



WOMEN'S HEALTH & WELLBEING

Appendix 3: Mapping

Mapping

- Preventive services (vaccination programs, health education, physical health, wellbeing)
- Clinical services (hospitals, outpatient clinics, sexual health)
- Support services (mental health, nutrition counselling, substance abuse programs)
- Emergency services (urgent care, disaster response, pandemic management)

| Chapter | Service | Service Type | Organisation | Description | Access and referral | Contact |
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| | Adult Social Services | Clinical/ support | GOJ | The adult social work service is made up of four main areas: services for elderly people, services for people with physical or sensory disabilities, services for people with a brain injury, and services for carers | Referral from medical professional e.g. GP or District Nurse. Referral from family member or self-referral | T: 01534 444440 E: SPOR@health.gov.je |
| | Age Concern | Support | Charity | Every day of the week Age Concern is a hub of activity. With craft sessions and a wide range of social activities to offer both physical and mental stimulation. Lunches are served daily and there is also a hairdressing salon and visiting chiropodist. A new activity space has been created to include a full-size snooker table, dartboard and workshop. We welcome everyone from 55+. | Numerous activities, drop in daily. Free transport to and from Age Concern. Call to book. | T: 0800 735 0345 E: info@ageconcern.je |
| 4. Healthy Behaviours | Alcohol & Drug Service | Support | GOJ | The Alcohol and Drugs Service Team provide a free confidential community treatment service. We treat people from age 12 with moderate, severe and alcohol and drug dependence problems. We work with clients to achieve their chosen goal. This can be alcohol reduction or abstinence. They also offer support to family members, friends and partners of those with an alcohol or drug issue | Self-referral via telephone or email. Referral from medical professional e.g. GP or District Nurse. | T: 01534 445008 E: A&Dservices@health.gov.je |
| 6. Reproductive and gynaecological health | Assisted Reproduction Unit | Clinical/ Support | GOJ | The Assisted Reproduction Unit (ARU) offers support to individuals and couples facing various fertility challenges. This includes heterosexual couples struggling with pregnancy, those dealing with recurrent miscarriages, and individuals seeking genetic or reproductive advice. The unit also assists same-sex couples, single women, and offers services such as surrogacy, | Referral via GP or health professional. | T: 01534 444082/444078 E: jerseyaru@health.gov.je |

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| | | | | social egg freezing, and fertility preservation for cancer patients and those undergoing gender transition. | | |
| 7. Wider determinants of health | Back to Work | Support | GOJ | Support Islanders who are currently seeking work with employment advice and support with CV writing, job applications and interview preparation. It also helps customers who have barriers to moving into employment with tailored support and training | Self-referral, register online | T: 01534 444444 E: backtowork@gov.je |
| 5. Mental health & wellbeing | Brighter Futures | Support | Charity | Brighter Futures is a local charity supporting parents, families and young people in Jersey. We provide coordinator support alongside a number of Free programmes and services to help support the parents and carers we meet. There are three main areas, including parent-child relationships programmes, positive mental health and well-being programmes and second chance learning programmes | Self-referral via form, professional referral from a Midwife, Health Visitor, Doctor, School, Nursery or Childcare setting. | T: 01534 449487 Online contact form: www.brighterfutures.org.je/contact-us ; info@brighterfutures.org.je |
| 6. Reproductive and gynaecological health | Brook (Under 21s) | Clinical/ support | Independent Since 2019 | Brook Jersey provides free, confidential sexual health services for young people aged 20 and under. Access contraception and emergency contraception, STI testing, advice and more. | Face-to-face appointments and same-day appointments for emergencies. Telephone appointments. Online self-service | T: 01534 507981 E: info@brook.org.je |
| | Call and Check | Support | Independent | Call&Check enables people to live independently and confidently in their own homes for as long as possible. The Call&Check support team immediately pick up these requests and jump into action. They work with trusted contacts such as close family members or a GP, or anyone else nominated to give support. Services include organising home grocery and prescription deliveries, arranging transport to appointments at the hospital and Call&Check members are also invited to regular social events to get together with friends and meet new people over a cup of tea and a cake. | Self referral, referral through your family, friends or GP. Referral form online | T: 01534 280800 M: 07797781483 E: hello@callandcheck.com |
| | Caritas | Support | Independent | Caritas Jersey reaches out to the poor, the marginalised, the weak and the infirm in our community and seeks to be their advocate. We aspire to be a 'Church of the Poor for the Poor' We are here for all in our community no matter their age, race or religion. | Contact via telephone or email | T: 01534 768963 M: 07797787218 E: patrickdalynch73@gmail.com |
| 5. Mental health & wellbeing | Children and Adolescent Mental Health (CAMHS) | Support | GOJ | Child and Adolescent Mental Health Services (CAMHS) is a mental health service that supports children and young people up to the age of 18. They support young people with their mental health and emotional wellbeing, allow the opportunity for young people to explore and learn about their brains and neurodiversity, and | Referral through your doctor (GP), schoolteacher, counsellor, or nurse, social worker, or any | T: 01534 445030 E: hsscamhs@health.gov.je |

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| | | | | provide assistance to siblings, parents and carers of young people who may be experiencing mental health difficulties | other relevant professional | |
| 5. Mental health & wellbeing | Children and Families Hub | Support | GOJ | The Children and Families Hub team can provide advice and support to you and your family. This can include working with you directly and coordinating with other children and family organisations to provide the right help at the right time. Most of the services provided are free of charge, and we will work alongside you to address any challenges you and your family have | Contact via email, contact relevant services directly, professional referral | T: 01534 519000 E: childrenandfamilieshub@gov.je |
| | Children's Commissioner Office | Support | Independent | The Commissioner and her team work in a range of different ways to help ensure that the rights of children and young people in Jersey are promoted and protected. Our policy and research work helps to ensure that the rights of children and young people are at the heart of laws, Policies and practice in Jersey. The Children's Commissioner has a responsibility in law to directly involve children and young people in Jersey in her work. This includes working with children and young people to develop projects and seeking their views about how life is for them so that she can act where their rights are not being upheld | Under 18 Contact via telephone, email or drop in Over 18 Contact via telephone, email or online form | T: 01534 867310 E: advice@occi.org.je |
| | Citizens Advice Jersey | Support | Independent | An independent, confidential and impartial advice that Islanders need for the problems they face. We champion the rights of individuals and promote equality and justice for all. We give people the knowledge and confidence they need to find their way forward, whoever they are and whatever their problem | Contact via telephone, email, drop in, website or social media | T: 0800 735 0249 T: 01534 724942 E: advice@cab.org.je |
| 2. Women's population overview 5. Mental health & wellbeing | Dementia Jersey | Support | Charity | We provide expert support on dementia, raise awareness and campaign to improve services. We are here whenever we are needed, providing support and guidance from pre-diagnosis until the end of the journey, no matter what the level or type of dementia | Self-sign up, Referral by GP or Health Care Professional | T: 01534 723519 E: info@dementia.je Online contact form: www.dementia.je/contact-us/ |
| | Dentist | Clinical | GOJ | Dental department at the General Hospital offer services in four areas: community dental care for children up to primary school completion, orthodontics for children and young adults in full-time education (with a referral from your dentist if you meet the treatment criteria), oral and maxillofacial surgery, and special care dentistry. | Community Dental Department is made by self-referral. Orthodontics and oral surgery referrals must be made by your GP or dentist | T: 01534 445300 E: dental@health.gov.je |
| 5. Mental health & wellbeing | Education | Support | GOJ | The Children, Young People, Education and Skills Department provides learning opportunities that begin at nursery and continue through statutory, further and higher education to adulthood. Our aim is to provide education that ensures | Contact via telephone or email | T: 01534 445504 E: education@gov.je |

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| | | | | opportunity and is equal for all. We are responsible for children’s services and education, including higher and further education policy, apprenticeships and wider skills in Jersey | | W:www.gov.je/Education/Schools/FindingSchool/Pages/Admissions.aspx |
| | Family Nursing and Home Care (FNHC) | Support | Charity | Family Nursing & Home Care is a Jersey charity who raise money through donations, fundraising activities and legacies and are contracted by the Government of Jersey for the provision of services. They provide expert prenatal and parental care, and we support children, young people, families and the members of our community who need healthcare or support in their homes. Their services range from the Baby Steps programme, Community Children Nursing, School Nursing, District Nursing, Health Visiting, Home Care, Rapid Response and Reablement, Palliative Care and end of life care | Contact via telephone, email, online form, in writing | T: 01534 497600 E: enquiries@fnhc.org.je Write: Family Nursing & Home Care, Le Bas Centre, St Saviour’s Road, St Helier, Jersey, JE2 4RP |
| 2. Women’s population overview | General Practitioners | Clinical | Independent/Support | General practitioners (GPs) treat all common medical conditions and refer patients to hospitals and other medical services for urgent and specialist treatment. There are various practices on island. | Book appointment via telephone, email, or website (dependant on practice) | W: www.gov.je/LifeEvents/MovingToJersey/WhenYouArrive/pages/registerproviders.aspx |
| 6. Reproductive and gynaecological health | GUM (sexual health) clinic | Clinical/Preventive | GOJ | GUM clinic provides a free and confidential service for sexual health concerns. It offers a variety of services, including STI testing and treatment, sexual health advice, free condoms, emergency contraception, pregnancy testing, HIV testing, PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis) medication is provided at the clinic. Hepatitis B vaccination, and HPV vaccinations for specific groups. It also offers clinical care for people who have been sexually assaulted and specialised cervical screenings for HIV-positive individuals, transgender men, and non-binary people. All services are confidential | Book appointment via telephone or email | T: 01534 442856 E: s.h@gov.je |
| 4. Healthy behaviours | Help2Quit | Support | GOJ | A service to help people quit smoking. This service advises you on the best methods to help you quit, offers support in setting a date to quit smoking, gives advice on different stop smoking medicines and supplies nicotine replacement therapy free of charge if appropriate | Book appointment via telephone or email | T: 0800 735 1155 E: help2quit@health.gov.je |
| 7. Wider determinants of health | Housing | Support | GOJ | The Housing Advice Service provides information, advice and support for islanders around all aspects of housing. It brings together information specifically from across gov.je and other Jersey-based websites and services. | Contact via telephone, email or online contact form | T: 01534 444444 E: housingadvice@gov.je Online contact form: www.gov.je/Home/HousingAdviceService/Pages/AboutHousingService.aspx |

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| 7. Wider determinants of health | Income Support | Support | GOJ | Income Support is available to individuals who are on a low household income, meet the Income Support residence test, and are either working, actively looking for work, or exempt from the requirement to seek employment. Income support is designed to provide financial assistance and support to those in need, helping individuals and families maintain stability during difficult times. | Self-referral, book an appointment. Contact via telephone or drop in | T: 01534 444444 |
| | Jersey Action Against Rape | Support | Independent | Jersey Action Against Rape is an independent and confidential service helping people to recover from the trauma of sexual violence. They have a dedicated helpline, website and on-site counselling where you can have access to qualified and specially trained counsellors and psychotherapists. | Contact via telephone or email | T: 01534 482800 E: help@jaar.je |
| | Jersey Association for Youth and Friendship | Support | Charity | JAYF is a charity founded in 1961 in Jersey. They are committed to helping young people experiencing homelessness by providing safe, secure accommodation. Our aim is to work proactively with young people facing complex barriers to help develop the skills they need to live independently | Self-referral or professional referral | T: 07797 918243 E: enquiries@jayf.org.je Online contact form: www.jayf.org.je/contact/ |
| | Jersey Care Commission | Support | Independent | Jerseys Independent care commission providing independent assurance, promoting best practice and improving health and social care outcomes for people in Jersey. They provide the people of Jersey with independent assurance about the quality, safety and effectiveness of their health and social care services. They promote and support best practice in the delivery of health and social care by setting high standards and challenging poor performance. We work with service users and their families and carers to improve their experience of health and social care and achieve better outcomes | Application form via website | T: 01534 445801 E: Enquiries@carecommission.je |
| | Jersey Community Relations Trust | Support | Independent | Commissioning research helps to identify where discrimination arises and through a data-driven approach, they can provide comprehensive and a more accurate picture of vulnerable or marginalised communities in Jersey They aim to use findings to educate, recommend measures for positive change, and influence key stakeholders to help tackle the issues highlighted | Contact via letter, email, or website | E: jerseycommunityrelationsust@outlook.com Online contact form: www.jerseycommunityrelations.org/contact-us/ |
| | Jersey Diabetes Service | Support | GOJ | Jersey Diabetes Service offers various services to support the management and care of diabetes. These include medical consultations, education for patients and healthcare professionals, specialised services for managing complications, foot care, dietician support, care for children and adolescents, diabetes care during pregnancy, blood glucose monitoring, and insulin pump therapy. | Appointment only, telephone or email | T: 01534 444599 E: h.diabetesnurse@gov.je |

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| | Jersey Domestic Abuse Support (IDVA and ISVA) | Support | Independent | Jersey Domestic Abuse Support is an independent service developed to protect and support victims of domestic and sexual abuse. Their qualified Independent Domestic Violence Advisors provide support and advice to develop long-term safety solutions for men, women and their families. | Contact via telephone, email or website | T: 01534 880505 E: JDAS@gov.je Online contact form: https://www.jdas.je/contact-us/ |
| | Jersey Eating Disorders Support (JEDS) | Support | Charity | Jersey Eating Disorders Support (JEDS) is a Jersey registered charity which provides support for those affected by eating disorders and their families and friends | Aged 18 years and over. Inward referral via e-mail or online form by self and GP Signposting to GP, AMHS and charities | E: hello@jeds.je Online contact form: www.jeds.je/ |
| | Jersey Employment Trust (JET) | Support | Independent | Jersey Employment Trust (JET) provides a comprehensive and bespoke employment and vocational training service to assist people with disabilities and long-term health conditions to achieve their employment goals. JET work alongside employers to provide advice and guidance in all areas of recruitment and job retention. | Self-referral, online referral form | T: 01534 788900 E: admin@jet.co.je |
| | Jersey Hospice | Clinical/ support | Charity | A charity that offers a range of services, delivers support, care, advice and symptom management to patients with an advanced life-limiting condition. They offer round the clock care in the Patient Unit, and care at home and in the hospital from the Specialist Palliative Care Team. As well, they offer community bereavement and emotional support services and spiritual care | Contact via telephone, email or website | T: 01534 876555 E: administration@jerseyhospicecare.com |
| | Jersey Red Cross | Support | Charity | A charity that provides the people, equipment, space and resources to support those affected by an emergency, helping them to recover. Its purpose is to protect life and health and to ensure respect for the human being. In Jersey the Red Cross strive to raise awareness and improve understanding of what it does to make a difference to some of our island's most vulnerable community | Contact email or website | T: 01534 639895 E: hlcjjersey@redcross.org.uk |
| | Jersey Talking Therapies (JTT) | Support | GOJ | Offer free and confidential psychological therapy for resident adults aged 18 and above living in Jersey. This service is for people who experience: low mood, depression, anxiety, worry, stress and feelings of panic, obsessive compulsive disorder (OCD), specific fears, also known as phobias, intrusive and unwanted thoughts, post-traumatic stress disorder (PSTD), traumatic events patterns of disordered eating, social anxiety, mild-moderate alcohol use difficulties | Self-referral via online form and drop-in. Onward referral to PATS, AMHS. Signposting to GP, Alcohol and Drug Service, other therapy services, and charities | T: 01534 445002 E: JTT@health.gov.je |

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| | Jersey Women's Refuge | Emergency/ support | Charity | Their mission is to protect and empower women and children who have experienced domestic abuse, so they can take control of their lives, enabling them to live free from fear, as well as to engage with and support our Island community to prevent such abuse. Our safe house can help you and your children (girls and boys up to 18) for up to 6 months if you are fleeing from domestic abuse. Their trained staff are there to give you emotional and practical support. FREEDA's professional volunteers offer financial and legal guidance for both you and our clients living in the community | Contact via letter, telephone, email or website | 24/7: 0800 7356836 T: 01534 873288 E: hello@freeda.org.je Online contact form: www.freeda.org.je/contact |
| 6. Reproductive and gynaecological health | Le Bas Centre | Clinical | GOJ | Les Bas offers specialist contraception and advice, STI support, free condoms, and referrals for pregnancy termination, as well as a cervical screening service. | Book appointment via telephone, email, or website | T: 01534 443781 E: lebasclinic@health.gov.je |
| | Liberate | Support | Charity | Liberate is the Channel Island's equality and diversity charity. Liberate offers free counselling to anyone from a minority group in Jersey who is experiencing poor mental health. | Email to book an appointment | E: hello@liberate.je Counselling: Counselling@liberate.je www.liberate.je |
| | Mind Jersey | Support | Charity | Mind Jersey is an independent local charity that provides support to people living with mental illness. Mind Jersey offers free counselling as well as a range of other support services. | Contact via telephone, email or drop in person | T: 01534 880584 M: 07829 933929 E: admin@mindjersey.org |
| | Move More | Preventative /Support | GOJ | Move More Jersey is an initiative by Jersey Sport to get more islanders, more active, more often. Its aim is to promote the importance of physical activity and the role it plays in our mental and physical health. | Self-referral, referral from health professionals | T: 01534 757704 E: movemore@jerseysport.je WWW.jerseysport.je |
| | NSPCC Jersey | Support | Charity | At the NSPCC, our mission is to protect children at risk, prevent abuse and trauma, and transform society to create a safer environment for children everywhere, believing in a society where every child is happy, fulfilled, and free from fear. | Contact via telephone, email, social media or in person | T: 01534 760800 Freephone: 0800 090 2270 E: jerseyservicecentre@nspcc.org.uk |
| | Pharmacist | Preventative | Independent | Health care professionals who specialise in the right way to use, store, preserve, and provide medicine. They can guide you on how to use medications and let you know about any potential side effects. | | |
| | Pharmacy | Preventative | Independent | A pharmacy is a place where people can go to get medicine and other health products. Pharmacists work there to help make sure people get the right medicine and understand how to use it safely | Drop in | Website: www.gov.je/Health/DoctorDentist/PharmacistsChemists/pages/pharmacyopeninghours.aspx |
| 6. Reproductive and gynaecological health | Phillip's footprints | Support | Charity | Phillip's footprints are a small Jersey charity who puts local families at the very heart of what we do. Two hearts with one mission to support those affected by the trauma of loss, from the very earliest of losses through to later pregnancy, infant and child | Contact via telephone, email, social media or in person | T: 07797 844336 E: support@philipsfootprints.org |

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| | | | | loss, through next pregnancies and beyond and no matter how long ago, and protect the very smallest members of our community, through Safer Pregnancy Projects, to improve outcomes for babies | | |
| | Physiotherapist | Clinical/ support | Independent | Helps people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice | | |
| | Primary & Preventative Care | Preventative | GOJ | Primary Care provides care and treatment to islanders through GP services across multiple practices | Service dependent: telephone, email, or website | T: 01534 443515/ 445513 E: pals@health.gov.je |
| 6. Reproductive and gynaecological health | Rayner Outpatient's Clinic | Clinical | GOJ | Ryners outpatient services include a range of specialised clinics and treatments, such as colposcopy, hysteroscopy, gynaecology oncology, early pregnancy assessment, psychosexual support, uro-gynaecology, and a nurse-led ring pessary clinic. We also offer smear tests, menopause care, vulval clinic, emergency gynaecology, specialist gynaecological oncology, endometriosis treatment, and termination of pregnancy services | Service dependent: referrals from your GP, Brook clinic, community contraception service | Nurse, queries, emergency: 01534 442512 Appointment: 01534 444050 Colposcopy results or appointments: 01534 444278 Early pregnancy and termination of pregnancy appointments: 01534 444347 |
| | Salvation Army | Support | Charity | The Salvation Army works with some of the most vulnerable people in society. As we face the worst public health crisis in our lifetime, people on the margins need us now more than ever. From running food banks and checking up on people who live alone, to offering counselling and supporting NHS isolation units, Salvation Army churches all over the country are responding to the crisis in dozens of different ways. | Referral by a case worker, drop in | T: 01534 735472 Email: richard.nunn@salvationarmy.org.uk alice.nunn@salvationarmy.org.uk |
| | Sexual Assault Referral Centre (Dewberry House) | Clinical/ support | GOJ | Provides a range of support for victims of rape and sexual assault. Crisis support and forensic medical examinations will be accessible 24-hours-a-day at the SARC for both children and adults, with specialist staff trained in helping victims make informed decisions following a sexual assault | Contact via telephone, email, or in person | T: 01534 888222 E: dewberryhouse@gov.je |
| | States of Jersey Police | Emergency | GOJ | The purpose of the police service is to uphold the law fairly and firmly; to prevent crime; to pursue and bring to justice those who break the law; to protect, help and reassure the community | Contact telephone, email, letter or in person | T: 01534 612612 E: hello@jersey.police.je Online reporting: https://report.jersey.police.uk/ Emergency: 999 Emergency Text: 07797 790999 |
| 6. Reproductive and gynaecological health | Tiny Seeds | Support | Charity | Tiny Seeds is a charity dedicated to supporting people in Jersey who are experiencing infertility or who need the help of fertility treatments to conceive. Through their monthly support meetings, | Contact via email, website, or social media | E: hello@tinyseeds.je Online contact form: www.tinyseeds.je/contact |

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| | | | | regular meetings to discuss specific areas of treatment and infertility and a private online support group they provide practical and emotional support while helping people to know that they are not alone during what can be an incredibly difficult and very isolating time in their lives | | |
| | Victims First Jersey | Support | Independent | Victims First Jersey is a free independent and confidential service supporting victims and witnesses of crime in Jersey. The service offers free support and advice to anyone affected by crime in Jersey. It does not matter if the crime has not been reported to the Police, Victims First Jersey are available to help you cope and recover after your experience of crime. | Contact via telephone or email | T: 0800 7351612 E: victimfirstjersey@gov.je |
| 6. Reproductive and gynaecological health | Vitality 40 Plus | Support | Independent | one-on-one coaching, corporate training, workshops, and public speaking engagements | Contact, telephone or email | T: +44 7797 799513 E: Trudi@vitality40plus.com |
| | YES (Jersey Youth Service) | Support | GOJ | The service offers young people and young adults new and challenging experiences that will stretch their knowledge, skills and attitudes in a way that enables them to reflect upon themselves as individuals in order that they fulfil their potential to contribute as positive members of the community. YES also provide a free face to face counselling service for young people aged 12 to 25 years old. | by phone call, text message, whatsapp, email or in person at our drop-in sessions. | T: 01534 280530 Freephone: 0800 7350 010 Text: 07797 778424 E: yes@jys.je |
| | Women's Refuge (Freeda) | Support/ Emergency | Charity | Jersey Women's Refuge (Freeda) provides emotional and practical support and advice for victims of domestic abuse and their children. Their services include a helpline, safe house and specialist team ready to listen, with the offer of putting together support and safety plans meeting your needs and wishes. | Emergency accommodation, self-referral, contact 24/7 service | 24/7: 0800 735 6836 T: 01534 873288 E: hello@freeda.org.je Online contact form: www.freeda.org.je/contact |
| | Women's Shelter Trust (Venetia House) | Support/ Emergency | Charity | The women's shelter trust provides safe and secure accommodation for people in need of support. The teams main aim is to help people come in off the streets by providing support, advice and possible accommodation options that suit their needs, as well as trying to maintain clients in the accommodation they worked hard to get. Shelter also offers a day service to rough sleepers and others that need it | Visit emergency accommodation, day facilities, drunk and incapable unit, or outreach locations. Contact via telephone, email or website. | T: 01534 630857 E: Admin@shelter.org.je |