

DROP-INS

💬 Need to chat about relationships, sex, or sexual health? Come to a Dhiverse Drop-In!

🌟 **Informal. Confidential. No pressure.**

We're here to listen, support and help – in a way that works for you.

i What is it?

A relaxed space where you can get support, ask questions, and chat about things like:

- ❤ Relationships
- 🧠 Consent & boundaries
- 🩺 Sexual health & contraception
- ? Anything you're unsure or worried about

👤 Come by yourself or with a friend

📅 Or, if you'd rather plan ahead, you can pre-book a 1-1 chat.

🧑 Who's it for?

Young people who want info, support or just someone to talk to — no judgement, just support.

🔧 We can help with:

- ✅ Info & advice that's age-appropriate
- ✅ Free condoms (we're a C-Card provider!)
- ✅ 1-1 support sessions
- ✅ Counselling referrals
- ✅ Info about our educational programmes
- ✅ Signposting to other services

💡 Your chat stays private (unless we're worried about your safety).



Drop-In Details

Location: The meeting room between Reception and the Medical Room

Time: Every Thursday 1.15pm - 2.15 pm.

Got questions? Just ask a staff member for more info.

