

## Contraception

There are lots of different types of contraception available, including:

- Tablets; injections; diaphragms; patches
- Implants & 'Intra-uterine devices'
- Condoms (male or female)

Most contraception is free on prescription in England. Condoms are the only form of contraception which will reduce the risk of getting a sexually transmitted infection. They can be obtained for free at sexual health and community contraceptive clinics for people using their services. Condoms are also widely available to buy from many shops, pharmacies, garages and supermarkets.

Young people living in Lincolnshire and aged 13-19 (or under 25 for those with a learning disability) can access the C card scheme where, once registered, they can get free condoms at numerous venues around the county. To find out more about the C-Card Scheme and find local venues, visit: [www.ccard-lincolnshire.co.uk](http://www.ccard-lincolnshire.co.uk).

Your GP can provide you with advice and general contraception. Some are able to supply the more specialist long-acting types but if not, they will be able to refer or signpost you elsewhere. There are also a number of community contraception clinics available - contact the central booking line. Please refer to the contact section overleaf.

## Emergency Contraception

If you need emergency contraception it is really important to speak to a pharmacist, nurse or your GP as soon as possible as some methods are less effective the longer you leave it. There are 2 types of tablets which can be used; one has to be taken within 3 days (levonorgestrel) but there's another one which can be taken up to 5 days after unprotected sex (ulipristal) which GPs and Sexual Health Services can prescribe. Intra-Uterine Devices are the most effective emergency contraception but need to be fitted by a specialist.

## Contact Numbers

### Contraception

Community contraception clinics can be accessed via the Lincolnshire Contraceptive and Sexual Health Services central booking line: 01522 539145 Mon-Thurs – 8.30am – 7.30pm, Fri 8.30am – 4.30pm

As well as your GP, you can access free emergency contraception from the following services:

Local pharmacies – some supply it free for those aged under 19. Just ask at the counter. It can be purchased at any site.

Walk-in centre in Lincoln. Open 8am to 8pm every day, located on Monks Road in Lincoln. Call 01522 528153.

### Other useful websites:

Family Planning Association: [www.fpa.org.uk](http://www.fpa.org.uk)

Brook: [www.brook.org.uk](http://www.brook.org.uk)

NHS Choices: [www.nhs.uk/worhtalkingabout](http://www.nhs.uk/worhtalkingabout)



# Where do I go?



## Lincolnshire Contraception and Sexual Health Services

Find contraception and sexual health services in Lincolnshire whatever your age and sexual orientation.

[www.lincolnshire.gov.uk/sexualhealth](http://www.lincolnshire.gov.uk/sexualhealth)

## Sexual Health Issues

Sexually transmitted infections are very common and anyone who is having sex can get them. Not all infections have symptoms, so you or anyone you have sex with, could have an infection and not know about it. That's why it's important to use condoms instead of taking a risk.

Although most infections can be quickly and easily treated if they are found early, some can cause long-term problems such as infertility in women if they are not treated early.

A routine sexual health check-up consists of tests for Chlamydia, gonorrhoea, HIV and syphilis. You may be offered some extra tests, for example hepatitis B, if necessary. Some things affect the accuracy of the test results. If you have had some types of antibiotics recently or if you had unprotected sex less than two weeks from testing, you may need to be re-tested later on.

Advice, testing and treatment is available at:  
Lincolnshire Contraception and Sexual Health Services  
central booking line: 01522 539145  
Mon-Thurs – 8.30am – 7.30pm, Fri 8.30am – 4.30pm

Newmarket Medical Practice, Greta Ross clinic, 153  
Newmarket, Louth: 01507 603121.

Beechfield Medical Centre, Beechfield Gardens, Spalding:  
01775 724088.

Positive Health (Lincolnshire) also has a 24-hour phone line offering general sexual health advice, information, signposting, and support. Call 0800 252534 or visit:  
[www.positivehealthlincs.com](http://www.positivehealthlincs.com).

Psycho-sexual counselling services are provided by Relate, and a referral can be made for you by your GP or from a Sexual Health clinic.

## Pregnancy Testing

If you want to find out if you're pregnant, a urine test can show positive as early as the first day of a missed period. Pregnancy test kits can be bought from shops like pharmacies and supermarkets. Free pregnancy tests for those aged under 19 (or under 25 if you have a learning disability) can be carried out in some pharmacies. For an up to date list see [www.ccard-lincolnshire.co.uk](http://www.ccard-lincolnshire.co.uk).

Anyone can access free pregnancy testing from all community contraceptive and sexual health clinics. Call the Lincolnshire Contraception and Sexual Health Services central booking line. Please refer to the contact section overleaf.

## Teenage Pregnancy

The Lincolnshire Teenage Pregnancy programme aims to help young people access sexual health services that meet their needs by ensuring they are easily accessible and young people friendly.

To find out more about the programme, including information about sexual health services and support for teenage parents visit [www.lincolnshire.gov.uk/teenagepregnancy](http://www.lincolnshire.gov.uk/teenagepregnancy) or call 01522 554622 / 01522 552332.

## Chlamydia Screening

Chlamydia screening is offered to all 15-24 year olds who are sexually active at many venues across Lincolnshire. These include GP surgeries, pharmacies, youth and community centres, schools, colleges and university sites.

It's a simple test of either a urine sample (for both men and women) or a self-swab (women only). For more information on where you can get tested: Call or text:  
07879 630619 / 07500 089726

You can visit [www.doyouhaveit.co.uk](http://www.doyouhaveit.co.uk) to see a list of venues or order a self-test kit if you're aged between 16 - 24.

## Abortion Services

Deciding to have an abortion is often a difficult choice. By getting advice early on, you have time to discuss the options and get the right care.

You can be referred to abortion services through your GP or through community contraception clinics, by calling: 01522 539145 Mon-Thurs – 8.30am – 7.30pm, Fri 8.30am – 4.30pm.

Relate Lincolnshire offer free counselling support across Lincolnshire to young women (13 – 19 years). This includes helping you decide what to do about an unplanned pregnancy, and support for your partner or a family member who may be finding the situation difficult.

Relate can also provide post termination support and counselling. Contact Relate: 01522 524922 (Mon – Thurs 9 am – 9 pm or Fri and Sat 9 am – 1 pm) for more information.

## Sexual Assault

Lincolnshire has a dedicated Sexual Assault Referral Centre (SARC) for men and women aged 14 and over. Spring Lodge provides support and advice, forensic medical assessments, 24 hour crisis workers and can support and advise on the criminal investigation process if appropriate.

They can also help to provide anonymous information to the police and find appropriate counselling services for you. The workers are independent and can help you through a difficult time to get the help you need. Although based in Lincoln, it covers all of Lincolnshire and can be accessed by calling:

01522 524402 (Mon-Fri 9 am - 5pm) or 01371 812686, at any other time.

You can also visit [www.springlodge.org](http://www.springlodge.org) for further information.