

## Essential Information...

We provide free and confidential sexual health services in Teesside including information and advice on all types of contraception and STI testing and treatment. Our service is confidential, non-judgmental and for people of all ages, genders and orientations.

Everyone is welcome and service users don't need to see a GP first. Service users can attend one of our [walk-in clinics](#), [book an appointment](#) online 24/7 or speak to us on **0300 330 11 22**.

Services available:

- Contraception – all types
- Screening and treatment for sexually transmitted infections (STIs)
- Emergency contraception – emergency contraceptive pills and emergency IUD
- Coil and implant fitting and removal
- Counselling and advice
- Psycho-sexual counselling and support, including support with erectile dysfunction
- Cervical cytology (smear tests)
- Pregnancy testing
- Vasectomy (following a referral from GP)
- Support with making a referral for termination

To Book an appointment online click on the following link

<https://www.thesexualhealthhub.co.uk/book/>

## Our Clinic locations...

- Lawson Street Health Centre, TS18 1HU
- North Ormesby Health Village, TS3 6AL
- One Life Hartlepool, TS24 7PW
- Redcar Community Heart, TS10 1TD

You can see all our locations here:

<https://www.thesexualhealthhub.co.uk/clinic/search/?system=TEE>

## Coming Up...

- Clinic Re-Launch
- SARC
- Cervical Screening
- Annual Update

And more...

## Additional Clinics ...

We have recently started an additional outreach clinic at East Cleveland Hospital, Alford Road, Brotton – our clinic takes place every **Monday from 12:00 – 18:00**. The clinic offers patients contraception, as well as all STI tests and cervical screening opportunities. We hope this new clinic will improve access to sexual health care for people living and working in East Cleveland, including students attending local academies and colleges.

We have also recommenced our clinic at Thornaby Health Centre – this takes place every **Wednesday evening 17:00-20:00**.

If you / your patients would like to make appointments for either of these clinics, please call **0300 3301122**.

## Contraception and Sexual Health Annual Clinical Update...

### SAVE THE DATE.....

Saturday 22nd June 9:00-14:00

Venue: Inspire 2 Learn, Normanby Road, South Bank, Middlesbrough TS6 9AE

Further details will follow.

Enquiries: Please contact

[Anagha.Nadgir@virgincare.co.uk](mailto:Anagha.Nadgir@virgincare.co.uk) Or  
[Lee.Morrison@virgincare.co.uk](mailto:Lee.Morrison@virgincare.co.uk)



## Cervical Screening....

We have seen an increase in the number of women attending for their cervical screening appointments over recent weeks which is amazing!

There have been several campaigns to increase awareness and encourage women to attend their appointments and we were pleased to be involved in the 'Screen Stars' campaign provided by Public Health South Tees. This promotion gives women attending for cervical screening discount cards which can be used in a variety of outlets. More information about the campaign can be found [here](#).

PHE have also launched a new campaign for cervical screening to increase the number of women attending their cervical screening across England. Information and resources for this can be found [here](#).

You can also [read](#) the full press release for the 'Cervical Screening Saves Lives' Campaign.

## Think Sexual Assault, Think SARC...

The Sexual Assault Referral Centre in Teesside is calling for health professionals to signpost and refer into the service designed to provide a dedicated service to anyone who has experienced rape, sexual assault or other forms of sexual abuse.

SARC Teesside provides 24h support and is based at North Ormesby Health Village in Middlesbrough. Staff are specially trained to sensitively discuss the options available and facilitate onward support and recovery. The service is available without making a report to the police, though staff can support reporting if a client decides to proceed.

The centre has a forensic service for the purpose of obtaining evidence following a recent assault and evidence can be stored at the SARC to give clients time to consider their next steps. Due to the time limited nature of forensic and other immediate services, the recommendation is to make contact via the SARC 24h telephone number at the earliest opportunity.

SARC Teesside launched a new website this year with an integrated and secure professional and self-referral system linking directly into the SARC Case Management System. This is recommended for cases where abuse occurred more than ten days ago and is already proving popular with professionals. The telephone number however is also always available for advice and referrals. ([www.sarcteesside.co.uk/professional-referral/](http://www.sarcteesside.co.uk/professional-referral/)).

SARC Teesside is a free, independent and confidential service supported by NHS England and the Police and Crime Commissioners in Cleveland, subject to confidentiality and safeguarding policies.

Call for advice or referrals 24h on: 03333 44 8283

[www.sarcteesside.co.uk](http://www.sarcteesside.co.uk)

Sexual Assault Referral Centre (SARC) Teesside,  
North Ormesby Health Village,  
13 Trinity Mews,  
Middlesbrough,  
TS3 6AL

For any networking or training needs please contact SARC Link Worker Katie Mackay:

[katie.mackay@sarc-support.uk](mailto:katie.mackay@sarc-support.uk)



## Contraception Update...

The updated FSRH guideline on combined hormonal contraception Jan 2019

### **What is new in this guideline?**

- The updated FSRH guideline highlights that there is no health benefit from the seven-day hormone-free interval
- Women can safely take fewer (or no) hormone-free intervals to avoid monthly bleeds, cramps and other symptoms
- If a hormone-free interval is taken, shortening it to four days could potentially reduce the risk of pregnancy if pills, patches or rings are missed
- Consultations about CHC do not necessarily have to be face-to-face; online CHC provision is possible
- At the first consultation, many women can safely be prescribed a one year supply of CHC instead of the current three month supply

Follow this link for the full document <http://dx.doi.org/10.1136/bmj-srh-2018-CHC>

### **Training:**

New FSRH Diploma qualification will be launched in Spring 2020. Further updates will be available in September 2019. The current Diploma qualification must be completed by candidates on 31 March 2021. There are no changes in Loc IUT and Loc SDI training requirements.

### **Patient Referral to Sexual Health clinics:**

Reminder to all primary health care professionals to please send (either with the patient or beforehand) a brief summary of relevant medical/gynaecological history (include ultrasound reports if applicable)/medication list for all patients with complex health needs and not just signpost them to our clinics.

Dr Anagha Nadgir  
Associate Specialist  
Sexual Health Teesside



## GUM Update...

### The updated BASHH guidelines on Gonorrhoea 20th January 2019

#### What is new in this guideline?

- First line empirical treatment is now monotherapy with ceftriaxone 1g intramuscularly.
- If antimicrobial susceptibility test results from all sites of infection are available prior to treatment and the isolate is sensitive to ciprofloxacin, then this should be used for treatment in preference to ceftriaxone.
- Epidemiological treatment is recommended only for those presenting within 14 days of exposure.

### The updated BASHH national guideline for the management of infection with *Mycoplasma genitalium* (2018)

#### What is new in this guideline?

Testing recommendation – it is advised to test for *Mycoplasma genitalium* in patients with - non-gonococcal urethritis, signs and symptoms suggestive of pelvic inflammatory disease, signs or symptoms of muco-purulent cervicitis, particularly post-coital bleeding, epididymitis and sexually-acquired proctitis.

Treatment : Doxycycline 100mg bd for seven days followed by azithromycin 1g orally as a single dose then 500mg orally once daily for 2 days.

Follow the link for full documents - <https://www.bashh.org/guidelines>

### PrEP trial (HIV Pre-exposure Prophylaxis)

#### What is it?

Pre-exposure prophylaxis, or PrEP, is a way for people who do not have HIV, but who are at substantial risk of HIV infection to reduce their risk of acquiring HIV. This involves taking the PrEP drug as instructed, prior to any exposures that might put the individual at high risk of getting HIV. The single-tablet PrEP drug contains two medicines (tenofovir and emtricitabine). This involves taking medication one tablet daily or event based as part of the trial for 3 years.

#### What does it entail?

Patients should be advised to contact Teesside Sexual Health clinic on 0300 330 1122 if they would like to take part in the trial. Patients will be assessed and started on treatment if they are eligible and fulfil the criteria. Any trial participants will be booked into clinic for a series of appointments with our Nurse Prescriber Jane Collins and/or our GUM Consultant Dr Sarup Tayal. The eligibility criteria for the trial are:

#### PrEP Eligibility

PrEP Impact Trial

##### A. Men (Cis - and Transgender) and Transgender Women:

1. Have sex with men
2. Have had an HIV negative test during an earlier episode of care in the preceding year (43-365 days)
3. Report condomless intercourse (excluding oral) in the previous 3 months
4. Affirm their likelihood of having condomless intercourse (excluding oral) in the next 3 months

##### B. HIV Negative Partner of an HIV Positive Person When:

1. The HIV positive partner is not known to be virally suppressed (<200 copies/ml for 6 months or more);
2. Condomless intercourse (excluding oral) is anticipated before treatment of the HIV positive partner takes effect

##### C. HIV Negative Persons Who:

1. Are clinically assessed and considered to be at similar high risk of HIV acquisition as those with a serodiscordant partner who is not known to be virally suppressed.

## Social Media....

Follow us on Facebook! Our Facebook page is **Sexual Health Teesside**

There is a link on our page to BOOK NOW which takes any visitors straight to our online booking service. We will also be keeping the page up to date with Health Promotion events and campaigns throughout the year.

We also have a new Instagram page **sexual\_health\_teesside** so give us a follow to see any new posts!



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## FREE TRAINING EVENT - North Tees Safeguarding Adults Champion Event 13/06/19...

**North Tees Safeguarding Champions Event – Thursday 13 June 2019 (9:30am – 1:30pm)**  
[Centre for Independent Living](#) Havelock Street, Hartlepool, TS24 7LT

The Teeswide Safeguarding Adults Board (TSAB) is hosting a North Tees Safeguarding Adults Champion Event (for organisations in Hartlepool and Stockton)

This event is for organisations delivering services to adults who are experiencing, or at heightened risk of abuse or neglect.

### Who should apply?

This event is for existing TSAB Safeguarding Champions and anybody that performs a similar role within the organisations listed below:

- Advocacy Providers
- Alcohol and Substance Misuse Agencies
- Agencies Supporting Carers, and or Personal Assistants
- Banks
- Care Providers (e.g. Champions in Medication, Dementia, Safeguarding)
- Dentists
- Education Providers
- GP Practices
- Housing Agencies
- Mental Health Service Providers
- North East Ambulance Service (NEAS)
- Other Relevant Voluntary and Community Sector Organisations
- Organisations working with Harder to Reach/Marginalised or Minority Groups
- Pharmacists
- Sexual Health Service Providers
- Trading Standards

We would also welcome anyone who would like to volunteer to be a Safeguarding Champion.

For more information and to request a place, please click on the link

<https://www.tsab.org.uk/professionals/events-key-dates/>



## Chlamydia Testing & C-Card...

Please make sure that your Chlamydia testing kits are in date on a regular basis! We do see tests coming back from the lab that haven't been processed and one reason is out-of-date kits.

If you're a GP practice and need testing kits please email [sexualhealth.teesside@nhs.net](mailto:sexualhealth.teesside@nhs.net)

All other services should contact [ccard@virginicare.co.uk](mailto:ccard@virginicare.co.uk) the C-Card coordinators will be able to provide testing kits, condoms and supplies for C-Card and are also on hand for any queries regarding delivering or training to provide the service.

## GP LARC Audit...

Can we remind GP practices that deliver LARC provision to complete the Patient/Training audit, and return it to [sexualhealth.teesside@nhs.net](mailto:sexualhealth.teesside@nhs.net) before Friday 3rd May 2019. Many thanks!

## What Do You Think?...

If you would like to feedback to us about this Newsletter, Website or anything else please email [sexualhealth.teesside@nhs.net](mailto:sexualhealth.teesside@nhs.net)



## Contact Us...

For non-urgent queries please telephone 0300 330 11 22 – your enquiry will be placed on a work list and you will be called back by a member of the team.

Alternatively you can email us at [sexualhealth.teesside@nhs.net](mailto:sexualhealth.teesside@nhs.net)

## Next Edition June 2019

