



Central and
North West London
NHS Foundation Trust

Sexual health services in Surrey for under 25s

Free and confidential
support for young people



Wellbeing for life

Having healthy sex

You're the only person who will know when you're ready for sex, don't be pressurised into it. If you feel someone is pressurising you to do something you don't want to, come and talk to us.

If pregnancy is a main concern then you should make an appointment with us for some effective contraception. There are lots to choose from and one will be right for you.

Anyone who is sexually active can get a Sexually Transmitted Infection (STI) you do not always know if you have an infection as they may not cause you any symptoms so it is important that you get checked. We recommend that you and your partner(s) have sexual health testing before having sex at the start of a new relationship.

Book an appointment online at www.sexualhealth.cnwl.nhs.uk

Condoms

If you're ready then it's important that you think about how you might reduce any of the negative things that might happen. You can't really go wrong with using condoms. If used correctly every time then they are 98% effective at reducing the chances of pregnancy and limiting the spread of sexually transmitted infections (STIs).

Condoms are available for **free** via the C-Card scheme for under 25 year olds, ask at one of our clinics, or visit the healthy Surrey website for a list of outlets: www.healthysurrey.org.uk/your-health/sexual-health. You can also buy condoms from Boots and other chemists, but you might prefer to purchase them anonymously online, such as from Freedoms-Shop.com. Freedoms Shop is run by CNWL, the same organisation that provides all sexual health services in Surrey.

Cheap & Discreet



72
condoms
£9.99
Free delivery



Letterbox friendly.

23 varieties.



 **freedom's**
www.freedom's-shop.com **Shop**

Free and confidential services

Anyone can use free NHS Sexual Health Services. In Surrey you can access services either by visiting a clinic or by ordering an online home screening kit. Either way you choose, the service will be completely free, confidential and non-judgemental.

Sexual health clinics

We have three main clinics in Surrey which are open extended hours most days; there are also a number of locations where we run clinics one day a week. Depending on where you live, work or study there should be a clinic that is convenient. Details of our clinics are available at sexualhealth.cnwl.nhs.uk and in this leaflet.

New: Online home screening kits

If you live in Surrey you can now order a home screening kit from www.sexualhealth.cnwl.nhs.uk/surrey-kits

You'll be sent a pack which contains swabs and easy to understand instructions. Simply send back the samples and we'll tell you your results. Lots of people who are busy or do not live near a clinic choose to use this service as it gives you the time to do the things you'd rather be doing.

We're here for you

We are also here to talk to if other things are worrying you, like drink and drugs or perhaps someone is making you feel unsafe or do things you do not want to do.

The most convenient Sexual Health Screen!



FREE

Discreet,
plain
packaging,
direct
to you



Spend more time doing your thing

It's free, confidential and easy to use
Order your **home-testing** kit now:

www.sexualhealth.cnwl.nhs.uk/surrey-kits



We have three main clinics

They are open early, late and on Saturdays – check our website for the opening times and to book an appointment www.sexualhealth.cnwl.nhs.uk You can also call us on 020 3317 5252 (calls charged at local rates).

If you are under 16 you can just walk in without an appointment



Buryfields Sexual Health Clinic

61 Lawn Road, Guildford Surrey GU2 4AX



Earnsdale Sexual Health Clinic

2 Whitepost Hill, Redhill Surrey RH1 6BD



Woking Sexual Health Clinic

Woking Community Hospital 3
Heathside Road, Woking GU22 7HS

What to expect at your appointment

All of our services are confidential which means that we will not share your information or tell anyone about your visit or use of any of our services unless we believe that you, or someone else, are at risk of serious harm. If we believe this to be the case we may need to talk to other people outside of CNWL so that you can get additional support to protect you. We will always discuss this with you first before talking to anyone else.

We have four local clinics

Our smaller clinics provide contraception services including condoms.

You will need to book an appointment for these clinics check our website for the opening times.



Leatherhead Hospital

Mondays, 3pm to 6pm
Poplar Road, Leatherhead KT22 8SD



Derby Medical Centre in Epsom

Wednesdays, 3pm to 7pm
8, the Square, Epsom KT19 8AG



Staines Health Centre

Alternate Tuesdays 3pm to 6pm (until 27 November*)
Knowle Green, Staines, Middlesex TW18 1XD

*New Spelthorne spoke venue to be confirmed soon



Runnymede

Alternate Tuesdays 3pm to 6pm (from 16 October)
Addlestone Youth Centre, 121-125 Church Road,
Addlestone KT15 1SH

For more information on sexual health services visit:

www.healthysurrey.org.uk/your-health/sexual-health

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

本文件也可应要求，制作成其它语文或特大字体版本，也可制作成录音带。

Mandarin

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Acest document este de asemenea disponibil, la cerere, în alte limbi, cu caractere mari sau în format audio.

Romanian

本文件也可應要求，製作成其他語文或特大字體版本，也可製作成錄音帶。

Cantonese

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

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Amharic

A richiesta questo documento è anche disponibile in altre lingue, a caratteri grandi e in formato audio.

Italian