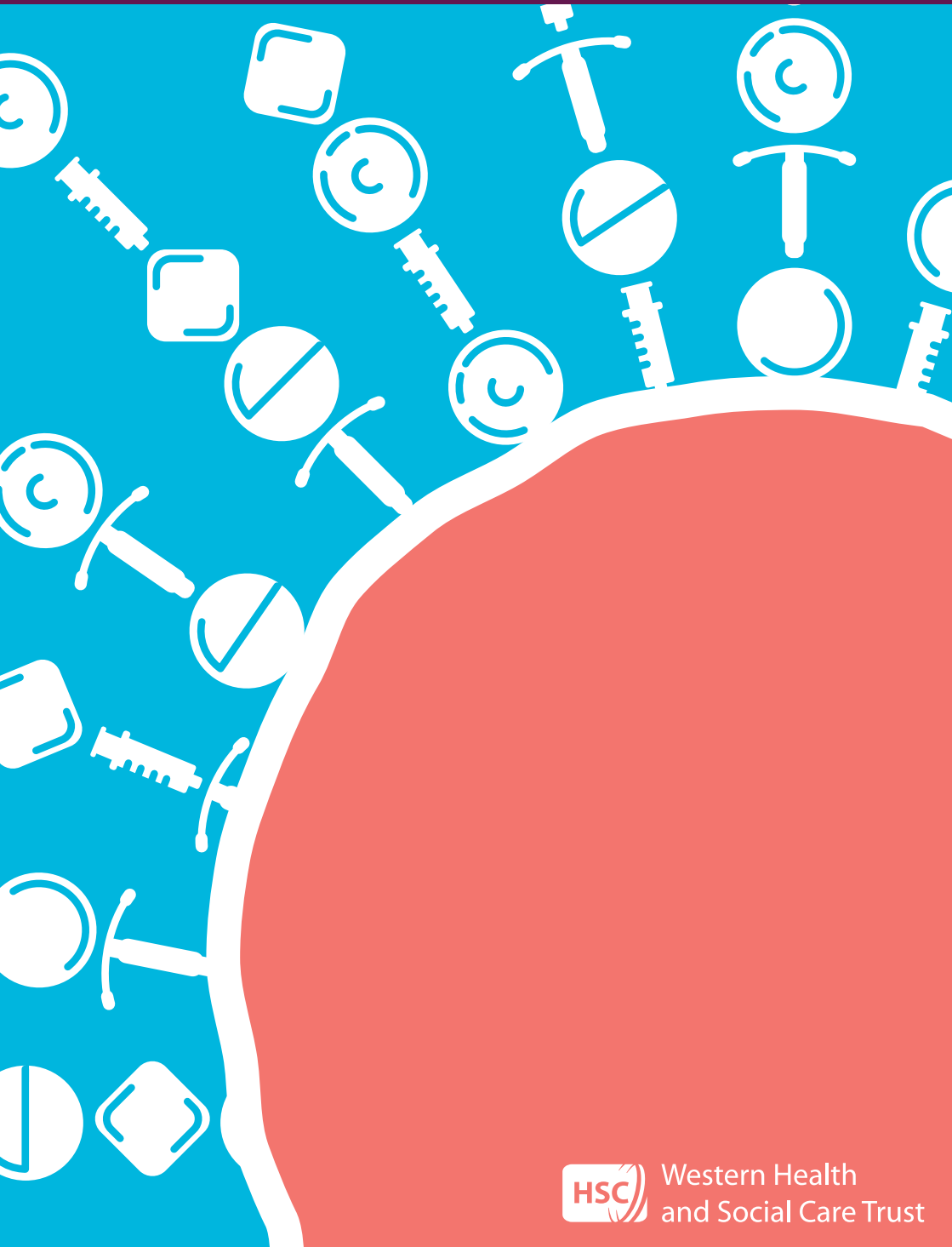


Sexual Health Services for Contraception

Western Health & Social Care Trust



Western Health
and Social Care Trust

Who are we? We are the Sexual and Reproductive Health Care Service or more commonly known as a Family Planning Clinic. We can be found in several locations across the Western Health and Social Care Trust area.

(Services are listed at the back of this booklet).

Our main contact centre is the Brae Clinic Derry/Londonderry.

There are many different methods of contraception. All of which are available at our clinics. Not all methods are suitable for all people. Our specially trained staff are available to help you decide what is the right choice for you.

What Services do our clinics provide? As well as contraceptive methods we are also able to offer cervical smear tests, pregnancy tests and advice about general sexual health issues including some sexually transmitted infection testing and onward referral to a Genito Urinary Medicine Clinic service as necessary.

A Genito Urinary Medicine Clinic (GUM) is a specialist service that provides testing and treatment for sexually transmitted infections.

Who can access our services? We offer a free and non-judgmental service that can be used by women, men and young people including those who are under 16yrs of age. You can refer yourself to our clinics; just give us a call to arrange an appointment. In some areas we offer a drop in service for young people.

How do I access a clinic? Information about clinics in your area is available at the back of this leaflet. Please give the clinic a call to make an appointment. The staff will also be able to advise you about drop in clinics that are available in your local area.

What Should I do Before Attending the Clinic?

- If it is an appointment only clinic and you cannot attend please ring and let staff know.
- Make sure that you know where the clinic is and allow enough time to get there.
- Wear suitable clothing as you may be required to have an examination of your genital area (area around penis/vagina).
- Please make a note of any questions you want to ask the doctor/nurse. You may forget if you are nervous, so it might be useful to have them written down.

What happens at the clinic?

- When you attend the clinic please report to the reception desk to let staff know that you are there. The receptionist will require personal details including name, address, date of birth, name of GP, contact telephone number and consent for getting in touch with you. If we need to contact you in the future about any of the tests that have been carried out we will ask you how you would like this to be done.
- You will be seen by a nurse who will have a chat with you about how we can help you. You may find some of the questions very personal. We ask these questions so that we can provide the most appropriate treatment to suit your needs. On your visit you may be seen by a doctor and a nurse. Some clinics have a health advisor who will talk to you about looking after your sexual health.
- You will be given your method of contraception at our clinic i.e. you will not have to take a prescription to the chemist.
- The clinic can also provide condoms without making an appointment to see the nurse/doctor. Just register your details at reception and you will be given a supply of free condoms.
- You are welcome to bring a friend/partner with you to the clinic. If you feel that you need your friend or partner to stay with you during your consultation just speak to the nurse.

The waiting area has a range of information leaflets about looking after your sexual health. Feel free to have a look at the information and ask a member of staff about anything you do not understand. We are here to help.

Staff have many years of experience working in the field of sexual health and are there to listen and support you. They understand that talking about such a personal subject can be difficult.

What if I am under 16? In Northern Ireland the legal age of sexual consent is 16 years. You can be seen at our clinics in confidence but there are some circumstances when the doctor/nurse may have to share information with other departments/agencies, for example if we feel you maybe at risk of serious harm we have a duty to make sure you are protected and safe. In those circumstances confidential information can be shared with other departments/agencies.

You should try and speak to your parent/carer but it is your choice if you don't want to. Please ask the doctor/nurse to explain this to you when you come to the clinic.

Sexual History When you attend the clinic you will be asked to provide a sexual history to the doctor/nurse/health advisor. This will include your most recent sexual experiences, what type of sex (vaginal, anal or oral) and if protection was used. You may feel that some of the questions are very personal but it is important that you answer honestly. These questions are asked so the correct advice, tests, treatment and support is offered.

Asking for a Chaperone A request can be made for a chaperone (this means having another member of staff present during your medical examination).

What is a sexually transmitted infection? Sexually transmitted infections (STIs) are infections that are spread primarily through person-to-person sexual contact. There are many different infections that can be passed on by sexual contact. Please talk to the doctor/nurse if you have any concerns about your sexual health. Common STIs in Northern Ireland include genital warts, chlamydia, genital herpes, gonorrhoea, syphilis and HIV.

If STIs are not treated they can further damage your health and you run the risk of passing the infection on to other partners. Not all STIs have symptoms and it is possible to have more than one sexually transmitted infection at a time.

Please see useful contact details/websites for further information about looking after your sexual health outlined in this booklet. There are leaflets available at the clinic for you to take home and read in private if you wish.

Sexual Health Services for Contraception

(Western Health and Social Care Trust Area)

- Brae Clinic Derry/Londonderry **028 7132 1758**
- Shantallow Health Centre Derry/Londonderry (Nurse Led) **028 7132 1758**
- Limavady Health Centre **028 7776 1121**
- Strabane Health Centre **028 7138 4114**
- Omagh Health Centre **028 8283 5536**
- Erne Health Centre Enniskillen **028 6638 2693**
- Your family doctor can also provide contraception
- Some Pharmacists can also provide emergency hormonal contraception to those 16yrs and over.

Young Peoples Sexual Health Clinics (Under 20)

- Brae Clinic Derry/Londonderry Drop in Clinic **028 7132 1758**
Monday and Friday 2.30pm-4.30pm
- Strabane Health Centre Drop in Clinic **028 7138 4114**
Thursday 3.30pm-4.30pm
- Limavady Health Centre Young Persons Drop in Clinic
028 777 61121 Wednesday 3.30pm-4.30pm
- Teenescene Omagh Health Centre Drop In Clinic
028 8283 5536 Monday 3pm-5pm

Genito Urinary Medicine (GUM) **Clinics in Northern Ireland**

Altnagelvin Hospital
Glenshane Road,
Derry/Londonderry & Tyrone
County Hospital Omagh
028 7161 1269

Royal Victoria Hospital
Grosvenor Road, Belfast
028 9063 4050

Causeway Hospital
Outpatients 2 Department
4 Bridge Road, Coleraine
028 7034 6028

Down Hospital,
2 Struell Wells Road,
Downpatrick
028 4483 8133

Daisy Hill Hospital
5 Hospital Road
Newry
028 3083 5050

Additional Genito Urinary Medicine Clinics (GUM) **in Border Areas**

Newry
John Mitchell Place
028 3083 4215

Drogheda
Our Lady of Lourdes
086 824 1847

Dundalk
Louth County Hospital
086 824 1847

Letterkenny
Letterkenny General Hospital
074 912 3715

Monaghan
Monaghan Hospital
086 824 1847

Sligo
Sligo Regional Hospital
071 917 0473

Other Useful Contacts

Health Improvement Department WHSCT

T: 028 7186 5127

www.westeritrust.hscni.net

Family Planning Association

T: 0845 1228 687

www.fpa.org.uk

National Sexual Health Helpline

T: 0800 567 123

Nexus Institute

Support for sexual abuse / sexual violence

T: 028 9032 6803 (Belfast)

T: 028 7126 0566 (Derry/Londonderry)

Lifeline

Support for those in distress/despair around a range of issues including; depression, anxiety, trauma, suicide, self harm and abuse.

T: 0808 808 8000

Childline

T: 0800 1111