any of the above access points.

To request promotional materials, training and for any further information, please contact via email:

spectrum.outreach@spectrum-cic.nhs.uk



Compass, commissioned by the NHS, provides emotional health and wellbeing services for children and young people in their communities in Wakefield. We offer a range of advice, support and education on emotional health matters.

www.compass-uk.org



Turning Point: Inspiring Futures is a drug and alcohol service for young people and young adults under twenty-five. They provide non-judgmental, tailored support and advice for young people who feel they need help with their drug and/or alcohol use.

www.turning-point.co.uk



Home-Start works with families in communities across the Wakefield District. Starting in the home, our approach is as individual as the people we're helping. No judgement, it is just compassionate, confidential help and expert support.

www.home-start.org.uk/home-start-wakefield-district



Nova Wakefield District, is a local charity that supports Voluntary, Community and Social Enterprise (VCSE) organisations in Wakefield District to thrive. We provide a range of free services to empower our members and help them achieve their goals, offering support and advice.

www.nova-wd.org.uk



WF-I-CAN is an online resource for children and young people in Wakefield, where they can find information and advice as well as self-help tips that support to increase confidence and resilience.

www.wf-i-can.co.uk



British Pregnancy Advisory Service (BPAS) is a women's reproductive healthcare charity that provides medical or surgical abortion treatments from multiple locations and abortion treatments at home.

www.bpas.org



MSI Reproductive Choices is a charity organisation providing medical and surgical abortion care in clinics and at home. We specialize in treatment, advice, and support for anyone considering abortion, ensuring compassionate, confidential care at every step.

www.msichoice.org.uk



The **Miscarriage Association** provides support and information to anyone affected by miscarriage, ectopic pregnancy or molar pregnancy. They have a helpline and live chat, as well as support via Facebook, an online forum and in-person support groups.

www.miscarriageassociation.org.uk



Wakefield Families Together (WFT) is a partnership of services that provides early help to children, young people, and families in the Wakefield district

www.wakefieldfamilies-together.co.uk



Wakefield Libraries offer space for children, young people and families to read, learn, connect and relax - fine free and no ID!

www.wakefield.gov.uk/libraries-and-local-history/your-local-library/wakefield-library



Cash Wise is an award winning money management service delivered by Wakefield Vico Homes; their aim is to support the community in relation to income maximisation and financial wellbeing.

www.getcashwise.co.uk



ICON Cope provides information about infant crying, including how to cope, support for parents/carers, how to reduce stress and prevent abusive head trauma in babies.

www.iconcope.org



Family Nurse Partnership (FNP) is an intensive, targeted home-visiting programme for first-time young mothers and families. The programme aims to improve children's life chances.

www.gov.uk/guidance/family-nurse-partnership-programme



Family Action - Wakefield Early Support Advice Information Liaison (WESAIL) is available to parents and carers of a child or a young person, who has, or may have, Special Educational Needs and/or Disabilities (SEND) living in Wakefield District. This service is also available to young people themselves and those working with families.

www.family-action.org.uk

Health Visitors will automatically contact all new parents. You can meet your health visitor wherever is best for you – at home, at your local doctor, your community, or family hub.

www.wakefield.gov.uk/health-and-advice/childrens-health/health-visiting-0-5-years/



Families and Babies (FAB) offers antenatal, hospital and breastfeeding support across all Wakefield communities.

www.familiesandbabies.org.uk/locations/wakefield/

The **School Nursing Service** leads the government's Healthy Child Programme for 5 to 19 year-olds, and are fundamental in ensuring every child has the best start in life by working in close partnership with families, education, social care and other health professionals.

www.wyhealthiertogether.nhs.uk

Wakefield and District Domestic Abuse Service (WADDAS) offer support to any Wakefield resident suffering from domestic abuse.

If in immediate danger, please call the police on 999. Support and advice around domestic abuse can be sought via the helpline on 0800 915 1561.



The **Children's Health Service App** is crammed with helpful advice and local support from all the 'Wakefield Families Together' partners.

www.hdft.nhs.uk/services/childrens-services/wakefield-0-19-service

Mid Yorkshire Maternity Services offers support through a pregnancy journey, during birth and when leaving hospital.

The team will provide personalised care, tailored to each individuals, specific needs.

Scan the relevant QR code below to download the app!

