



## Youth and Connexions Service

## Young Parents Support and Advocacy Workers

### Who we are

We are employed by the Youth and Connexions Service to work with young parents or parents to be up to the age of 19 (or 25 if you have additional needs).

### What we can offer

- Opportunities to meet other young parents
- Help to find information and access services
- Help to make sure your needs and wishes are listened to by agencies
- Support to stand up for yourself
- Help to be involved in decisions that affect your life
- Support to access your local Children's centre

### Contact details

Marie Williams  
07786 465339  
[marie.williams@suffolk.gov.uk](mailto:marie.williams@suffolk.gov.uk)

### Other services

Contraceptive & Sexual Health Service - 01502 532663  
NORCAS - 01502 513444  
Womens Health Information Centre - 01502 561816  
Citizen Advice Bureau - 01502 565875  
NHS Direct - 0845 46 47  
Jobscentreplus - 0800 055 6688  
Suffolk Childrens Centre's - 0845 60 800 33

If you need to know more contact the Youth and Connexions Service  
Opportunity House 35-37 London Road North Lowestoft NR32 1BH  
Tel: 01502 508680



**'Chance to meet other young parents'**



**'Amazing because I did things I thought I would never do'**



**Youth & Connexions**  
[www.thesource.me.uk](http://www.thesource.me.uk)