

G.U.M. Clinics

Ashton Community Care Centre,
Lancaster 01524 387402
Monday-Thursday
Phone for an appointment

Queen Victoria Centre, Morecambe
01524 405705
Tuesday & Thursday
Phone for an appointment

Young persons Clinic at:
The Info Centre, 6-8 Kensington Road,
Morecambe 01524 831978
Monday & Thursday 3.30—5.30pm Drop
In Clinic

Other Services

Community Drugs Team
01524 846106
Mon 12.30—2.30pm
Tue-Fri 12.00 - 4.30pm

Clinical Nurse Specialist - HIV
01524 846752

Specialist HIV/AIDS Social Worker
Tel No. 01524 66246

Contraceptive Services (Family Planning)

Ashton Community Care Centre,
Lancaster 01524 387401
Mondays and Wednesdays
(7.00-9.00 pm). Appointments preferred

Queen Victoria Centre, Morecambe
01524 405705
Tuesday 7.00 - 9.00pm Drop In Clinic

Ryelands Clinic, Ryelands Park
Lancaster
01524 35933
Thurs 1.00 - 4.00 pm Drop In Clinic

Carnforth Clinic
01524 732259
Thurs 7.00 - 9.00pm

Young Persons Clinic at:
Ashton Community Care Centre,
Lancaster 01524 387401
Wednesday 7.00-9.00pm Drop In Clinic

Signposts, 58 Regent Rd, Morecambe
01524 419597
Wednesday 3.00-5.00pm Drop In Clinic

Voluntary Sector

Lesbian & Gay Switchboard
01524 847437
Thurs & Fri 7 - 9.00pm

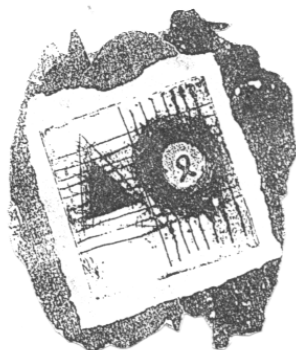
Signposts
58 Regent Road, Morecambe
01524 419597
Information and advice (general),
Support Groups,
Befriending,
Gay/Bisexual men Support,
Drugs Information and Advice,
Welfare Fund,

Morecambe and Heysham
Citizens Advice Bureau
87 - 89 Queen Street, Morecambe
0870 1264076

Lancaster Citizens Advice Bureau
87 King Street, Lancaster
0870 1264035

Ways to get Involved:-

- Volunteering
- Fundraising
- Campaigning
- Theatre and Art Events
- Making a donation to the work



Contact us for more information at:

Registered Office:

Signposts, 58 Regent Road,

Morecambe, LA3 1TE

Tel: (01524) 419021

Fax: (01524) 411541

signpostsmarc@signposts.org.uk

www.signposts.org.uk

Other Local and National Information

Signposts Information and Advice

Tel:- 01524 419597

Cumbria HIV/AIDS Support Group

01228 591986

National Aids & Sexual Health

Helpline

0800 567 123

Body Positive Northwest

0161 8738103

George House Trust

0161 274 4499

Health Initiatives for Youth

0800 298 3099

The Naz Project Helpline

020 8741 187

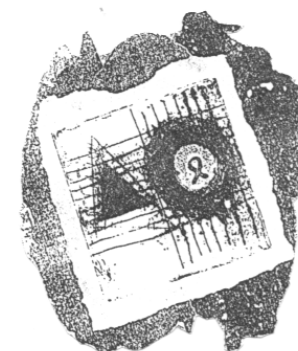
Positively Woman Helpline

02077 7130444

Terence Higgins Trust Helpline

0845 1221 200

Where to Get Information About HIV/AIDS and Sexual Health in the Lancaster, Morecambe, Carnforth and Heysham Areas.



Charity Registration Number: 1117645
Member of AdviceUK (FIAC)

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North Lancashire
Primary Care Trust

