

# Sexual Health Services Hampshire & Isle of Wight

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

## Online:

- Online Testing
- Condoms By Post
- 24/7 'Need Help' Facility
- Advice and Information
- Support for young people
- Clinic Finder
- Referrals
- Specialist Clinics
- Information for Professionals

## Main hubs

- St Mary's Hospital, Portsmouth
- Royal South Hants, Southampton
- Crown Heights, Basingstoke
- Andover Health Centre
- AC4H Aldershot
- St Mary's Hospital, Isle of Wight

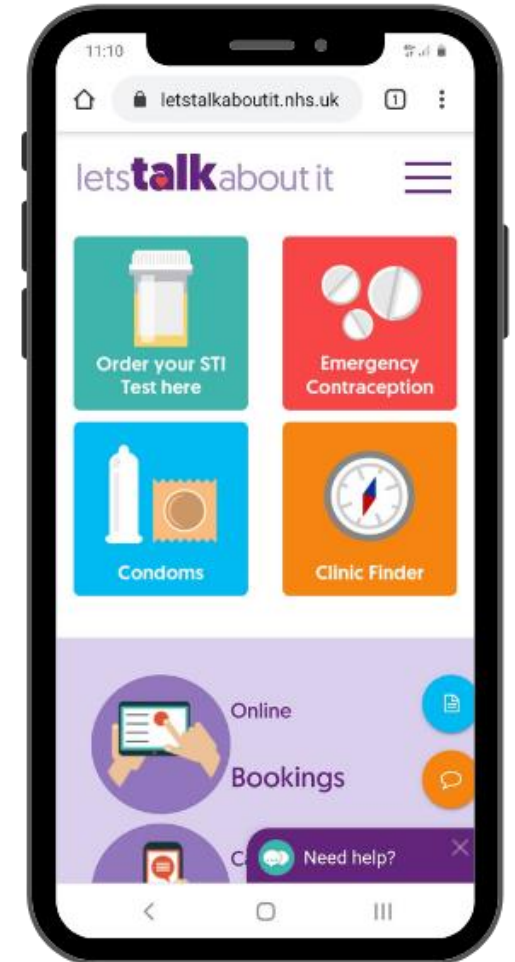
*(We also have spoke clinics)*

You can find details of the nearest sexual health clinic at:

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

Click the clinic finder button

Or call: 0300 300 2016



[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

# Specialist Clinics



**ROSE**  
Clinic

Risk of Sexual Exploitation



**SHIELD**  
Clinic

People living with Learning Disabilities



**TULIP**  
Clinic

Commercial Sex Workers



Clinic  
**Xtra**

Men who have sex with men



## Public Health Outcomes Framework:

- 1:1 Support including Safer Sex & Risk Reduction
- Reducing Teenage Pregnancy/Unplanned Pregnancy
- Relationships & Sex Education
- Help to reduce STIs and Promote Testing
- Working with High Risk or Vulnerable Groups
- Network & Training
- Targeted RSE Delivery
- Supporting GPs, Pharmacies and Youth Services to offer Condom Provision - GIO (Get It On)
- Partnership with No Limits and Terrance Higgins Trust



Clients who are sexually active or with the indication to be sexually active soon and with the risk of STIs, teenage pregnancy or **sexual exploitation**

This includes patients who are:

- Practising unprotected sex with multiple sexual partners
- People living with HIV
- Men who have sex with men /Gay/Bisexual/Transitioning/BAME
- Young people, not using contraception
- **Young people, at risk of grooming/exploitation e.g. Low self esteem**
- **In a relationship where there can be an imbalance of power**

**\*\*YP at risk of exploitation need to be referred through the SERAF process\*\***



Patients with the following risk factors, will not be considered as appropriate referrals, if they don't have any other sexual health risks or needs:

- Domestic Abuse
- Sexual Assault Victim
- Learning Disabilities (we are not the commissioned service for LD)
- Drugs/Alcohol dependency
- At Risk of Sexual Health Exploitation (we are not the commissioned service for solely sexual exploitation)
- Sex/Porn dependency
- Sex Offenders

Risk factors may not be appropriate on their own, get in contact with the team to discuss your concerns – we might not be able to see the client for 1:1 support but we may be able to signpost.

A 15 year old, in care, having sex with a partner who is 5 years older than them. Not using contraception or condoms. This is an **appropriate** referral as they are at risk of CSE, STI's including HIV and unplanned pregnancy.

A 17 year old male, who is meeting men for sex and not using condoms or prevention methods (vaccination and PrEP). This is an **appropriate** referral as they are at risk of CSE, STI's including HIV.

A 16 year old needing support making sexual health choices after their second unplanned pregnancy scare. This is an **appropriate** referral as she is at risk of unplanned teenage pregnancy, STI's including HIV and needs with contraception and decision making.

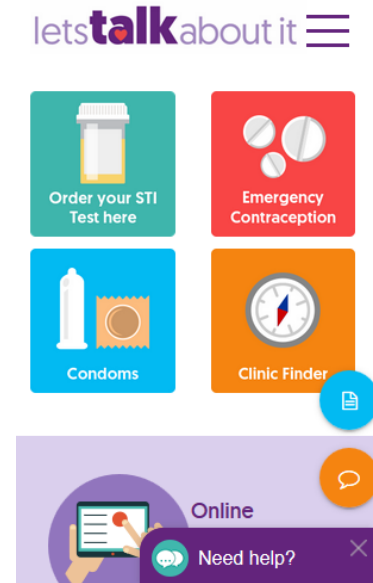
A young person with learning disabilities asking peers if they would like to see or touch their genitals. This is an **appropriate** referral as they are at risk of sexual exploitation, unplanned pregnancy, STI's including HIV.

**Outreach Nursing-** Our outreach nurses can support new mothers under 19 for contraception, young people and vulnerable clients with all aspects of sexual health care who are unable to attend mainstream services.

[www.letstalkaboutit.nhs.uk/referrals](http://www.letstalkaboutit.nhs.uk/referrals)



- Referral form available at [www.letstalkaboutit.nhs.uk/referrals](http://www.letstalkaboutit.nhs.uk/referrals)
- Complete relevant sections
- Send to: [snhs.sexualhealthreferral@nhs.net](mailto:snhs.sexualhealthreferral@nhs.net)



If you are unsure if a Sexual Health Promotion Referral is appropriate, please contact the team or your local practitioner.

It is always necessary to gain the patients consent prior to a Sexual Health Promotion referral being made.

We have lots of information written for young people on our website, buttons take individuals to relevant sections on our website. We also have a ['Young persons Advice Guide'](#)

I need advice about contraception

I'm worried about pregnancy

I've been sexually assaulted

I'm under 18 - what do I need to know?

There is a section on our website for '*Professionals*' supporting young people:

[www.letstalkaboutit.nhs.uk/rse](http://www.letstalkaboutit.nhs.uk/rse)

- Videos
- RSE Presentation
- Lets Talk RSE Schools Programme (written in line with the DfE RSE 2020 guidance)
- Signposting & Links

We are currently offering:

- Let's Talk RSE
- Puberty Lesson Plan
- RSE Schools Presentation
- Videos, Links & Signposting
- HIV Lesson Plan (in development)
- 'Virtually RSE' Talking About Relationships and Sex with Young People, incorporating 'Get It On' Condom Scheme Training.

Find information and resources on our 'Professionals Page'- 'Relationship & Sex Education Support' tab:  
[www.letstalkaboutit.nhs.uk/rse](http://www.letstalkaboutit.nhs.uk/rse)

Commonly tested and diagnosed STIs:

- Chlamydia (most commonly diagnosed STI in people aged under 25)
- Gonorrhoea
- HIV
- Syphilis
- HSV (Herpes)
- HPV (Genital Warts)
- Hepatitis B and C (for people in higher risk groups)

Condoms are the only method  
of contraception that protects  
against STIs!

Some STI's do not have any symptoms so the only way to know is testing after unprotected sex.

'Window Period' refers to the time between when an infection may have been acquired and when the test can reliably detect that infection, so we may ask patients to repeat screening.



What is HIV?

Human Immunodeficiency Virus (HIV) is a virus that attacks cells that help the body fight infection.

There is no cure, but it is treatable with medicine.

People living with HIV on effective treatment cannot pass the virus on to their sexual partners.

PEP stands for Post Exposure  
Prophylaxis

PrEP stands for Pre-exposure  
Prophylaxis

A lesson plan with facilitator notes for HIV is currently under development and will be available in time for HIV testing week in February 2021!





Order your STI  
Test here

## Regular Testing

- Chlamydia Testing Kit (15- 24)
- Young People's Walk-in Clinics
- Full STI Kit (18+)

[www.letstalkaboutit.nhs.uk/test](http://www.letstalkaboutit.nhs.uk/test)



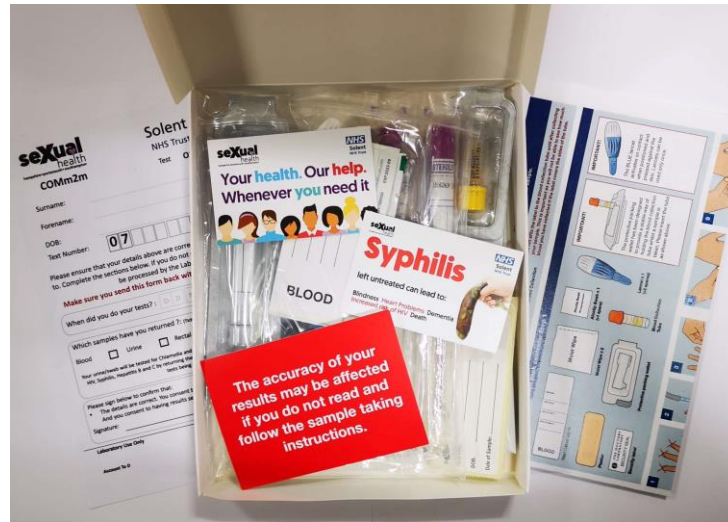
Condoms

## Condoms

- GIO Scheme - under 25's
- Condoms by Post - 16+
- Sexual Health Clinics

[www.letstalkaboutit.nhs.uk/condoms](http://www.letstalkaboutit.nhs.uk/condoms)

Free. Confidential. Discreet packaging.



Contraception helps prevent pregnancy

Some methods are long-lasting (fit & forget), some of which are reversible

Some methods rely on the person taking them regularly (i.e. pill) or each time they have sex (condom)

[www.letstalkaboutit.nhs.uk/contraception](http://www.letstalkaboutit.nhs.uk/contraception)

Contraception Tool

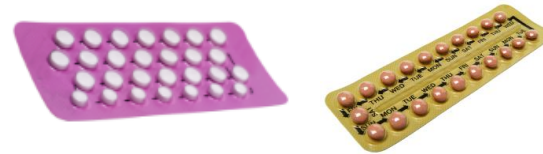
[www.contraceptionchoices.org/whats-right-for-me](http://www.contraceptionchoices.org/whats-right-for-me)







External condom



Pills



Coil



Internal condom



Depo Injection



Implant

Emergency Contraception (morning after pill) is taken after the incident of unprotected sex or failed contraception (e.g. split condom/ missed pills)

It should be accessed as soon as possible after the incident of unprotected sex

[www.letstalkaboutit.nhs.uk/ehc](http://www.letstalkaboutit.nhs.uk/ehc)





Organisation \_\_\_\_\_

Name of Practitioner \_\_\_\_\_

Date of Issue \_\_\_\_\_ User DOB \_\_\_\_\_


Codes for use: **D** = Demo / **C** = Condoms issued / Date

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Get It On Condom Card is also known as the C-Card (Condom card)

Get it On (GIO) is the condom distribution scheme running across Hampshire, Isle of Wight, Portsmouth and Southampton.

Anyone under 25 can get free condoms from lots of different organisations. Even if they are under 16 years old they can still join the scheme.

[www.letstalkaboutit.nhs.uk/getiton](http://www.letstalkaboutit.nhs.uk/getiton)

[www.hants.gov.uk/getiton](http://www.hants.gov.uk/getiton)

[www.letstalkaboutit.nhs.uk/gio](http://www.letstalkaboutit.nhs.uk/gio) (Professionals Page)