

# Sexual Health West Sussex

## Winter 2022 Newsletter



**OUR STI KITS ARE NOW MORE INCLUSIVE THAN EVER!**

In the last few months, we have launched a new approach to our STI home test kits. We now have 4 different types of kits available. The image on the left shows each pack, who they are suitable for and what is included.

It is hoped that the new design and range of STI kits, helps to ensure our services remain inclusive of all gender identities & sexual orientations.

Vaginal pack	Penis pack	Vaginal + pack	Penis + pack
<p>Suitable for: All females</p>	<p>Suitable for: Males who only have sex with females</p>	<p>Suitable for: Trans male and non-binary people (born female)</p>	<p>Suitable for: Men who have sex with men, Trans female and non binary people (born male)</p>
<ul style="list-style-type: none"> <li>Vaginal swab</li> <li>Finger prick blood test</li> </ul>	<ul style="list-style-type: none"> <li>Urine test</li> <li>Finger prick blood test</li> </ul>	<ul style="list-style-type: none"> <li>Vaginal swab</li> <li>Rectal swab</li> <li>Throat swab</li> <li>Finger prick blood test</li> </ul>	<ul style="list-style-type: none"> <li>Urine test</li> <li>Rectal swab</li> <li>Throat swab</li> <li>Finger prick blood test</li> </ul>

**MAKE A REFERRAL**

Did you know we accept referrals for anyone you feel could benefit from extra support to access sexual health care? To do this, please use one of the following methods:

Click the link: [sexualhealthwestsussex.nhs.uk/outreach-referral](https://sexualhealthwestsussex.nhs.uk/outreach-referral)

Email: [uhsussex.outreachmail@nhs.net](mailto:uhsussex.outreachmail@nhs.net)

Or if you'd prefer to speak with one of the team on the phone, please call: 0800 0150 503

**KEY FOBS**

Our key fobs are a great way to signpost people to our services and website. Simply scan the QR code. These are available for free to professionals, if you would like to place an order, please email [Uhsussex.shonline@nhs.net](mailto:Uhsussex.shonline@nhs.net) or call 0800 0150 503.



## Campaigns & Social media



**World Aids Day** is a campaign run every year in December, to highlight the importance of preventing HIV transmission and reducing stigma. Today over 105,000 people in the UK live with HIV yet through research by The National Aids Trust, it showed 60% of the public do not remember seeing or hearing about HIV in the past 6 months. It also showed that 1 in 5 people think you can acquire HIV through kissing. This highlights the lack of knowledge in society surrounding HIV & AIDS. Remember, if a person living with HIV is receiving regular treatment, they cannot pass on the virus.



**What can you do to show support?**  
World Aids Day is an opportunity to show solidarity with the millions of people living with HIV worldwide. This can include wearing a red ribbon and spreading the word to increase awareness and fight prejudice & HIV related stigma.

**16 days of action for the elimination of violence of women & girls**



Beginning on 25th November, this campaign highlights the continued efforts needed to eliminate gender-based violence. Emerging evidence from agencies across the UK has emphasised the increased risks of domestic abuse this year, with national domestic violence charity Refuge reporting a 25% increase in calls and online requests since the lockdown began in March 2020.

**Transgender remembrance day**



Trans Remembrance Day is an annual observance on November 20th that honours the memory of the transgender people whose lives were lost in acts of anti-transgender violence.

**'Tis the season to be jolly**  
(and sexually active)



As we approach the festive season, we are keen to promote use of our online services. This includes our STI testing and Condom scheme for <25's. Please signpost where possible. We know that this time of year involves many parties and events over the seasonal period and a time to let loose and have fun.

**Don't risk an unwanted gift this Christmas!**



## When to test?

Testing recommendations vary depending on whether you have a penis or vagina and who you have sex with. We have created an infographic to assist our service users in understanding the national testing guidance.



## Useful links



[Youtube.com/watch?v=L6TOkfU0jU](https://www.youtube.com/watch?v=L6TOkfU0jU)  
(CDS 'How to')



[Sexualhealthwestsussex.nhs.uk/online-testing](https://sexualhealthwestsussex.nhs.uk/online-testing)

[Sexualhealthwestsussex.nhs.uk/condomsonline](https://sexualhealthwestsussex.nhs.uk/condomsonline)

[Sexualhealthwestsussex.nhs.uk/professionals](https://sexualhealthwestsussex.nhs.uk/professionals)



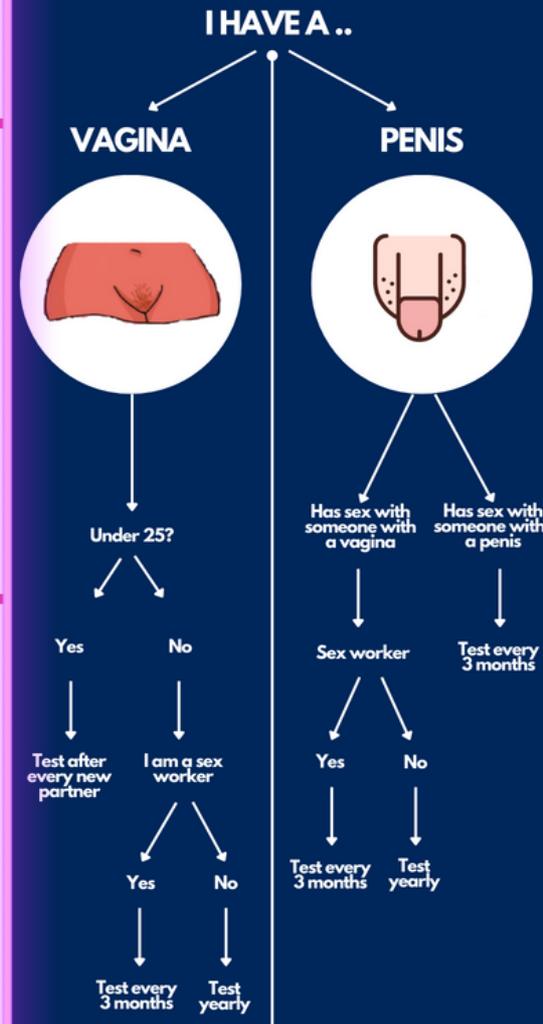
Could your workplace or organisation benefit from one of our free training sessions?

We provide sessions on the following:

- Our services & schemes
- Sexual health, HIV & contraception updates
- Sexual health conversations & Risk reduction



## HOW OFTEN SHOULD I TEST?



## Other news



**YOU DID IT!**



Our clinical lead & consultant in Sexual health & HIV, Emma Rutland, completed the London Marathon in October, raising money for Terrence Higgins Trust. This charity is at the forefront of the fight against HIV & improving the nations sexual health.

"London marathon day was absolutely amazing following long months of putting in the training miles. I feel so proud to have supported such an amazing charity. Overall team THT London Marathon 22 has raised over £53,500 pounds which will support projects aimed at improving outcomes for people living with HIV, increasing testing, education and supporting awareness campaigns."

## Sexual Health Promotion & Outreach Services



0800 0150 503



uhsussex.shonline@nhs.net

For all of our up to date information including local events we are attending please follow our social media channels:



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West Sussex sexual health