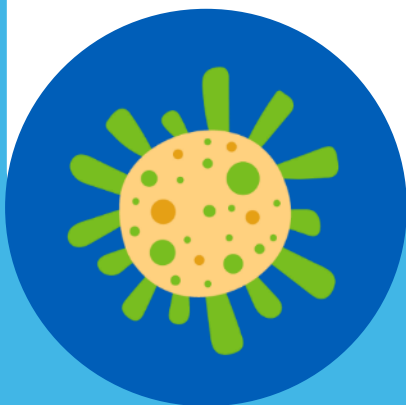


SEXUAL HEALTH COMMUNICATIONS PACK FOR PARTNER AGENCIES

This pack contains information about sexual health services in Leicester.

This is for partner organisations to share information with 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 provides a range of NHS sexual health services for people in Leicester City. 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 teenagers and adults, with no upper age limit.

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 emergency contraceptive 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.

The majority of STIs can be treated with medication, and STIs that cannot be cured can be managed.

The sooner STIs are treated, the better it is for your long-term health.

Testing and treatment for STIs is available from [sexual health clinics](#), and 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 and more. Find further information at leicestersexualhealth.nhs.uk/professionals.

RHSE

Leicester Sexual Health can offer support to Leicester City Primary & Secondary Schools and Further Education Colleges in their work towards delivery of statutory Relationship & Sexual Health Education (RSHE).

Within the RHSE offering, there is also a Level 1 e-Learning course, aimed at practitioners working with young people to enhance their understanding of sexual health, and to benefit their delivery to young people. It is ideal for teachers, welfare and progress coaches, youth workers, care/support workers, foster carers, vulnerable young person's workers, and youth offending teams.

The learning covers information on our sexual health services and how to access them, including:

- Contraception
- Sexually Transmitted Infections (STIs)
- Consent and the law
- The C-Card condom scheme
- Young people and sexual health
- Information on other relevant services and resources

For more information, visit leicestersexualhealth.nhs.uk/rhse

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 in Leicester. 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](#), [X](#) 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).

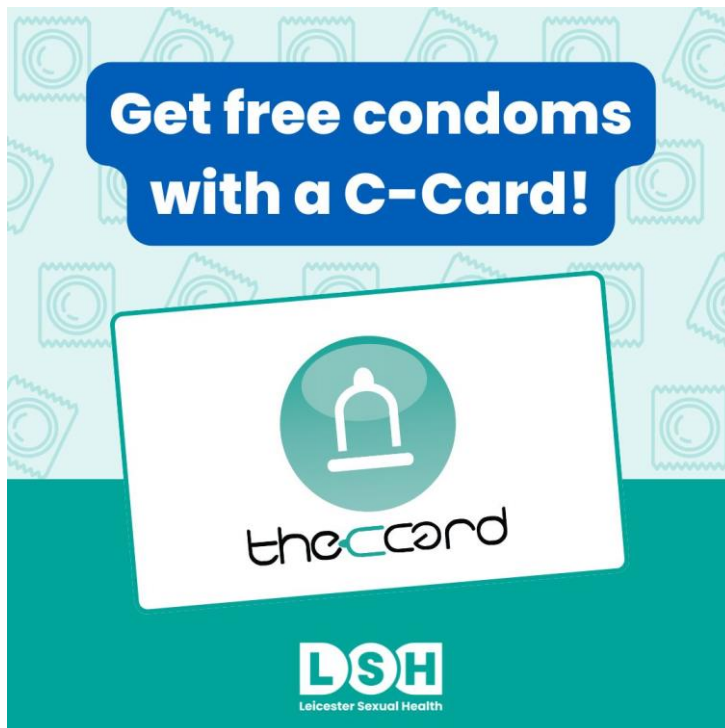
Please feel free to tag us! @LeicesterSHS on X, @leicester_sexual_health on Instagram, and Leicester Sexual Health on Facebook.



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

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

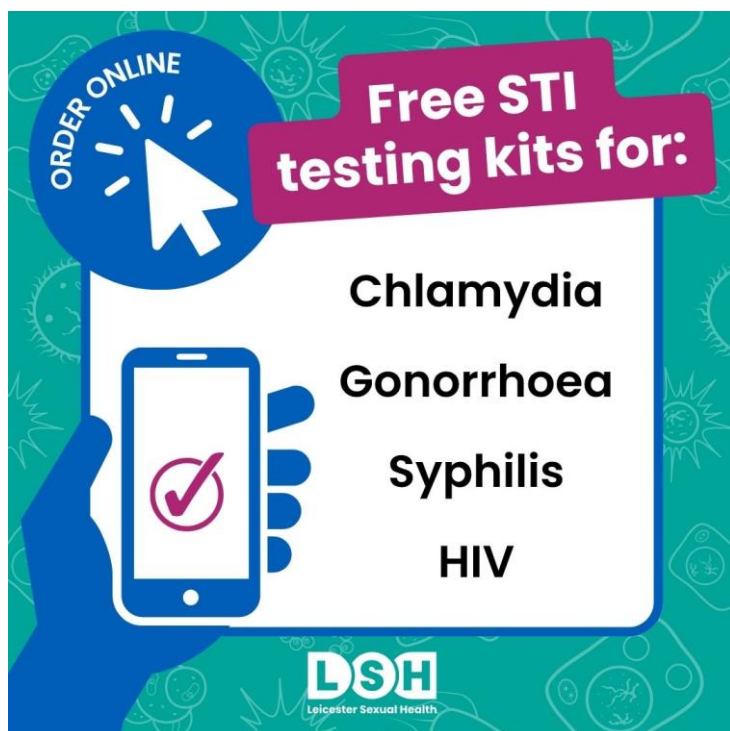
Find out more on their website www.leicestersexualhealth.nhs.uk



★ Get free condoms with a C-Card! ★

- ✓ It's free and confidential
- ✓ No personal details on your card
- ✓ Available to teenagers and adults

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



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

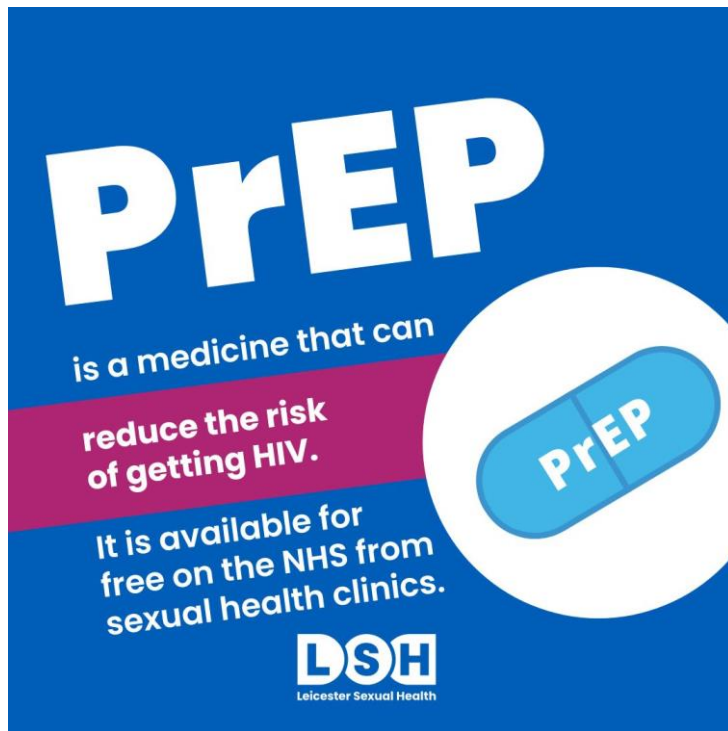


Did you know that there are two types of emergency contraception?

- 1 Emergency IUD (coil)
- 2 Emergency hormonal contraception (a 3 day or 5 day emergency pill)

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

www.leicestersexualhealth.nhs.uk/emergency-contraception



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](#)

Resources available include:

- C-Card online registration poster
- Easy read sexual health leaflet
- Editable C-Card "Sign Up Here" poster
- QR code poster (with links to C-Card, EHC, Online Testing Kits)
- Signposting and support for other support services poster
- Translated sexual health resources
- ...and more



If you would like a bespoke poster or TV screen, please email

SexualHealthComms@mpft.nhs.uk



The latest C-Card paperwork can also be found on the Resources section of our website.

Alternatively, find a copy of the C-Card Registration Form and Distribution Form below.

Full name: IN BLOCK CAPITALS	Do you consider yourself to have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>If yes, please give some detail: Physical / Non-physical Literacy/learning e.g. dyslexia</i>	Gender at birth <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Not known	Gender identity <input type="checkbox"/> Female (inc trans woman) <input type="checkbox"/> Male (inc trans man) <input type="checkbox"/> Non-Binary <input type="checkbox"/> Other <input type="checkbox"/> Not stated	 
Date of birth	Age	Country of birth	How was your visit today?	
Mobile phone number	House number and postcode	Ethnic code (see page 2)	Sexual orientation code (see page 2)	

STAFF ONLY SECTION			
Venue name	Date		Form completed by (block capitals)
For everyone	YES	NO	Comments
C-Card Scheme - Confidentiality discussed and information provided	<input type="checkbox"/>	<input type="checkbox"/>	
Sharing of information with Trust sexual health services (GDPR) – read statement from page 2 – CONSENT GIVEN	<input type="checkbox"/>	<input type="checkbox"/>	Only proceed if consent given
For under 16s and vulnerable adults	YES	NO	Comments
Fraser Assessment	<input type="checkbox"/>	<input type="checkbox"/>	
Fraser Competent	<input type="checkbox"/>	<input type="checkbox"/>	
Discussed safer sex and healthy relationships. Safeguarding or Child Protection including risk of CSE, where met partner discussed inc social media	<input type="checkbox"/>	<input type="checkbox"/>	
Condom demonstration completed	<input type="checkbox"/>	<input type="checkbox"/>	
C-Card issued	<input type="checkbox"/>	<input type="checkbox"/>	

! IMPORTANT ! STAFF PLEASE COMPLETE		
C-Card Number	Type of registration <input type="checkbox"/> New <input type="checkbox"/> Review <input type="checkbox"/> Lost card	First pack given? <input type="checkbox"/> Yes <input type="checkbox"/> No

ETHNIC 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)	E DON'T KNOW / NOT SURE
B GAY	F PATIENT DECLINED TO ANSWER
C LESBIAN	G PATIENT WAS NOT ASKED
D BISEXUAL	H NONE OF THE ABOVE

MPFT GDPR Statement

The information you provide within this form will be shared with Midlands Partnership University NHS Foundation Trust. Your information will be used to create an electronic sexual health record which is confidential and not shared with other services, unless we have reason to believe you or someone else is at risk of harm and the information in this form is relevant to keeping you safe. If you would like more information relating to your rights and the Trust, ask the professional that is registering you

C-CARD DISTRIBUTION FORM

Venue:



Please contact LeicesterCCard@mpft.nhs.uk for enquiries and stock requirements, and allow 7 days for delivery.

Under 16 C-Card

FREE & CONFIDENTIAL NHS

DATE: **FXXXX**

1 2 3 4 5

For more information, please visit www.leicestersexualhealth.nhs.uk

Date of Registration

C-Card Number

Visit Number

Over 16 C-Card

FREE & CONFIDENTIAL NHS

DATE: **TXXXX**

1 2 3 4 5
6 7 8 9 10

For more information, please visit www.leicestersexualhealth.nhs.uk

Date	C-Card Number	Visit Number	Staff Name (Print)	Signature

www.leicestersexualhealth.nhs.uk