Sexual Health Services for the residents of Bracknell Forest

Contents

What is ‘sexual health’?

How to get help

Local services

- GP Practices
- Pharmacies
- Young People’s Sexual Health & Guidance Team

Specialist sexual health services

- The Garden Clinic in Bracknell Forest and Slough
- The Florey Unit in Reading

Free Chlamydia testing and treatment

What is ‘sexual health’?

‘Sexual health’ is a term that is most often used in relation to the prevention of sexually transmitted infections like HIV. However, good sexual health is also about many other things. For example, sexual health also refers to:

- reducing the risk of unintended pregnancy
- having the choice whether or not to have sex
- being able to express your sexuality, without fear of exploitation, oppression, physical or emotional harm
- having access to high quality sexual health treatment that is offered in a non-judgmental, confidential manner

Sex is an important part of people’s lives and relationships. Therefore, it’s important that everyone is able to talk about sex and seek advice or help if they have any concerns.

How to get help

From time to time, people may have questions or problems regarding sexual health and want to know where they can get a check-up or find out more.

http://www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub.aspx

Local services

We will aim to keep this information up to date. If you notice any errors please email us at public.health@bracknell-forest.gov.uk

GP Practices

You can talk to your GP or practice nurse, about general sexual health concerns and contraception.

In addition, some GP practices offer fitting and removal of IUCDs ("coils") and Nexplanon ("implants"). The practices offering these services and chlamydia screening are listed below.

Binfield Practice	Chlamydia screening, IUCD (Coil) and Nexplanon (implant)
Forest End/Balfron	Chlamydia screening, IUCD (Coil) and Nexplanon (implant)
Boundary House Surgery	Chlamydia screening and IUCD (Coil)
Crownwood Medical Centre	Chlamydia screening
Easthampstead Surgery	Chlamydia screening and IUCD (Coil)
Evergreen Practice	Chlamydia screening, IUCD (Coil) and Nexplanon (implant)
Gainsborough Practice	Chlamydia screening, IUCD (Coil) and Nexplanon (implant)
Great Hollands Practice	Chlamydia screening, IUCD (Coil) and Nexplanon (implant)
Green Meadow Surgery	Chlamydia screening, IUCD (Coil) removal
Heath Hill Practice	Chlamydia screening, IUCD (Coil) and Nexplanon (implant)
Ringmead Medical Practices	Chlamydia screening, IUCD (Coil) and Nexplanon (implant)
Sandhurst Group Practices	Chlamydia screening, IUCD (Coil) and Nexplanon (implant)
Waterfield Practices	Chlamydia screening, IUCD (Coil) and Nexplanon (implant)

Pharmacies

Some local pharmacies offer an 'integrated sexual health service'. This includes sexual health advice, provision of condoms, emergency contraception, Chlamydia testing and treatment.

Phamacies in Bracknell Forest offering these services are listed below.

Boots the Chemists	13 Princess Square, Station Road
Boots the Chemists	5 The Square, Harmanswater
Boots the Chemists	70 Yorktown Road
H A McParland Ltd	182 High Street
H A McParland Ltd	27 Yeovil Road, Owlsmoor
Lloyds Pharmacy	Terrace Road North
Lloyds Pharmacy	3 Market Place
Lloyds Pharmacy	8 Rectory Row, Easthampstead
Lloyds Pharmacy	97 Liscombe, Birch Hill
Lloyds Pharmacy	Great Hollands Square
Lloyds Pharmacy	12 Dukes Ride
Lloyds Pharmacy	300-400 Yorktown Road. College Town
Tesco Pharmacy	Jigs Lane, Warfield

Young People's Sexual Health Advice & Guidance Team

The Young People's Sexual Health Advice and Guidance Team, based in Bracknell Forest Council, deliver a confidential service for young people in schools, Bracknell and Wokingham College and within the community. The highly qualified staff also deliver extensive Sex and Relationship Education programmes (SRE) within PHSE for Year 9 – Year 13.

The Service offered includes distribution of condoms, pregnancy testing, contraception through a GP and Chlamydia testing. There is also support for relationships as well as support for teenage parents. The Service is for young people aged 14 – 19 years.

The Team provide community sexual health clinics as follows:

- Tuesday - 2.30 – 4.00 – Coopers Hill
- Wednesday - lunchtime - The Spot, Sandhurst
- Wednesday 2.30 – 4.00 – The Spot, Sandhurst

Contact:

youth.service@bracknell-forest.gov.uk

judy.galvin@bracknell-forest.gov.uk

Specialist sexual health services

The Garden Clinic in Bracknell Forest and Slough

Staff in the clinic can offer advice and information on all methods of contraception, emergency contraception ("the morning after pill"), sexually transmitted infections including HIV, and counselling and referral around unwanted pregnancy. You can also pick up condoms and Chlamydia self-testing kits during clinic hours.

The Garden Clinic, Skimped Hill Health Centre, Skimped Hill Lane, Bracknell
Tel: 01344 458118

Opening Hours

Day	Opening Times	Day Notes
Monday	3:00pm - 8:00pm	Appointments only
Thursday	10:00am - 2:00pm 3:30pm - 5:30pm	Please note: 10am-2pm is appointments only. The 3:30pm - 5:30pm SpeakEasy Clinic is for those age 18 and under. Appointments are not necessary for this clinic - you can just walk-in.

Link: http://www.berkshirehealthcare.nhs.uk/ServiceCatInfo.asp?id=3

http://www.berkshirehealthcare.nhs.uk/ServiceCatBranchInfo.asp?id=16&mainid=3

The Garden Clinic, Upton Hospital, Slough
Tel: 01753 63 5302

The Garden Clinic in Slough offers sexual health walk-in clinics. No appointment is needed, but you may have to wait sometimes to be seen by a doctor or nurse. You need to allow up to 2 hours for your visit

Opening Hours

Day	Opening Times	Day Notes
Monday	Midday - 2:30pm 5:00pm - 7:00pm	Midday to 2.30pm walk-in no appointment needed. 5pm to 7pm pre booked appointments only.
Tuesday	8:30am - 4:00pm	
Wednesday	8:30am - 11:30am 3:30pm - 5:30pm	The 8.30am to 11.30am is general clinic. The 3.30pm is SpeakEasy Clinic for those age 18 and under
Thursday	8:30am - 4:00pm	The 8.30am to 11.30am is a walk-in clinic. The 1pm to 4pm is for booked appointment.
Friday	8:30am - 3:30pm	

Link: http://www.berkshirehealthcare.nhs.uk/ServiceCatInfo.asp?id=3

The Florey Unit

The Florey Unit, 21a Craven Rd, Reading RG1 5LE

Tel: 0118 322 7202

Opening Hours

The Florey Unit offers sexual health walk-in clinics from 7am to 7pm, Monday to Friday. The clinic is closed on Thursdays between 8am and 9am, and on bank and public holidays.

The clinic is closed on Thursdays between 8am and 9am, and on bank and public holidays.

Link:
http://www.royalberkshire.nhs.uk/wards__departments/s/sexual_health.aspx?theme=Patient

Free Chlamydia testing and treatment

Uncomplicated Chlamydia is easy to treat and cure, with antibiotics. Treatment is usually a one off dose of antibiotics and no sex for seven days. To prevent re-infection you will be given advice to tell your partner(s) and advise them to get tested and treated.

The test is free, confidential, quick and easy to do. You do NOT need to be examined!, no one will know.

If you are aged under 25 years living in Berkshire, you can pick up a test kit from your GP or some pharmacies. Go to the "getyourkitoff" website and enter your postcode to find your nearest supplier. This service is provided by the Berkshire Chlamydia Screening Programme.

Alternatively you can apply for a free test from the same website. They usually just need your mobile phone number and only you will get your results. Everyone who submits a test will receive their results within two weeks. They send out negative results via sms. If you are positive or they need to repeat your test they will contact you by your chosen method.

http://www.getyourkitoff.co.uk/