

# KISS Drop-ins Uxbridge Family Hub

## Who are we?

KISS is a confidential Sexual Health and Well-Being service that provides advice and information to young people aged 13-19 who go to school or live in London Borough of Hillingdon .

## What do we offer?

The KISS team can provide information and support on topics including:

### Healthy Relationships:

- Understanding consent and boundaries
- Appropriate and inappropriate sexual behaviours
- Signposting for further support

### Sexual Health

- Information on where to access STI screenings.
- Advice on preventing STIs.

### Contraception

- Information about different types of contraception available and where to access this.
- Access to free condoms via the C-card scheme (\*We provide this service to all under 25s)
- Advice on where to access emergency contraception. (\*We do not provide emergency contraception)

### Pregnancy Testing

- Access to free pregnancy testing.
- Information and support around pregnancy choices.

### Sexuality and Identity

- Information on LGBT+ groups that are running.
- Signposting to further support services.

## When :

**Day- Thursday**

**Time – 3.15pm-6.00 pm**

On arrival, let reception know that you have come for the KISS drop-in. You will be asked to complete a form and then a KISS advisor will be available to meet you. Details of where to find the Uxbridge Family Hub are at the end of this page

## **Where to find us:**

Address:  
Uxbridge Family Hub,  
Civic Centre,  
High Street  
UB8 1UW

To find the Family Hub, continue past the main entrance of the Civic Centre on the left-hand side towards the garden area. Continue down the ramp and straight towards the Family Hub.

## **How to contact us:**

Email: [shwb@hillingdon.gov.uk](mailto:shwb@hillingdon.gov.uk)

Call: 01895 277222