

Sexual Health West Sussex

Spring 2023 Newsletter



New CDS click & collect sites!

We have updated our condom click & collect to now include 3 new sites. These are:

- 4 The Youth - Horsham
- Sussex clubs for young people - Billingshurst
- Henfield youth club

Order through our website:

Sexualhealthwestsussex.nhs.uk/condomsonline



Emergency contraception information

Free emergency contraception is available from any of our sexual health clinics. These are located in Crawley, Worthing & Chichester. Making an appointment is easy, just call: 01903 285199.

There are different types of emergency contraception:

- An emergency contraceptive pill needs to be taken as soon as possible after sex to have the best chance of working, but can be taken up to 5 days (120 hours) after sex.
- The emergency IUD is the most effective emergency contraception.
- Emergency contraception is not as effective as using other methods of contraception regularly.

Aged between 13-21? Our website details which West Sussex pharmacies participate in the free emergency contraception scheme:

Sexualhealthwestsussex.nhs.uk/emergencycontraception

Campaigns & Social media

The theme for 2023 is **#EmbraceEquity**

But what does that actually mean?

The words equity and equality are often used interchangeably.

Equality means each individual or group of people is given the same resources or opportunities.

Equity recognizes that each person has different circumstances, and allocates the exact resources and opportunities needed to reach an equal outcome.

The IWD 2023 **#EmbraceEquity** campaign theme, seeks to get the world talking about why "equal opportunities are no longer enough"

When we embrace equity, we embrace diversity, and we embrace inclusion.



HIV testing week has had another successful year promoting its campaign. The theme this year is **'I TEST'**. It is aimed to encourage regular testing in the most affected population groups in England. The aim is for people to view testing as something normal, desirable, and that we can all take personal responsibility for.

We are on the way to reaching the target of zero HIV transmission by 2030. Although these statistics are promising, it shows just how important regular testing is, as people are still being diagnosed with the virus.

New HIV diagnoses

2019
4,408

VS
↓
33%

2021
2,955



NEW

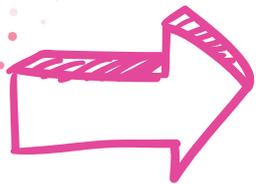
We are very pleased that we now have our very own sexual health branded workwear!

These will hopefully make us more identifiable and so more more visible at events.



We were very lucky to be invited to Steyning Grammar sixth form to do a pop up stall for Valentines day. We were able to promote our services, offer on-site testing and sign people up to our Condom distribution scheme.

Training Opportunity



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



Other news



Sex positivity is based on the belief that sex isn't something that we should be embarrassed about. Sex is an integral part of the human experience and for far too long, the topic has been clouded in stigma, shame, and judgment. Nowadays, talking about sex has become much more acceptable. The taboos are decreasing, and the benefits of sex are much more well known.

We have adapted our teaching and training to mirror this belief and make talking about sex and all that it comes with, more positive, empowering and most importantly, pleasurable!



Sexual Health Promotion & Outreach Services



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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