

Under 25s Drop-In Clinics

**The Zone Young People's Clinic*,
14 - 16 Union Street, Derry's Cross,
Plymouth, PL1 2SR**

Tel: 01752 206626

Monday	1pm - 5pm
Tuesday	3pm - 7pm
Wednesday	1pm - 5pm
Thursday	1pm - 5pm
Saturday	10:30am - 4pm

***All clinics are subject to staffing. Please
call 01752 431124 for up to date
information (Option 2).**

South Hams Clinic

**South Hams Hospital, Kingsbridge,
TQ7 1AT**

Tel: 01548 852349 (Appointments only)

Thursday, 9:30am - 11:30am

Tavistock Clinic

70 Plymouth Road, Tavistock, PL19 8BX

Tel: 01822 615935 (Appointments only)

Tuesday, 9:30am - 11:30am
(1st, 3rd and 5th of the month)

Further Information

For more information on contraception and sexual health please visit:

www.fpa.org.uk

For more information on our service and for further useful links please visit our website:

www.yourship.uk

For more information on the services provided by Livewell Southwest please visit:

www.livewellsouthwest.co.uk

Contact details

Appointments: 01752 431124

www.yourship.uk



Livewell Southwest



@livewellsw

Community Contraception and Sexual Health Service



**Appointments: 01752 431124
(Option 2)**

Mon - Fri, 9:00am - 3:30pm

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Please call 01752 431124 for up to date information

SHIP

December 2018

Supporting people to be Safe, Well and at Home

Livewell
Southwest

What is the Community Contraception & Sexual Health Service (CCASH)?

We are a **free, confidential** contraception and sexual health service.

Who can use the service?

Clients, male and female, of all ages can use our service. Young people under 16 years of age are also welcome at all clinics but particularly at the Under 25's service at The Zone, Union Street, Plymouth, which is a drop-in service.

You may bring someone with you but you may be asked to be seen on your own during the appointment.

What do we offer?

We offer the full range of contraception methods, including emergency contraception, pregnancy tests, chlamydia screening, sexual health advice, and referrals to other relevant services.

Free condoms are also offered, with advice on safe and effective use.

How do I make an appointment?

For appointments and other queries:

Tel: 01752 431124 (Option 2)

Monday - Friday, 9:00am - 3:30pm

What if I can't keep my appointment?

Please call 01752 431124 during office hours. If last minute, please contact the relevant clinic.

What if I need Emergency Contraception (EC)?

If you have unprotected sex including a condom breakage or have forgotten your regular method of contraception, contact us as soon as possible to obtain emergency contraception.

Ideally, EC tablets should be taken with 24 hours after unprotected sex. It may be taken up to 72 hours after, but in some circumstances other forms of emergency contraception will be available up to five days (or more) after sex. This includes the emergency IUD.

Will everything I say be kept private?

All of our staff are trained to respect confidentiality. We may need to share information with other people helping you. If you are concerned about this please talk to a member of our staff.

CCASH Cumberland Centre Clinics
Damerel Close, off Madden Road,
Devonport, Plymouth, PL1 4JZ

Office hours: 9:00am - 3:30pm
Tel: 01752 431124 (Option 2)

Outside of office hours, please call and listen fully to the answerphone message which will give details of emergency information.

Condom Collection Only

If you are **already registered**, you can pick up condoms during clinic opening times **only**.

If you are **not registered** call 01752 431124 (Option 2) to register and make an appointment.

Appointments Only

Monday	9:00am - 4:00pm 5:30pm - 7:30pm
Tuesday	9:00am - 4:00pm 5:30pm - 7:30pm
Wednesday	1:00pm - 4:00pm 5:30pm - 7:30pm
Thursday	9:00am - 12:30pm
Friday	9:00am - 12:30pm

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