

Sexual health services in Kingston

We're open and
here for you

This leaflet is to help anyone get free and confidential sexual health services in Kingston that they need at this time.

July 2020

Our local sexual health services, GP practices and pharmacies are open for business for all ages and ready to help you - just working behind closed doors. If you are aged under 25 years old, you might be finding it more difficult to get help.

A phone call to one of these services, or looking online, is the first step in getting your needs met.

These 'Ask - Assist - Act' questions might be used by a local service to help find the right kind of support for you:

- Q:** *Are you in a sexual relationship at this time?*
- Q:** *Do you need any help with contraception or changes to your contraception?*
- Q:** *Are you worried you might be pregnant? Or could you be at risk of unplanned pregnancy?*
- Q:** *Do you know where to get emergency contraception if you need it?*
- Q:** *Do you know of websites that can give you access to free and confidential postal testing for sexually transmitted infections (STIs)?*
- Q:** *Do you know where to get information or advice online about sexual health?*
- Q:** *Have you recently experienced sexual assault or abuse?*
- Q:** *Can we give you some help now in making an appointment with a local sexual health service?*

Where can I get help around sexual health in Kingston?

Walk-in sexual health clinics in Kingston are continuing to reduce coronavirus risk for services, staff and clients.

So these services, like your GP practice, are open and here for you, just working in a different way.

You have to call first to book an appointment. Or go online, for example, to use online STI testing (available to specific clients). Please check on the relevant local service webpages for details.

Information about sexual health in Kingston is available at https://www.kingston.gov.uk/homepage/363/sexual_health

The Wolverton Centre at Kingston Hospital

Telephone Call Centre – **020 8974 9331** –
Monday to Friday (opening times vary):

see website www.sexualhealthkingston.co.uk

WOLVERTON
Sexual Health Kingston

Your Healthcare contraception and sexual health, and KU19 clinics

Call **0208 339 4783** or email

contraception&sexualhealth@yourhealthcare.org KU19 text line for young people aged 19 and under on **07781 488019** (Mon-Fri 9am to 5pm) where a sexual health nurse can help www.yourhealthcare.org/services/community-contraception-and-sexual-health



Young people in South West

London aged 13 to 19 can also see

www.gettingiton.org.uk for a range of health and wellbeing advice

GIU Getting it on...

I need to speak to someone about my contraception

Some of the national advice has changed around contraception at this time, for example, the length of time for which some repeat contraception prescriptions are provided.

Before you speak with a health professional, the Sexwise contraception checker can help you find which method might work best for you if you have not used contraception before, or are considering a change. <https://www.sexwise.fpa.org.uk/contraception/which-method-contraception-right-me>

Can I still get emergency contraception from a pharmacy?

Pharmacies offer emergency contraception for purchase.

This is also available free, alongside condoms, to those aged under 25 at some Kingston pharmacies. <https://www.gettington.org.uk/services/kingston/emergency-contraception>

If you've had unprotected sex, and need to prevent a pregnancy, seek advice as quickly as possible. Emergency contraception must be taken within 5 days of unprotected sex, though it's most effective if taken in the first 72 hours. It won't protect you from STIs.

The Wolverton Centre, Your Healthcare and your GP can also provide free access to emergency contraception.

What about GP surgeries?

Your GP practice is open and ready to help you with confidential health support, including for those patients under 16. You need to ring first to book a telephone appointment to discuss your need. GPs continue to help you access contraception. They also provide condoms, emergency contraception, and some STI testing.

Where else can I get help for sexually transmitted infections (STIs)?

Aged 16-24 and worried about a possible STI - visit www.freetest.me. If you are under 16, please call the Wolverton instead on 020 8974 9331.



People aged 16+ can use www.shl.uk for postal STI testing kits. More sexual health services, such as those for repeat contraception, are likely to be offered online later this year.



There is more information about STI symptoms, online offers, and a link to <https://www.sexwise.fpa.org.uk/stis> on the Wolverton Centre website

Spectra <https://spectra-london.org.uk/> offers health and wellbeing services. Whilst face to face outreach is currently suspended, there is a live chat option on the website, as well as a useful video about taking a home STI screening test.

Using a condom every time you have vaginal or anal sex is the best protection against STIs. If you're under 25, the Come Correct scheme offers free condoms from a range of sites, including pharmacies, across Kingston. <http://www.comecorrect.org.uk/>



I think I might be pregnant

If you are happy to continue with your pregnancy, your GP practice is your first place to contact. If however you are unsure whether you want to continue with a pregnancy, you can self-refer to access free abortion services for advice and next steps.

The South West London Termination of Pregnancy Booking Service Telephone **0345 8725503** (available 24 hours a day, 7 days a week)

Domestic abuse and sexual violence

Domestic abuse can be any behaviour which is used to harm, punish, control or frighten you. This includes mental, sexual, financial and emotional abuse and other harmful practices such as female genital mutilation (FGM), so called 'honour' based violence and forced marriage.

Contact Kingston DV Hub on **0208 547 6046** or email: kingstondvhub@refuge.org.uk (Mon – Fri 9:30am – 5pm)
National Domestic Abuse Helpline (24 Hours) Tel: **0808 2000247**

If you have been raped or sexually assaulted, contact the London Havens, <https://www.thehavens.org.uk/> Tel: **0203 299 6900**

General - coronavirus information

Further information about coronavirus measures and support in Kingston is available from <https://www.kingston.gov.uk/>

Further national information about coronavirus is available from <https://www.gov.uk/coronavirus> or <https://www.nhs.uk/conditions/coronavirus-covid-19/>