

Sexual health services in Kingston

Confidential
and free
for you

This leaflet is to help all Kingston residents get the contraception and sexual health services they need.

February
2024

Our local specialist sexual health services and GP practices are open for all ages and ready to help.

A phone call to one of these services, or looking online, is the first step you need to take.

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

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

Contraception and sexual health clinics, like your GP practice, have changed the way they offer their services, and you may not be able to walk in. However you can still get help quickly if you need it. You may be offered a same day or future telephone or video consultation, or you could be invited to attend the service for a face to face appointment.

Call first to book an appointment, or look on service websites for online instructions.
www.kingston.gov.uk/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

Young people aged under 19 can message KU19 on **07507 205308** (text only, Mon-Fri 9am to 5pm) to contact a sexual health nurse. You can also complete a form online to make contact.
www.yourhealthcare.org/services/community-contraception-and-sexual-health/

Young people in South West London can also see www.gettingiton.org.uk for a range of health and wellbeing advice and services, including sexual health, mental/emotional health, drugs & alcohol, and relationships.

GIU Getting it on...



I need to speak to someone about my contraception

Some national advice has changed around contraception, for example, the length of time for which you can be prescribed repeat contraception prescriptions.

Before you speak with a health professional, you can compare methods to see which might work best for you if you have not used contraception before, or are considering a change.

Visit www.contraceptionchoices.org

Can I get emergency contraception from a pharmacy?

All local pharmacies offer emergency contraception for purchase.

This is also available free, alongside condoms, to those aged under 25 at some Kingston pharmacies. See www.gettingiton.org.uk/services/kingston/emergency-contraception

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

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

What about GP surgeries?

Your GP practice can help you with confidential sexual health support, including for those patients aged under 16. Contact your GP as directed on their website, online or by telephone, to access repeat or new contraception methods, emergency contraception, condoms (if under 25) and some STI testing as part of their confidential service to all patients.

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.



There is more information about STI symptoms, online offers, and a link to www.sexwise.fpa.org.uk/stis (for young people) on the Wolverton Centre website.

Spectra www.spectra-london.org.uk offers health and wellbeing services, face to face and online, in peer groups and one to one. This includes HIV testing, LGBTQ+ support, Trans and student services



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. 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, emotional and physical 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, www.thehavens.org.uk Tel: 0203 299 6900