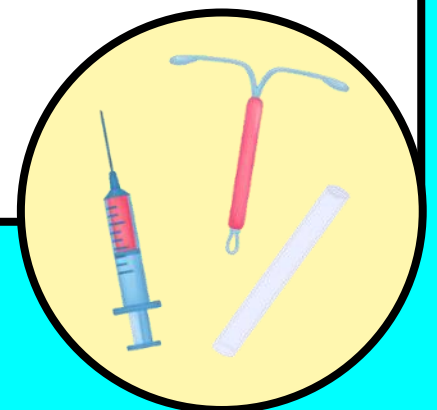
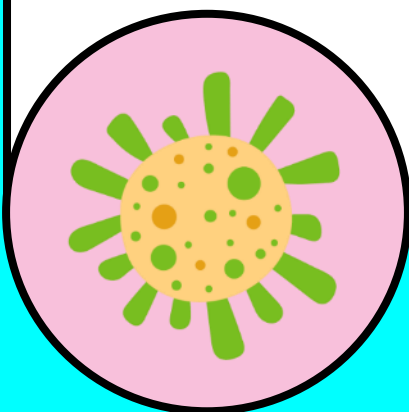


SEXUAL HEALTH COMMUNICATIONS PACK FOR PARTNER AGENCIES

This pack contains information about sexual health services in Leicester, Leicestershire and Rutland.

This is for partner organisations to share information to the local community, including:

- Website content
- Newsletter content
- Social media posts
- Links to posters, TV screens and C-Card paperwork



Information for website

Please find below information on our services which you can use on your website. If you have limited space, simply add a link to www.leicestersexualhealth.nhs.uk.

Leicester Sexual Health provide a range of NHS sexual health services across Leicester, Leicestershire and Rutland. Their specialist team offer lots of free and confidential sexual health services in our clinics and in the community, including:

C-Card Condom Scheme

The C-Card offers free and easy access to condoms and lube in a range of venues, including sexual health clinics, as well as some schools, colleges and pharmacies. C-Cards are available to people aged 13+.

The C-Card is the size of a business card and does not have any personal details on it, like your name, it only has a unique number on it.

You can sign up for (and use) your C-Card at a range of local venues, including pharmacies – you can see a list of these on the [Venue Finder](#) section of the Leicester Sexual Health website. Simply sign up for, or use, your C-Card at a local venue or bring it into a sexual health clinic, and get your condoms without questions or judgement. People aged 18+ can also register for a C-Card online.

Registration is very quick and easy. You will only be asked for a few simple details like your name, postcode and date of birth. University students can register for a C-Card and get their first pack on campus.

Read more about the [C-Card on the Leicester Sexual Health website](#).

Contraception

Contraception refers to the various methods that are used to prevent pregnancy. There are many types to choose from and different methods suit different people. Some require a procedure to have them fitted and removed, and may need an advance appointment before fitting. Leicester Sexual Health can provide many different contraception methods at their clinics, including:

- Implant
- Intrauterine device (IUD)
- Intrauterine system (IUS)
- Injection
- Patch
- Condoms (internal and external)
- Diaphragm
- Contraceptive pills* (ages under 18 only)

You can find more information about different [contraception options on our website](#). Appointments can be [booked online](#), or by calling 0300 124 0102.

*You can order contraceptive pills online [via SH:24](#), from your GP, and [some pharmacies](#) also offer this service.

Emergency Contraception

Emergency contraception aims to prevent pregnancy after sex without a condom, or if your usual contraception has failed.

There are two emergency contraception options:

- Emergency IUD (coil)
- Emergency hormonal contraception (EHC), also known as 'the morning after pill'

You can get both of the above emergency contraception options from Leicester Sexual Health, or you can use our website to [find a list of other places near you](#) (like pharmacies), where you can access EHC.

STI Testing and Treatment

A sexually transmitted infection (STI) is an infection that can be passed on through unprotected sexual contact.

Anyone can get an STI, but don't panic, most infections are easily treated, and getting tested is free and confidential. It's important to get tested for STIs, as some STIs don't have any symptoms, but can still cause health problems if they're not treated. Testing and treatment for STIs is available from [our clinics](#).

Self-taken STI testing kits can also be [ordered online](#), which can test for chlamydia, gonorrhoea, syphilis and HIV.

PrEP

PrEP (pre-exposure prophylaxis), is a drug that is taken by HIV-negative people before and after sex, which reduces the risk of them becoming infected with HIV.

Free PrEP is available from our sexual health service, find more information about it on our [website](#), or contact Leicester Sexual Health by calling 0300 124 0102 for a suitability assessment.

Professionals Training

A range of training opportunities and networking events for professionals are hosted regularly by Leicester Sexual Health. These include STI Foundation Theory, Implant and Coil Training, Sexual & Reproductive Health Essentials for Primary Care, Sexual Health eLearning and more. Find further information at leicestersexualhealth.nhs.uk/professionals.

Information for newsletters

The information below provides a brief overview of local sexual health services, which can be used in newsletters or in service listings.

Leicester Sexual Health provide a range of NHS sexual health services across Leicester, Leicestershire and Rutland. Their specialist team offer lots of free and confidential sexual health services, including:

- **C-Card** (free condoms and lube)
- **Contraception**
- **Emergency contraception**
- **STI Testing and Treatment** (including self-taken kits which you can order online)
- **PrEP**
- **Professionals Training**

Find clinic locations and opening times, as well as more information on the services above on www.leicestersexualhealth.nhs.uk or call the team on 0300 124 0102.

You can also find the team on [Facebook](#), [Twitter](#) and [Instagram](#).

Social media posts

See below images and accompanying text for social media. Click the image to be taken to the image file (right click > Save Image).

Please feel free to tag us! @LLRSexualHealth on X, @leicester_sexual_health on Instagram, and Leicester Sexual Health on Facebook.



The team at Leicester Sexual Health offer free and confidential sexual health services across the region, including:

- C-Card (free condoms and lube)
- Contraception
- Emergency contraception
- STI Testing and Treatment
- PrEP

Find out more on their website www.leicestersexualhealth.nhs.uk

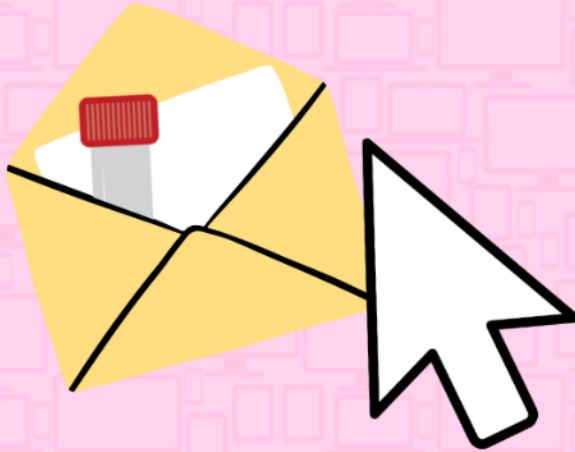


★ Get free condoms with a C-Card! ★

- ✓ It's free and confidential
- ✓ No personal details on your card
- ✓ Available to people ages 13 and over

Find out more on the Leicester Sexual Health website: www.leicestersexualhealth.nhs.uk/c-card

Order a free STI testing kit online



L-S-H Leicester Sexual Health

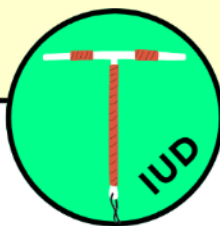
Did you know that if you're aged 16+ and have no symptoms, you can order a self-taken STI testing kit online?

It's free, confidential and sent in plain packaging ✉

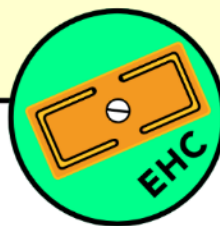
Find out more:

www.leicestersexualhealth.nhs.uk/online-testing-kit

The two types of emergency contraception



Emergency intrauterine device (IUD). Also known as the copper coil.



Emergency hormonal contraception (EHC). Also known as the 'morning after pill'.

L-S-H Leicester Sexual Health

Did you know that there are two types of emergency contraception?

- 1 Emergency IUD (coil)
- 2 Emergency hormonal contraception (EHC), also known as 'the morning after pill'

Read more about emergency contraception on the Leicester Sexual Health website:

www.leicestersexualhealth.nhs.uk/emergency-contraception

L-S-H Leicester Sexual Health

PrEP

a medicine that can
**reduce the risk
of getting HIV.**

Available for free
on the NHS from
sexual health clinics.

LSH Leicester
Sexual
Health

PrEP is a medicine that HIV-negative people take before and after sex that reduces the risk of getting HIV.

It is available for free from Leicester Sexual Health. Find out if you may benefit from taking it, and how to access it here:

www.leicestersexualhealth.nhs.uk/leicester-sexual-health/hiv

Posters, TV Screens and Paperwork

We have a range of posters and resources for a variety of settings and services.

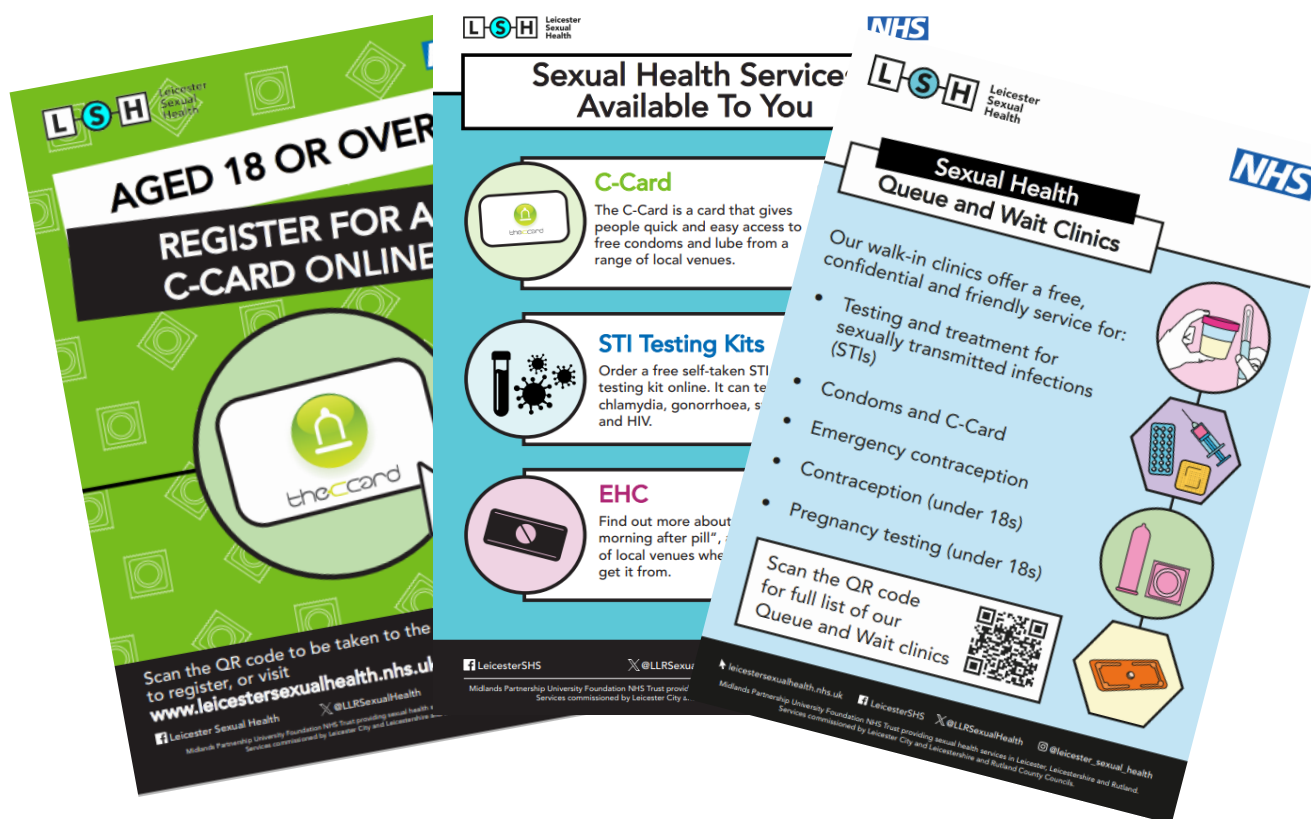
All posters are available to download from the Resources page of our website.

[Resources - Leicester Sexual Health](#)

Posters available include:

- C-Card Online Registration
- Editable C-Card "Sign Up Here" Poster
- Contraception
- QR code poster (with links to C-Card, EHC, Online Testing Kits)
- Queue and Wait Clinics
- ...and more

If you would like a bespoke poster or TV screen, please email SexualHealthComms@mpft.nhs.uk



The latest C-Card paperwork can be found on the [C-Card page in the Professionals section of the Leicester Sexual Health website](#). Alternatively, find a copy of the C-Card Registration Form, Distribution Form and Resource Request Form below.

Full Name: <i>IN BLOCK CAPITALS</i>		Do you consider yourself to have a disability? Yes / No If Yes please give some detail: Physical / Non-physical Literacy/learning e.g. dyslexia	Gender at Birth :
Date of Birth:	Age:		Gender Identity:



theccard
carry with confidence.....

Mobile:	Country of Birth:	How was your visit today?
House number & Postcode:	Ethnic Code (PTO): Sexual Orientation (PTO):	

<u>STAFF ONLY</u>	Venue Name:	Date:	Form completed by: (STAFF ONLY— BLOCK CAPITALS PLEASE)
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For Everyone	Yes	No	Comments
C-Card Scheme - Confidentiality discussed and information provided			
Sharing of information with Trust sexual health services (GDPR). CONSENT GIVEN			ONLY PROCEED IF CONSENT GIVEN
Under 16 or vulnerable adults only			
Fraser assessment Y / N Fraser Competent			
Discussed safer sex and healthy relationships. Safeguarding or Child Protection including risk of CSE, where met partner discussed inc social media			Safeguarding referral made? Other Comments e.g. Onward referral
Condom demonstration completed			
C-Card issued?			

ALL STAFF	C-Card Number:	PLEASE COMPLETE	Type of registration:	New	1st Pack given	Yes
				Review		No
				Lost Card		



theccard
carry with confidence.....

ETHNICITY CODES:	
A WHITE - BRITISH	J ASIAN OR ASIAN BRITISH - PAKISTANI
B WHITE - IRISH	K ASIAN OR ASIAN BRITISH - BANGLADESHI
C WHITE - OTHER	L ASIAN OR ASIAN BRITISH - OTHER
D MIXED – WHITE AND BLACK CARIBBEAN	M BLACK OR BLACK BRITISH - CARIBBEAN
E MIXED – WHITE AND BLACK AFRICAN	N BLACK OR BLACK BRITISH - AFRICAN
F MIXED – WHITE AND ASIAN	P BLACK OR BLACK BRITISH - OTHER BLACK BACKGROUND
G MIXED - OTHER	R OTHER ETHNIC GROUPS - CHINESE
H ASIAN OR ASIAN BRITISH - INDIAN	S OTHER ETHNIC GROUPS - OTHER

SEXUAL ORIENTATION CODES:
A HETEROSEXUAL (STRAIGHT)
B HOMOSEXUAL (GAY MAN)
C HOMOSEXUAL (LESBIAN WOMAN)
D BISEXUAL
E UNSURE / DON'T KNOW
F DECLINED TO ANSWER



Leicester Sexual Health

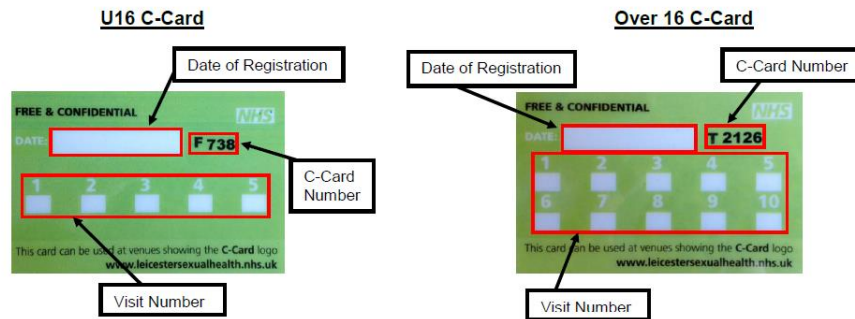


Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

C-CARD DISTRIBUTION FORM

Venue:

Please contact LLRccard@mpft.nhs.uk for enquiries and any stock requirements, allowing 7 days for delivery.



Date	C CARD NUMBER	VISIT NUMBER	STAFF NAME (Print)	SIGNATURE

C-CARD SCHEME RESOURCE REQUEST FORM 2024

Name & Address of C Card venue:

Telephone:

Email:

Signature:

Resource type	*Quantity	*Date of Request
C-Card		
Numbered cards (for 5 or 10 visits) 5 visit cards for under 16s or vulnerable adults, 10 visit cards for over 16s		
C-Card condom packs - <i>please specify standard (regular condoms) or variety (mixed- for over 16s)</i>		
<p>Registration and distribution forms are available to download from our website as are posters</p> <p>www.leicestersexualhealth.nhs.uk/professionals/resources</p>		
Pregnancy Testing Kits (for approved, trained sites only)		
Pharmacies		
EHC Condom Packs - Contains 4 condoms (1 pack per EHC issued)		
Any other requests:		

PLEASE E-MAIL YOUR REQUESTS TO: LLRccard@mpft.nhs.uk

Please allow 5 - 10 working days for delivery



MIDLANDS PARTNERSHIP UNIVERSITY NHS FOUNDATION TRUST PROVIDING SEXUAL HEALTH SERVICES IN LEICESTER, LEICESTERSHIRE AND RUTLAND.

SERVICES COMMISSIONED BY LEICESTER CITY COUNCIL, LEICESTERSHIRE AND RUTLAND COUNTY COUNCILS.