

Lancashire Sexual Health Newsletter

October 2023

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Blackpool and Lancashire Sexual Health Services

Welcome to our first ever newsletter! We will use this newsletter to keep you up to date with all the relevant sexual health news we think you might like to hear. At the end of this newsletter, you will find a Microsoft form which you can use to let us know what you would like to hear about, or what improvements and feedback you have on how we can improve our services for patients.

But first, Lancashire Sexual Health, who are we?!



Our team of doctors and nurses provide Sexual Health Services across Blackpool and Lancashire. They deal with a variety of sexual health related conditions, providing testing and treatment of sexually transmitted infections (STIs), including HIV, in line with national guidelines. We offer all types of contraception.

All our services are free and confidential. Nobody needs permission to access our services, including young people.





Our Clinics

Lancaster & Morecambe

Carnforth Clinic LA5 9JU
Queen Victoria Centre, Morecambe LA4 5NN
Waterview, Lancaster LA1 4XQ
Ashton Community Centre LA1 4JT **(PEP/PrEP)**

Fylde & Wyre

St Anne's Primary Care Centre FY8 2EP
Kirkham Health Centre PR4 2DL
Fleetwood Clinic FY7 6BE
Whitegate Health Centre FY3 9ES

West Lancashire

Hants Lane, Ormskirk L39 1PX
Ashurst Health Centre, Skem WN8 6QS **(PEP/PrEP)**
The Zone, Skelmersdale WN8 6PZ
Milton House, Edge Hill L39 4QX

East Lancashire

Acorn HC, Accrington BB5 1RT
St Peters HC, Burnley BB11 2DL **(PEP/PrEP)**
Yarnspillers HC, Nelson BB9 7SR
Colne HC BB8 0JU
Clitheroe Community Hospital BB7 4JX
Rossendale HC, Rawtenstall BB4 7PL
Waterfoot HC BB4 7DN
Bacup Primary Care OL13 9NR

Central Lancs, Chorley & South Ribble

Fatima Health Centre, Preston PR2 9QB **(PEP/PrEP)**
Talkwize U25s, Preston PR1 8BQ
Avenham HC, Preston PR1 3RG
Leyland Clinic PR25 2TN
Chorley HC PR7 2TH

Appointment line: 0300 1234 154

Under 25 drop-in clinics

Lancaster & Morecambe

Queen Victoria Centre, Morecambe LA4 5NN
Tuesday 15:00 – 17:00
Thursday 15:00 – 17:00
Waterview, Lancaster LA1 4XQ
Monday 15:00 – 17:00
Wednesday 15:00 – 17:00

West Lancashire

The Zone, Skelmersdale WN8 6PZ
2nd Friday of the month 16:30 – 18:00

East Lancashire

Brook, Burnley BB11 1TS
Monday 13:00 – 16:00
Wednesday 13:00 – 16:00
Thursday 13:00 – 16:00

Fylde & Wyre

Connect Young People's Centre FY1 1LF
Monday – Friday: 9:00-12:00 13:00 – 17:00
Saturday 10:00 – 13:00

Central Lancs, Chorley and South Ribble

Talkwize, Preston PR1 8BQ
Monday 13:00 – 17:00
Wednesday 13:00 – 17:00
Thursday 13:00 – 17:00

All age drop-in clinics

Fatima Health Centre:

Monday 09:00 – 11:00
Friday 09:00 – 11:00

West Lancs:

Milton House 09:30-16:00
(Edge Hill Students only)

St. Peter's Health Centre:

Wednesday 09:00 – 11:00
Friday 08:30 – 11:00

Whitegate Health Centre:

Monday 09:00 – 11:00
Tuesday 09:00 – 11:00
Thursday 09:00 – 11:00
Friday 09:00 – 11:00

Put your postcode
in the clinic finder
on our website to
find the clinic
closest to you!

Careful & Respectful

Digital options

We offer the following FREE postal services

FREE Bespoke Testing kit – Chlamydia, Gonorrhoea, Syphilis, HIV for anyone over the age of 16 that live in Lancashire (excluding Blackburn).

FREE Condoms for anyone who lives in Lancashire, age 16 – 24 (excluding Blackpool and Blackburn)

Postal contraception. This is available for those age 16 years and over, who have accessed progestogen only pills from us before.

Available here:

[Blackpool and Lancashire Sexual Health Service Online Ordering Options](#)

or scan here!



Exclusive

For those in East Lancashire booking in with Brook, Burnley; you can do so here:

<https://my.drdoctor.co.uk/clinic/bur-u18-f2f>



PrEP, which stands for Pre-Exposure Prophylaxis, is a method to prevent getting HIV. It involves taking a daily pill that contains specific drugs used to treat HIV.

By taking this pill every day, people who are at higher risk of getting HIV can greatly reduce their chances of getting infected. In fact, when taken correctly, it can lower the risk of HIV infection by more than 90%.

The NHS provides free PrEP to individuals deemed at greater risk of HIV exposure.

Be PrEPed is an initiative powered by Renaissance with the aim of promoting PrEP in the community.

PrEP Training!

If you are interested in finding out more about PrEP, check out these FREE online training events:
<https://www.eventbrite.co.uk/e/hiv-and-prep-awareness-training-tickets-713847786947?aff=oddtcreator>

You can book face to face training for groups here:
[PrEP Training Request Form \(google.com\)](#)



Statistics

The UK Health Security agency have released new STI statistics in June 2023, outlining the following:

392,453 STIs reported in England in 2022 – a **24%** rise on the previous year

26% increase in **STI diagnoses** among young people aged 15 to 24 since 2021.

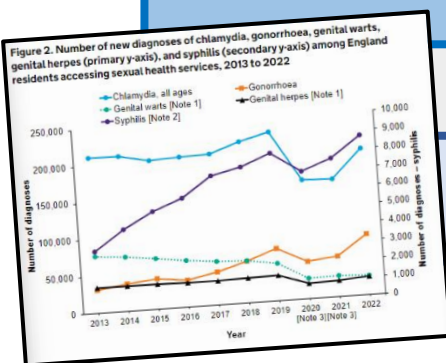
50% increase in **gonorrhoea** since 2021.

24% increase in **chlamydia** since 2021, with a **21%** increase in people aged **15-24**

15% increase in **syphilis** since 2021.

14% increase in first episode of **genital herpes**

8% decrease in first episodes of **genital warts**



Have you seen the most recent Superdrug campaign?



The 'You Before Yes' campaign led by Superdrug, opens important conversations around consent and what it means. With reality star Georgia Harrison, who's ex-boyfriend Stephen Bear was recently jailed for 21 months after his act of revenge porn, being the campaign's ambassador and helping to share the imperative message of consent.



More than one third of people have 'gone along with sex' even though they didn't want to. Three in ten did so out of fear of what would happen if they said no.



25% of people have gone along with unprotected sex when they didn't want to. 41% of those were too afraid to say no.



A quarter (23%) have experienced a power imbalance in a sexual relationship with 28% not recognising the relationship was imbalanced. 20% have put up with a power imbalance because they didn't know what to do to fix it.



Of those who have received explicit content without their consent, the majority felt uncomfortable (72%), some felt violated (25%) and a proportion felt pressured to respond (16%).

We need to support and empower young people to make great choices about their sexual health and be fully informed on consent. There are many resources available on the Superdrug website to aid this:

<https://www.superdrug.com/youbeforeyes>

Our Community Education Team can help facilitate sessions surround consent with those under the age of 25 within school or community settings.

For more information contact bfwh.ceshteam@nhs.net or see below for the Community Education Co-ordinator in your area!

Community Education Sexual Health Provision

Alongside provision of quality clinical services for under 25s, we want to help ensure that young people are equipped with the knowledge and skills they need to access local services and make informed decisions regarding their sexual health.

Within the commission, Lancashire Education Sexual Health Team (CESH) are pleased to offer the following services FREE of charge:

Assemblies: for years 9-11.

- INTRODUCTION TO THE 4 C's (COMMUNICATION, CONSENT, CONTRACEPTION, CONDOMS)

Tutorials:

- THE 4 C's
- CONTRACEPTION & CONDOMS
- STIGMA & STIs
- CONSENT & HEALTHY RELATIONSHIPS

SEND tutorials tailored to SEND students:

- AN INTRODUCTION TO:

'WHAT IS SEX'

CONSENT, CONTRACEPTION, TESTING FOR SEXUALLY TRANSMITTED INFECTIONS

Further Education Years 12-13 NEW FOR 2023/24

- A FOCUS ON CONSENT & STIs INCLUDING IMAGES, INCUBATION PERIODS, WHEN AND HOW TO TEST, HOW TO ACCESS SERVICE

Sessions need to be kept strictly to year 9 and above.

We also provide sessions to partner services working with people under 25s, delivering targeted sessions, staff updates, health promotion and the condom distribution scheme.

If you work in a provision providing services for people under 25 and you would like to book a session, email our shared inbox at bflwh.ceshteam@nhs.net or see below to contact the Community Education Co-ordinator in your area.

Who are CESH?

Central

Hi, I am Tania Cockcroft, Community Education Lead

I cover sessions across Preston and Chorley & South Ribble including Targeted sessions to groups including Princes Trust, Homeless Units, Youth Groups, Children's Homes etc. For more information you can contact me via email: [**tania.cockcroft@nhs.net**](mailto:tania.cockcroft@nhs.net)



East

Hello! My name is Rachel Emmott and I work in East Lancashire. I cover Burnley, Pendle, Rossendale, Hyndburn and the Ribble Valley. I can offer sessions for any organisations that is working with young people under the age of 25.

For more information on the support I can offer you can contact me on [**rachel.emmott@nhs.net**](mailto:rachel.emmott@nhs.net)



North

Hi! My names Samantha Berry. I cover North Lancashire places such as Lancaster, Morecambe and Garstang. I offer outreach sessions to young people under the ages of 25.

For more information on the support I can offer you can contact me on [**samantha.berry6@nhs.net**](mailto:samantha.berry6@nhs.net)



West

Hello, my name is Ellen Rivas-Torrecillas and I am Community Education Co-ordinator for West Lancashire. I offer free sessions targeted towards under 25s covering areas such as Tarleton, Burscough, Skelmersdale and Ormskirk.

If you would like me to work with young people in your services, contact me at [**ellen.rivas-torrecillas@nhs.net**](mailto:ellen.rivas-torrecillas@nhs.net)



What's going on in clinics?

West

Hants Lane clinic in Ormskirk has reopened for appointments on Thursdays. The Zone in Skelmersdale runs for under 25s on 2nd Friday in the month 16.30-18.00. A walk-in clinic for Edgehill has opened at Edge Hill on Mondays from 09.30-4pm.

Psychosexual

Following our extremely successful service conference- SEX 2023: The Impact of the Cycle of Life on the Sexual Individual and their Relationships We are pleased to announce the date for the SHARE-Psychosexual Service 2024-conference as Tuesday June 11th 2024. Please make a note in your diaries, more information will be coming soon.

HIV team

HIV opt testing in ED in Blackpool has now been established since April 22 and It is part of a national screening project funding by NHS England supporting the national HIV Action Plans to committed to end new HIV cases in England by 2030 This month now sees Hepatitis B and C screening included to the ED HIV project in Blackpool, to support WHO (world health organisation) worldwide Viral Hepatitis programme for the eradication of Hepatitis.

Now we invite you to have your say. This can be done anonymously or you can include your name, we'll leave that up to you. Perhaps there is something you would like to see in our next newsletter, you have a question about something you have seen in this one, or you have a suggestion for the service as a whole. Use the Microsoft form below, and keep a look out in the next letter to see our response.

Scan the QR code or copy and paste the link:
<https://forms.office.com/e/m3YBaiLd0j>

