

A HAPPY AND HEALTHY NEW YEAR FROM SEXUAL HEALTH PROMOTION

Winter/Spring 2016/17

Solent NHS Sexual Health Promotion Services have been working closely with Faith Leaders and Representatives across Hampshire, Southampton and Portsmouth. Sexual Health Promotion (SHP) provides specialist support, advice and information to individuals and communities regarding a range of topics. SHP is a free and confidential service to all its users.

Our newsletter has been developed to provide Faith Leaders, Representatives and Community Groups with information about HIV and other Sexual Health topics. We understand that Sexual Health is often a difficult and sometimes embarrassing topic to discuss, however there is a stigma associated with this which often prevents individuals accessing services for fear of being judged.

We hope this newsletter reduces this by providing updates, information and facts.

So what would you like to know? We would happily like to receive feedback.

HIV Facts

Unprotected sex (sex without a condom) is the most common form of transmission.

HIV Facts

Sharing needles to inject drugs is also another transmission method.

HIV Facts

Birth or breastfeeding – a mother can pass the virus to their baby if diagnosis is unknown and the mother is not accessing care.

HIV Facts

An early diagnosis means treatment and support can be accessed quicker to improve your long term health outcomes.

HIV POCT week

National HIV Testing week promotes HIV testing to gay and bisexual men and black African men and women. These groups make up 7 out of 10 people in the UK living with HIV.

Over National HIV Point Of Care Testing (POCT) week we ran events across Hampshire, Southampton and Portsmouth. This year we held 25 events in various community settings which were very successful.

If your congregation would like our team to visit to talk about HIV prevention, transmission and treatment or to hold a HIV POCT event please contact us.

World AIDS Day

December 1st marks World AIDS Day and World Health Organisations (WHO) encourage all people to get tested.



Quote of the day

Talking to your community

By talking to one another about HIV and normalising the topic, this will help to reduce stigma.



Types of condoms

Male condoms

Female condoms - **femidoms**

Latex free condoms

Flavoured condoms

Trim, Naturelle and Kingsize

Condoms are the only method of contraception that can protect you from the risk of Sexually Transmitted Infections (STIs) including HIV. Condoms come in lots of different sizes, shapes, thicknesses and materials; your choice of condom makes a huge difference to how good they feel and how well they perform. Solent NHS Sexual Health provides a variety of condoms free to service users.

Condoms can be ordered online at www.letstalkaboutit.co.uk.

References: HIV Prevention England, Terrence Higgins Trust, National HIV Testing week 2016, <http://www.hivpreventionengland.org.uk/campaigns/national-hiv-testing-week/>

5 facts about **FEMIDOMS**

1. They are latex free
2. They can be inserted several hours before sex
3. They provide women control of use
4. They are less restrictive for men
5. They protect against STIs and pregnancy

SHP attends the quarterly Multicultural Forum as well as the Multiagency Diversity Forum in Basingstoke.

We also attend the quarterly Cohesion Forum in Rushmoor.



Who to contact...

Natalie D'Anna-Brown

natalie.dannabrown@solent.nhs.uk

01256300437

Gordon Atkins

gordon.atkins@solent.nhs.uk

02392680320

Follow us on
Facebook and Twitter

 Solentsexualhealth

 @solentSHP

Sunitha Rajeev

sunitha.rajeev@solent.nhs.uk

02380716746

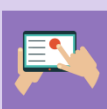
Solent NHS Sexual Health have recently updated their website:

www.letstalkaboutit.co.uk

Please take some time to check it out. Online we offer free asymptomatic screening; those aged 18+ can order an STI kit that can test for HIV, Syphilis, Gonorrhoea, Chlamydia and those at risk of exposure to Hepatitis B and C.

Also available online are condoms by post as well as free information and guidance about the services we provide.

15/12/16 Natalie D'Anna-Brown and Gabriella Peel



Online

Bookings

(only currently available in Portsmouth)



Call the service

0300 300 2016