

# Sexual Health



Newsletter from the Sexual Health Team

September 2019

## Welcome to Sexual Health Services

The second edition of our e-newsletter is dedicated to providing you with information about our sexual health screening services in County Durham. We have included links throughout to make it easy for you to access further information.

The Sexual Health Team provide innovative services, delivered by a committed, highly skilled workforce to achieve standards of excellence in sexual health. Our team includes health advisors, doctors, sexual health nurses and support staff who are friendly, non-judgmental and will be happy to advise on any matters related to sexual health. Our services are free, confidential and open to people of all ages (including under 16s). Please visit our [website](#) for up to date information.

we are supporting Brook's:  
**SEXUAL HEALTH WEEK 2019**  
relationships, sex & disability  
16-22 september

The theme for Sexual Health Week 2019 is sex, relationships and disability. [Brook](#) believes that every young person should have equal access to quality relationships and sex education, sexual health services and wellbeing support.

Despite becoming mandatory in 2020, inclusive relationships and sex education in schools remains a taboo subject. Unfortunately, when it comes to sex education and disabilities, there is even greater stigma. Sex and disability simply isn't talked about enough and this means that lots of young people are missing out on valuable education, information and support.

Through sexual health week, we want to be part of normalising the conversations around sex and disability and supporting professionals to better equip the young people they work with.

As highlighted by learning disability charity, [Mencap](#), people with learning disabilities face multiple barriers when it comes to developing intimate or sexual relationships, and this includes a lack of adequate relationships and sex education (RSE). Without RSE, young people are denied the skills and knowledge to have healthy and fulfilling friendships and relationships and to understand and explore their own sexuality.

The disability charity [Enhance the UK](#) say that they talk to disabled people every day who are struggling to access basic sexual health services such as STI screening, and that targeted relationships education for young disabled people is practically non-existent.

# Sexual Health Screening



## Centres for Sexual Health (GUM)

We have three Centres for Sexual Health (GUM) which specialise in sexual infections.

We offer a full range of tests in clinics at [University Hospital of North Durham](#), [Bishop Auckland Hospital](#) and [Darlington Memorial Hospital](#). We can offer tests to certain patients at some of our CaSH clinics.

We run appointment clinics where we prefer you to phone us in advance and book a specific time to attend for your consultation. We also run 'queue and wait' clinics where you can attend without an appointment. Patients are largely seen on a first-come-first-served basis but your waiting time will also depend on the services you require. We sometimes have to close 'queue and wait' clinics to patients who may arrive later. If this is necessary we will assess your needs and offer you a suitable alternative appointment.

For appointments at our Centres for Sexual Health (GUM) please contact the clinic directly during clinic hours

- Durham 0191 333 2660 / 0191 333 2661
- Bishop Auckland 01388 455 700
- Darlington 01325 743 203

Timetables for all clinics can be found on our [website](#).

## When should I come for a test?

If you have any symptoms or know you have been in contact with someone who has an infection, please come as soon as you can. Sexual infections can take different amounts of time to show up on our tests - we may ask you to return to repeat your tests to make sure you receive accurate results.

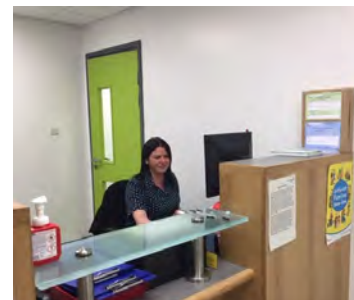
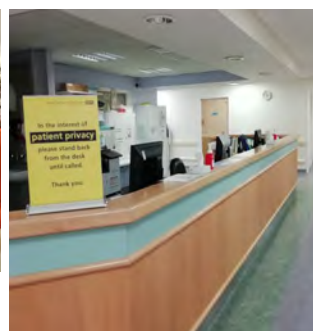
## Will anyone find out that I've come for an appointment?

All of our clinics offer a confidential service, which means that your records can only be read by members of our team and cannot be accessed by other people who work for the NHS such as your GP. It helps us if you can use your real date of birth and mobile number so we can identify you and get in touch if we need to.

In the majority of cases, nobody else will know you have attended our clinic. However, your safety is our primary concern and if you were to tell us something that made us worried about your safety, we may involve other professionals in your care. We will tell you if this is required and we will explain what we plan to do.



Bishop Auckland Hospital



Darlington Memorial Hospital

# Sexual Health Screening



## What happens when I come to a clinic?

When you arrive, please go to reception to let us know you are here. New patients will be asked to complete some registration documents.

One of our team will take you into a clinic room and check your contact details. We will ask you some brief questions to assess which member of our staff can meet your needs. You will then either be seen by one of our nurses or our doctors.

We will ask some questions about any symptoms you may have and about your general health. Then we will discuss which tests you require. If we need to examine you, we will explain how this is done and will give you privacy to get changed. None of our tests are painful, but a few people find some tests slightly uncomfortable. An examination usually takes less than 10 minutes.

If you are worried about having any of our tests please speak to your nurse or doctor. You can ask for a chaperone (someone else from the clinic) to be present or request which gender of staff you see. If you would prefer to see a male or female member of staff, please try to let us know when you make your appointment as this helps us to ensure we are able to meet your needs when you attend.

## How do I get my test results?

We are able to process some tests whilst you wait and you will receive these results before you go home. Most tests for Chlamydia, Gonorrhoea, Syphilis and HIV are sent away for analysis. If you are able to give us your mobile phone number, we will send you the results by text message. You should receive your results within 14 days.

## What if I need treatment?

We are able to diagnose and treat many conditions during your appointment. Our clinics stock the most common treatments and we try to give you what you need whilst you are with us. Our treatments are completely free and you do not need to take a prescription to a pharmacy. If we are sending your tests away for analysis and the results show you need treatment, we will contact you and arrange for you to get your medication.

If you have an STI, your sexual partners may also need treatment. We will discuss how we can help to arrange this, whether you are able to do this on your own or if you would like us to help.



Darlington Memorial Hospital



University Hospital of North Durham



# Durham Pride

On Sunday 26th May 2019 the Sexual Health Team supported the sixth Durham Pride. Thousands turned out for the annual event which celebrates diversity and inclusion within County Durham.

This event aims to raise awareness around LGBT+ issues and was also supported by organisations including Durham Police, County Durham and Darlington Fire and Rescue Service, Durham County Council and Durham University.



[www.cddft.nhs.uk/sexual-health-services](http://www.cddft.nhs.uk/sexual-health-services)



County Durham  
and Darlington  
NHS Foundation Trust



Sexual Health County Durham



@CountyDurhamSH



@LGBTCoDurham



@DarlingtonSH



Sexual Health Darlington

## Contraception & Sexual Health (CASH) Clinic Booking Lines

### County Durham

0191 372 8700

Monday-Friday 9am-5pm

### Darlington

01325 743 203

Monday - Thursday 10am-5pm, Friday 10am-4pm

