

# Sexual Health Services

in Staffordshire,  
Stoke-on-Trent,  
Shropshire and  
Telford & Wrekin

*Information for professionals*

## Clinic Services

### Contraception

We can provide a number of different contraception methods at our clinics, including:

- *Implant*
- *IUD*
- *IUS*
- *Injection*
- *Combined pill*
- *Progestogen-only pill*
- *Patch*
- *Condoms (internal and external)*
- *Diaphragm*

### Genitourinary Medicine (GUM)

GUM is a free and confidential service which deals with sexually transmitted infections (STIs) and HIV.

A full range of tests for STIs, relevant medical care and treatment are all available free of charge.

Self-taken STI testing kits are also available; find details of this on the other side of this leaflet.

### 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.

PrEP is available for free from our sexual health clinics. Please advise patients to contact their local sexual health clinic to discuss PrEP, and for an assessment of the suitability of PrEP.

## Clinic Services

### Psychosexual

The Psychosexual Service provides treatment and therapy for individuals or couples who experience difficulty with sex or intimacy. Some common difficulties which the service can help with include:

- *Loss of interest or desire with intimacy/sex*
- *Inability to reach an orgasm*
- *Painful sexual intercourse*
- *Inability to achieve or maintain an erection*
- *Premature or delayed ejaculation*

For more information, or to refer someone into the service, visit our website:

**[www.openclinic.org.uk/psychosexual](http://www.openclinic.org.uk/psychosexual)** where you will find referral details for each area.

### HIV Treatment and Care

The HIV Treatment and Care Team provide a high quality service for people living with HIV, outside of a hospital environment. We provide HIV care to any NHS patients wishing to attend our service, which includes free and confidential HIV treatment and care.

People can make contact with us directly if they are newly diagnosed; they don't need a referral from any other medical service. Referrals are accepted from patients, health or social care professionals, or non-profit organisations. Find contact details for the team at: **[www.openclinic.org.uk/hiv](http://www.openclinic.org.uk/hiv)**

## C-Card

### What is a C-Card?

The C-Card is a card that gives people aged 13 and over quick and easy access to free condoms. It is a confidential service which also offers information and advice about sexual health and relationships.



### How does the C-Card work?

The C-Card allows people to get free condoms from a range of venues e.g. some schools, colleges, shops, clinics and pharmacies. The card does not have any personal details on it, just a unique number. The card holder simply hands their card over to a staff member, who issues the free condom pack, which also contains lubrication sachets.

People aged 16+ can register for a C-Card online. People aged 13+ must visit a registration venue.

### How do we sign up as a C-Card registration/distribution venue?

If you're interested in becoming a C-Card registration or distribution venue, visit our website: [www.openclinic.org.uk](http://www.openclinic.org.uk) to find contact details for your local team, or email [SexualHealthComms@mpft.nhs.uk](mailto:SexualHealthComms@mpft.nhs.uk) who can direct your enquiry.

**A list of registration and distribution venues can be found at [www.openclinic.org.uk/ccard](http://www.openclinic.org.uk/ccard)**

## Online testing kits

We offer tests for sexually transmitted infections (STIs) which people can order online and take at home. Tests are available for those aged 16 and over.

Patients complete an online questionnaire and tests are recommended for them based on their circumstances. The kits can test for chlamydia, gonorrhoea, syphilis and HIV.

The kit comes with instructions on how to take the test, as well as information on how people will get their results.

People can order a kit at:  
[www.sh24.org.uk](http://www.sh24.org.uk) (Stoke-on-Trent, Staffordshire, Telford & Wrekin)  
[www.sh.uk](http://www.sh.uk) (Shropshire)

## Our website

There is a lot of useful service information on our website [www.openclinic.org.uk](http://www.openclinic.org.uk), including:

- Clinic locations and opening times
- Detailed information on all services
- List of pharmacies which provide free EHC
- List of C-Card registration and distribution venues
- Resources section for professionals, where you can download the latest posters/paperwork and newsletters
- Animation videos about IUD, IUS, Implant and Injection, with subtitled versions available in Gujarati, Punjabi, Urdu and Polish (on Contraception page)

## Find us online

 [www.openclinic.org.uk](http://www.openclinic.org.uk)

 [Open Clinic NHS](#)

 [@OpenClinicNHS](#)

 [@openclinicnhs](#)

## Our clinics

We have a number of clinics across Stoke-on-Trent, Staffordshire, Shropshire and Telford & Wrekin, including hub clinics in:

- Cobridge, Stoke-on-Trent
- Stafford
- Branston, Burton-on-Trent
- Shrewsbury
- Telford

We also have a number of smaller, spoke clinics in other areas.

**For clinic details, opening times, and services offered by each clinic, visit: [www.openclinic.org.uk/clinics](http://www.openclinic.org.uk/clinics)**