

# Supporting you with your Sexual and Reproductive Health

We are here to provide honest advice about contraception, pregnancy, Sexually Transmitted Infections (STIs) and pleasure.

You can expect safe friendly, non-judgemental help and services whatever your gender, age, disability or sexual orientation.

Don't be afraid to talk to one of our GPs or practice nurses if you're worrying about anything such as how to avoid a sexually transmitted infection (STI) or an unwanted pregnancy.

## Don't want to get pregnant?

Your GP practice can help you avoid an unwanted or unplanned pregnancy.

It can be tricky to know which type of contraception to use to prevent pregnancy because there are so many options.

Your GP practice can help you decide which one is right for you! Examples include condoms, the pill, contraceptive patch, vaginal ring, the coil and implant.

Some practices can fit coils or implants that last for a few years so you don't have to think about it, and they are reversible; this is why they are called Long Acting Reversible Contraceptives (LARC). Here is a helpful page to [compare these options](#).

**Coils and implants (Long-Acting Reversible Contraception):** ask your GP practice if they can fit these first (rather than going to a sexual health clinic like the Clifden Centre or the Ivy). If your own GP practice doesn't do coil or implant fittings or removals, they may be able to book you an appointment at one of the following practices:

[The Nightingale Practice](#) – this practice accepts referrals from all City & Hackney practices.

[The Lawson Practice](#)

[Spring Hill Practice](#)

[Kingsmead Practice](#)

**Sexual Health London (pill and patch):** You can order contraception online from Sexual Health London via this website – <https://www.shl.uk/> . You can choose what regular contraceptive you want and if you want a 3, 6 or 12 months supply. If you choose to order online, you will need to complete an online consultation with LloydsPharmacy Online Doctor which will be reviewed. You can pick up your contraceptive from a Lloyds Pharmacy, including some Sainsbury's stores, or have it delivered by post.

[You can find more information about contraceptive options here.](#)

## Safe sex – want to protect yourself and your partner(s)?

**Young Hackney:** If you are under the age of 25 years, you can access free condoms from a range of local venues listed here: [Free Condoms - Young Hackney](#).

## Worried about an STI?

If you have had unprotected sex or are worried you might have caught a sexually -transmitted infection (STI) because you have symptoms, please contact us for confidential, sensitive help. We can get you the right tests and help you make sure sexual partners are notified, if you test positive.

**Free Home STI testing:** If you are over the age of 16 you can also order a free STI test kit to be delivered to your home via this website – <https://www.shl.uk/> You complete a simple form online, order the kit and your results are sent to you by text or email. It is simple, fast and secure!

**Chlamydia testing:** GPs and practice nurses will often offer chlamydia screening to people seeking sexual health advice. If you are between the age of 15 and 24 years old, it is recommended that you have a Chlamydia test annually or on every change of person you have sex with.

**HIV testing:** If you are concerned that you might have HIV or you are a newly registered patient at our practice, feel free to ask for an HIV test.

**Cervical screening:** All women aged between 25 – 65 years are entitled to participate in the national cervical screening programme - [www.nhs.uk/conditions/cervical-screening](http://www.nhs.uk/conditions/cervical-screening). There's information for all eligible groups including trans women, women who have undergone surgery, and had the HPV vaccination.

**Support for LGBTQI+ community:** 56 Dean Street is a specialist sexual health clinic in London. For more information please see here: <https://www.dean.st/about-us/>

[You can find more information about other STIs here.](#)

## Need Emergency Hormonal Contraception?

Emergency hormonal contraception is available to buy from most pharmacies.

You can also complete an online consultation and order the emergency contraceptive pill for free from the Sexual Health London service – <https://www.shl.uk/>

## Do you think you are at risk of catching HIV?

Pre-exposure prophylaxis for HIV (PrEP) can significantly reduce the chances of catching HIV. If you would like to find out more, please see: [HIV prevention | Homerton Healthcare NHS Foundation Trust](#)

## Need abortion care?

Please speak to your GP who can listen and provide safe support should you require a pregnancy termination, or you can self-refer to the British Pregnancy Advisory Services by calling: 0345 730 4030 or completing the online form: <https://www.bpas.org/contact-us/request-an-appointment/>

## Thinking about pleasure?

Here is a helpful guide to sexual pleasure and problems: [Sexual wellbeing - Sexwise](#)

## **Need more information?**

You can also check out these sites for lots more information about how to avoid unwanted pregnancy, have safer sex and avoid or manage sexually transmitted infections (STIs):

Sexwise: [www.sexwise.org.uk](http://www.sexwise.org.uk)

NHS website: [www.nhs.uk](http://www.nhs.uk)

Homerton: <https://www.homerton.nhs.uk/sexual-health/>