



Contraceptive Services



This factsheet will tell you about our Contraceptive Service at clinics in the Sunderland area.



We can give you advice and help to stop you getting pregnant if you don't want to have a baby.

Contraceptive services are sometimes called 'family planning'.

We can help you to make sure you don't get pregnant.



Our contraceptive service is free.



You do not have to pay money for our help and support.

We also offer pregnancy testing at our clinics.



We can help you to do a test to see if you are pregnant.

We can help people of any age including young people.



We have a special clinic for young people aged under 25.

What happens when you come to one of our clinics.

The receptionist will ask you for some information.

They will ask you your name, address and date of birth.



Tell the receptionist if you would like your support worker or carer to come to the appointment with you.



You will then go to a waiting room. If you need to wait somewhere quieter please tell us.



The nurse will find you in the waiting room. They will take you to a small private room.



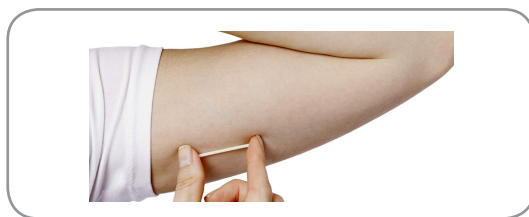
The nurse usually sees people on their own. Someone can come in with you if you need them.

The nurse will talk to you about all the different contraceptives.

They will help you to choose the right contraceptive for you.



These are the most common contraceptives:



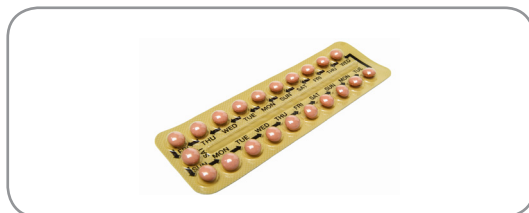
Implant under the skin of your arm.

The implant lasts for 3 years



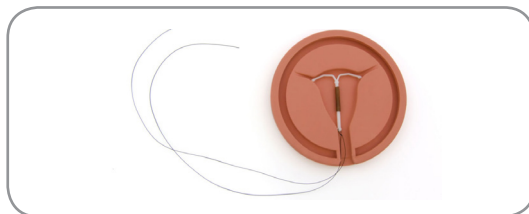
Injections

The injection lasts 3 months.



Contraceptive pills

There are some contraceptive pills you can take every day.



Coils (IUD/IUS)

Some coils last for up to 10 years.



Condoms and femidoms

You use a condom or a femidom each time you have sex.

It is important to stay safe if you have sex.

Condoms and femidoms are the best way to protect yourself from sexually transmitted infections.



How condoms and femidoms are used.



A condom goes over the penis.



A femidom is condom for women. It goes inside the vagina



If you are a woman and have sex with a man without using a condom or femidom you can get pregnant.

The nurse can show you how to use a condom and a femidom properly.



The nurse will need to check your health.

This is to make sure the contraceptive you choose is suitable for you.



The nurse will check your blood pressure and your weight.



Blood pressure



Weight

The nurse will tell you which contraceptives are suitable for you.



The nurse will explain how to use the contraceptive you choose.

The nurse will make a date for you to come back to the clinic.



They will check the contraceptive is working okay. You can pick up more if you need them.

The nurse will talk to you in private so other people can't hear.



The staff in our team are all female.



They will ask you questions about your relationships, who you have sex with and your health.

They will not tell other people like your GP (doctor) or parents, what you tell us.



If they think you are being badly treated we may need to tell someone who can help. They will tell you if we need to do this.



We can get help for you if you have been badly treated.

The nurse will keep checking you are okay when they are helping you.



They will explain everything to you



You can ask us to stop if you don't want to do anything, like a test. This is your choice.

The Learning Disability Liaison Team can give people with a learning disability extra help.



They can help you communicate and to understand your choices.

How to contact The Learning Disability Liaison Team.



Phone: 0191 565 6256 and ask for extension 47146.

You can drop-in to see us or make an appointment.

Phone: 0191 5699966 to make an appointment at any of our clinics.

See pages 10 to 15 to see where we run clinics and the days and times.



Support for you if you need extra help.



Your support worker or carer can phone us before you come to talk to us about how to support you.



Your support worker or carer can come with you to see us.



We can make sure you have a longer appointment if you need more time with us.

Our main clinic is based at
Sunderland Royal Hospital.

Address:

Sunderland Royal Hospital. Kayll Rd,
Sunderland, SR4 7TP.



Our main clinic is in Chester Lodge.



Chester Lodge is in the grounds
of the hospital. The nearest entry
gate is Chester Road.

You can come to one of our
drop-in sessions where you don't
need an appointment.



If a drop-in session is very busy
we will close the door early.



You can book an appointment
time at Chester Lodge if this is
better for you.

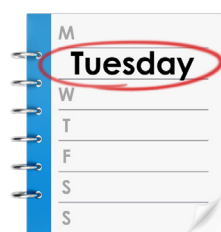
Chester Lodge clinic appointment times

Phone: 0191 5699966
to make an appointment.



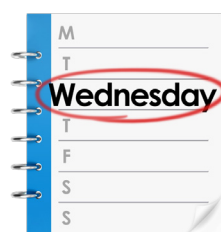
Appointments

- 1.15pm to 2.45pm



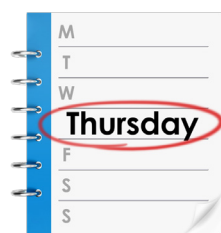
Appointments

- 5.30pm to 7.15pm



Appointments

- 1pm to 3.50pm




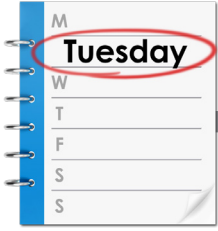
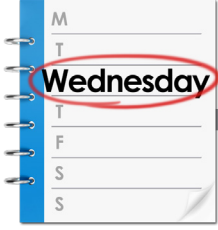
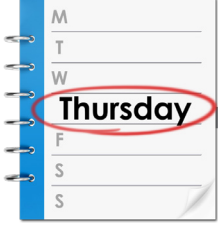
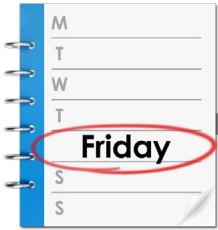
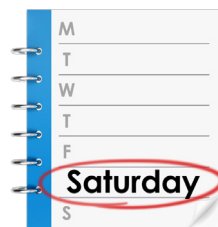
Appointments

- 5.30pm to 7.15pm

See page 12 for information about drop-in clinics at Chester Lodge. There are also special drop-in clinics for young people aged under 25.



Chester Lodge drop-in opening times.

	Under 25's drop in <ul style="list-style-type: none">• 3.30pm to 5.15pm	Drop-in <ul style="list-style-type: none">• 5.30pm to 7.15pm
	Under 25's drop in <ul style="list-style-type: none">• 3.30pm to 5.15pm	
	Drop-in <ul style="list-style-type: none">• 9am to 11am• 5.30pm to 7.15pm	
	Under 25's drop in <ul style="list-style-type: none">• 3.30pm to 5.15pm	
	Drop in <ul style="list-style-type: none">• 1.30pm to 4.30pm	
	Under 25's drop in <ul style="list-style-type: none">• 10.30am to 12.15pm	

We also have clinics in these health centres.

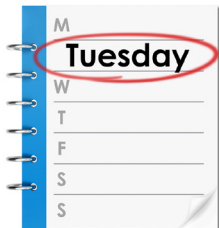
Phone: 0191 5699966 to make an appointment at any of these clinics.

Houghton Primary Care Centre.



Address:

Brinkburn Crescent, Durham
DH4 5HB



Under 25's drop in

- 3pm to 5.15pm

Appointments

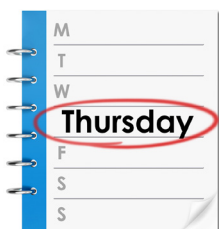
- 1pm to 3pm

Washington Primary Care Centre.



Address:

Princess Ann Park, Parkway,
Washington NE38 7QZ



Under 25's drop in

- 3.30pm to 5.15pm

Appointments

- 9am to 11.20am

We also have clinics in these health centres.

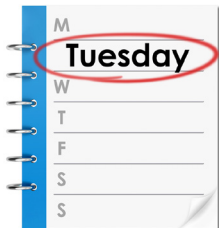
Phone: 0191 5699966 to make an appointment at any of these clinics.

Bunnyhill Primary Care Centre.



Address:

Hylton Lane, Sunderland
SR5 4BW



Appointments

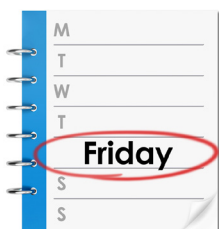
- 5.30pm to 7.15pm

Springwell Health Centre.



Address:

Springwell Rd, Sunderland
SR3 4HG



Appointments

- 9am to 11.20am

We also have clinics in this health centre.

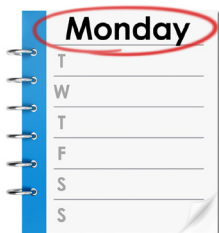
Phone: 0191 5699966 to make an appointment at this clinic.

Victoria Road Health Centre.



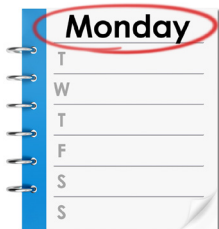
Address:

Victoria Rd, Washington
NE37 2PU



Appointments

- 1pm to 2.50pm
- 5.30pm to 7.15pm



Under 25's drop in

- 3pm to 5pm

Drop-in

- 9am to 11am

We can also help you with your sexual health.

You may want to visit us for help if you have had sexual contact with someone.



We offer sexually transmitted infection screening.



We can test you for chlamydia, gonorrhoea, syphilis and HIV.



For HIV and syphilis testing you will need to have a blood test.

We test men and women differently for chlamydia and gonorrhea.



We ask men to give us a urine sample.



We ask women to take a swab from inside the vagina.

We also offer cervical screening at our clinics.

This is also called a smear test.



Only women need to have a smear test, not men.

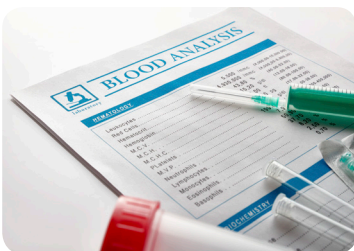


We will need you to take off the bottom half of your clothing.



We use curtains to keep things private. Nobody will see you other than the nurse.

Getting your test results.

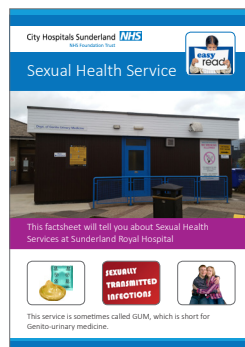


If you have a test for a sexually transmitted infection we will usually know the results a week later.

It can take 3 weeks to get the results of your smear test.

We will talk to you about the best way to tell you the results.

There is a factsheet about our Sexual Health Services on our website.



Go to:
www.sunderlandactionforhealth.co.uk

We hope you have found this Easy Read factsheet helpful

Please do contact us if you need any further advice.

Contraceptive Services

Phone: 0191 5699966.



Credits

This factsheet was developed by the Learning Disability Liaison Service and The Contraceptive Service at City Hospitals Sunderland, and funded by the Sunderland Clinical Commissioning Group.

Designed by The Clear Communication People Ltd. using Photosymbols and other stock photography.

NHS
Sunderland
Clinical Commissioning Group

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City Hospitals Sunderland **NHS**
NHS Foundation Trust

About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment.

This factsheet can be downloaded free of charge from: www.sunderlandactionforhealth.co.uk