

Spectrum Notice

No. ISH01
12th June 2020

Looking after your sexual health is still important during lockdown

Spectrum The Galleries – 01942 483 188

Providers of sexual health services in Wigan have altered the way care is provided during the pandemic, but they are still open and are providing telephone appointments and consultations. They may still be able to see you if you require urgent care. Further information, including opening times and contact details, are at the bottom of this document.



www.wigan.gov.uk/bekind

Sexually Transmitted Infections (STIs)

Your concern....	The advice.....	Who to contact.....
Experiencing symptoms of a STI?	It is important to get advice if you are experiencing anything which isn't normal for you such as discharge or pain.	<ul style="list-style-type: none"> • Spectrum The Galleries (01942 483 188) • Your GP • Sullivan Way Sexual Health Clinic (079744 90068)
Think you might have HIV?	Testing for HIV can still be arranged.	<p>Online testing is available through https://freetesting.hiv/ or contact Spectrum The Galleries (01942 483 188) or Sullivan Way Surgery (079744 90068).</p> <p>You may also be able to arrange for a HIV test through your GP if you prefer.</p>
Had unprotected sex with someone who has HIV?	Post-exposure prophylaxis (PEP) is a preventative medication to take if you think you are at risk of contracting HIV. It must be started as soon as possible and definitely within 3 days of exposure.	<ul style="list-style-type: none"> • Spectrum The Galleries (01942 483 188)
If you have HIV and would like support	You can still receive online and phone support.	<p>George House Trust can give support on 0161 274 4499 or talk@ght.org.uk</p> <p>HIV patients are strongly advised to visit the British HIV association website which has extensive information on COVID-19 - BHIVA COVID-19 updates.</p> <p>There is advice on the use of PREP at https://spectrumhealth.org.uk/services/sexual-health/prep</p>

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Need condoms?	Condoms can still be purchased online, through your local pharmacy or supermarket. There are also free condoms available for specific groups.	<p>In addition to obtaining condoms from pharmacy or supermarkets:</p> <ul style="list-style-type: none"> • 16-25 years olds can obtain free condoms through Spectrum's C-card scheme (go to https://spectrumhealth.org.uk/services/sexual-health/c-card-registration/ or ring Spectrum The Galleries on 01942 483 188) • Request condoms if collecting medication from Spectrum clinic • LGBT Foundation can provide free condoms for the LGBT community- http://www.lgbt.foundation/condoms/order • BHA for Equality can provide free condoms to over 18s (email india@thebha.org.uk). • People accessing Emergency Hormonal Contraception through pharmacies in Wigan can also obtain free condoms. <p>If you are over 25, cannot access a pharmacy or supermarket and need condoms, ring Spectrum on 01942 483 188 or Sullivan Way Surgery 079744 90068</p>

Contraception

Your concern....	The advice.....	Who to contact.....
Your coil, implant or other form of long acting contraception is due to run out?	The advice is that this may be able to remain in place for longer than usual. You can get a prescription for the progesterone only pill in the meantime to prevent pregnancy.	<ul style="list-style-type: none"> • Spectrum The Galleries (01942 483 188) • Your GP • Sullivan Way Sexual Health Clinic (079744 90068) <p>You can also visit https://www.fsrh.org/news/new-fsrh-patient-guide-advice-for-women-seeking-contraception/</p>
You want a new coil, implant or other form of long acting contraception?	<p>Sorry, you will need to wait. In the meantime you can get a prescription for the progesterone only pill (POP) to prevent pregnancy.</p> <p>In an emergency, following unprotected sex, it may be possible to have a coil fitted.</p>	<ul style="list-style-type: none"> • Spectrum The Galleries (01942 483 188) • Your GP for the progesterone only pill • Sullivan Way Surgery can provide emergency coil fitting (079744 90068)

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Your concern....	The advice.....	Who to contact.....
Need a repeat prescription for the pill, patch or vaginal ring?	You may be able to have a longer prescription than normal if you have had your blood pressure checked in the past 12 months, your BMI is okay and your medical professional feels it is safe to do so. Other methods are still available, you just need to contact the clinic for advice on how you can obtain your usual method, which includes patches and rings.	<ul style="list-style-type: none"> • Spectrum The Galleries (01942 483 188) • Your GP • Sullivan Way Sexual Health Clinic (079744 90068)
You are currently on Depo and are due for renewal?	The progesterone only pill (POP) is being provided to patients who normally use Depo Provera injection, but as per national best practice guidance under the current restrictions, must be considered suitable for POP during lockdown.	<ul style="list-style-type: none"> • Spectrum The Galleries (01942 483 188) • Your GP • Sullivan Way Sexual Health Clinic (079744 90068)
Need the morning after pill?	Emergency Hormonal Contraception (EHC) can still be obtained, even if you are symptomatic with Covid-19 or self-isolating, please phone.	<p>Most local community pharmacies offer EHC. Contact details for your nearest community pharmacy can be found on the pharmacy's website, via the NHS website: https://www.nhs.uk/service-search/find-a-pharmacy or via the Heathier Wigan website: https://healthierwigan.nhs.uk/find-your-nearest</p> <p>You can also contact Spectrum The Galleries (01942 483 188) or Sullivan Way Sexual Health Clinic (079744 90068)</p>
Unplanned pregnancy?	<p>Support to discuss your options is still available.</p> <p>Abortion services are still operating.</p>	<p>There is advice available and numbers for organisations you can talk to at: https://www.sexwise.fpa.org.uk/unplanned-pregnancy</p> <p>Abortion counselling and procedures available through central booking on 0345 365 0565</p>

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Sexual Health Support for Specific Groups

Your concern....	The advice.....	Who to contact.....
LGBT and want sexual health advice?	LGBT Foundation is offering phone support, online workshops and free condoms and lube.	Email sexualhealth@lgbt.foundation
BAME and want sexual health advice?	BHA for Equality is offering telephone support.	Contact pash@thebha.org.uk for a call back or india@thebha.org.uk to receive a condom and lube pack (posted on Mondays only, over 18s).
Victim of a sexual assault?	Saint Mary's SARC remains available to provide healthcare and support services to victims of rape and sexual assault. You can report to the Police or contact Saint Mary's Helpline. Rape Crisis Helplines are still operating.	Contact Saint Mary's 24 hour helpline on 0161 276 6515. National Rape Crisis on 0808 802 9999.
Young Person under 19?	You can still receive advice and support around relationships, sex education and staying safe	Contact Spectrum RSE team (via 01942 483 188) or Sullivan Way Surgery (079744 90068) where they can offer you one to one support.
Have other vulnerabilities?	This could include people with learning disabilities, severe mental illness, homeless or other vulnerabilities. Support is still available for you.	<ul style="list-style-type: none"> • Spectrum The Galleries (01942 483 188) • Sullivan Way Sexual Health Clinic (079744 90068)

Please call the numbers below and you will be added to a telephone consultation list, a Doctor or a Nurse will then call you back. Walk in clinics are not operating at this time.

Spectrum Sexual Health Service, Wigan - The Galleries Clinic: Telephone 01942 483188	Sullivan Way Sexual Health Health Clinic, Wigan: Telephone 079744 90068
Opening hours Mon/Tues/Wed – 8.30m to 5.00pm Thursday – 8.30am to 12.00pm Friday – 8.30 am to 3.00pm Saturday – 9.30am to 12.00pm	During the pandemic we have more flexibility over and above our core clinic times, and by mutual agreement can offer appointments during the week. Core clinic times Wednesday - 2pm to 6.30pm Saturday – 9.00am to 11.30am