

## How to get help from



Young people can phone, text, email, or just come to one of our drop-in hubs.

### Cambridge

33 Clarendon Street, CB1 1JX

### Ely

24A Barton Road, CB7 4DE

### Wisbech

Queen Mary Centre, PE13 2PE

### Huntingdon

See our website for details

### Peterborough

See our website for details

**There is no need for a professional referral or a booked appointment. Just contact us via email, phone or the website and we'll do our best to help.**

Get in touch

Helpline: 0333 4141 809

Text: 07514 783745

Email: [help@centre33.org.uk](mailto:help@centre33.org.uk)

[www.centre33.org.uk](http://www.centre33.org.uk)



**Young people can refer themselves to any of our services.**

“One of the few places I feel safe and supported – a free space I can share worries and feelings without being judged or feeling shame.”

Centre 33 is a charity that has been helping young people in the area since 1981.



Registered address:  
33 Clarendon Street, Cambridge CB1 1JX  
Charity number: 1074974  
Company number: 03725494



# Supporting YOUNG PEOPLE

We work with young people, supporting them with their emotional issues and practical needs.

We provide support, information and guidance on a range of issues including mental health, impact of caring, housing, sexual health and money.

**Our services are safe, free, accessible and professional.**

“It always feels like a welcoming and safe space here and that helps so much”

## Projects we run:

### Someone to Talk To

Our drop-in sessions will explore young people's needs and issues with them; looking at their options and giving them the skills to make good decisions and choices. Young people can talk to us about anything that is on their mind.

### Schools Counselling

We offer counselling in many schools in Cambridgeshire. If your school is interested in signing up, then get in touch for more information on how it works.

### Awareness Raising and Training

We can provide this for groups of young people or professionals in assemblies, meetings or in other ways. Get in touch to find out more.

### Young Carers Project

A young carer is someone whose life is affected by a family member who has a disability, physical or mental illness, learning disability, condition such as ASD or drug or alcohol problems.

They may have extra responsibilities, such as caring for a parent or sibling, or the difficulties at home may be having both a physical and an emotional impact on them.

We can support them through our project and in other practical ways.

Young people can refer themselves to the project or ask an adult to do it for them.

# Someone to talk to, someone to help

We offer a one-to-one support session with a trained worker to assess a young person's needs and talk them through their options locally. We give assistance in a range of areas

## Sexual health

- Chlamydia and gonorrhoea testing
- Contraception information and free condoms
- Pregnancy testing

## Housing and homelessness

- Looking at supported housing options
- Help if sofa surfing or homeless

## Benefits, budgeting and money

- Navigating the benefits system
- Budgeting and money help
- Issuing food bank vouchers

## Employment support

- Support finding paid or volunteering work
- Help accessing training or education

## Mental health

We provide practical support to help improve mental health, including access to our counselling services and/or support accessing specialist mental health provision.

## Caring

We work with young carers aged 8-18 across Cambridgeshire.

We can help by:

- Giving them someone to talk to, one to one or in groups
- Providing support in school
- Inviting them on trips and activities outside of school



"Thank you for not judging me, and allowing me to be just me."

"I don't think I will ever be able to say how grateful I am for your help..."

"... it has been a dream for my son to be able to talk it all out."