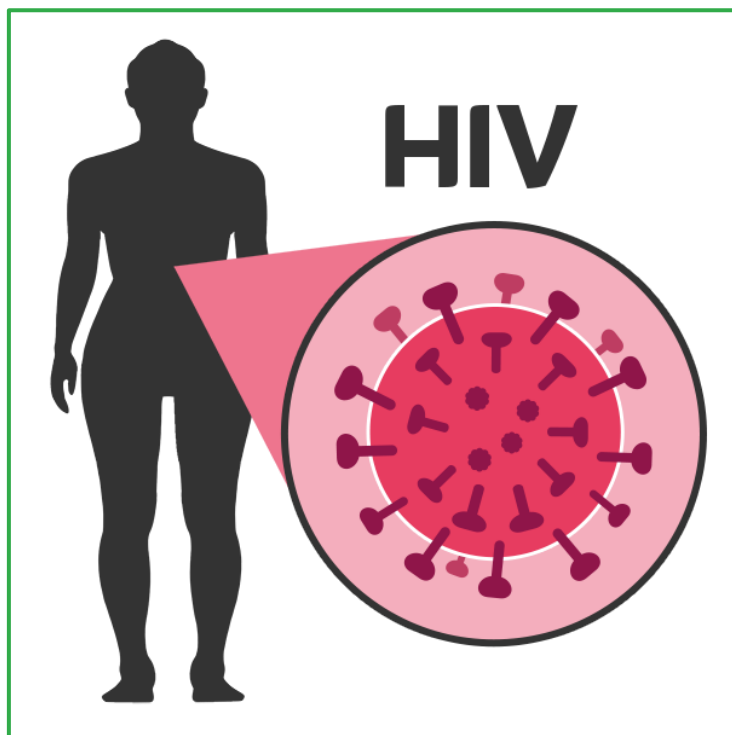


# Norfolk Sexual and Reproductive Health Services

## Easy Read Guide



Updated October 2024

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# About Sexual Health Services in Norfolk



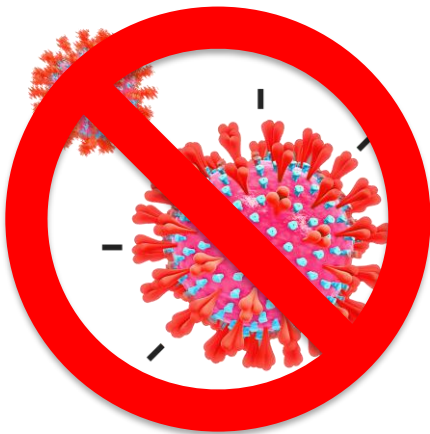
**ANYONE** who is sexually active can get sexually transmitted infections (STIs) and HIV (human immunodeficiency virus)



**SUPPORT** is available in Norfolk to prevent unplanned pregnancy and the spread of STIs and HIV.



Anyone in Norfolk can get a test, be treated and cared for – for **FREE**.



Testing people for STIs/HIV and getting them help quickly is important to **PREVENT** the spread of STIs/HIV.

# Integrated Contraception and Sexual Health – iCaSH



You can get help with sexual and reproductive health in Norfolk. It does not matter who you are or where you come from.

You **do not** need to live in Norfolk or have a GP to get help.

## How can they help?



### Clinics

iCaSH clinics help with sexual and reproductive health. They offer contraception. They also test and treat STIs like HIV and offer support for chemsex issues.



[icash.nhs.uk/where-to-go/icash-norfolk](https://icash.nhs.uk/where-to-go/icash-norfolk)

## Where are the iCaSH Clinics?

### Great Yarmouth

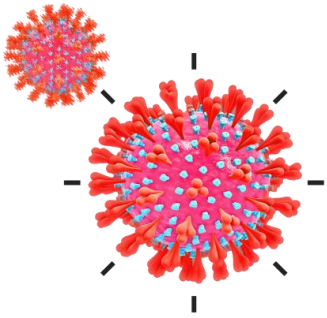
Address: Northgate Hospital, Northgate Street, Great Yarmouth NR30 1BU

### Norwich

Address: 1A Oak Street, Norwich NR3 3AE

### Kings Lynn

Address: Vancouver House, County Court Road, Kings Lynn PE30 5EJ



## Online STI Screening

Anyone **aged 16 or over**, **WITHOUT** symptoms of an STI can order a free STI testing kit online.

**Under 16-year-olds** and anyone who **HAS** symptoms need to make an appointment.



[www.icash.nhs.uk/expresstest](http://www.icash.nhs.uk/expresstest).

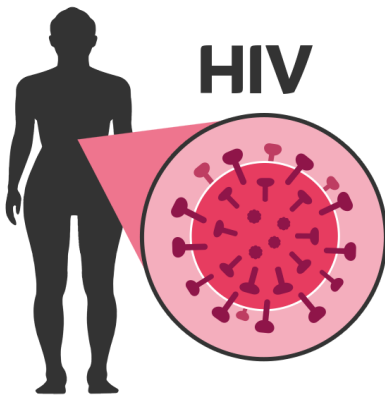


**0300 300 3030**



# HIV Testing

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Testing for **HIV** (human immunodeficiency virus) is **quick, free, easy and confidential**.

Everyone who is **sexually active** should get HIV test at **least once a year**.

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## iCaSH Express Testing

A test kit is sent to your address. You take your own sample and send it back. The sample is checked for STIs and HIV.

You get your results online. You will be told when they are ready.



<http://www.icash.nhs.uk/expresstest>

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## National HIV Testing Service

This is for people who are Black African and for people who are gay, bisexual and other men who have sex with men.

There are two test a **self-sampling** (you send this one back) or **self-test** (you get the results straight away)



[www.freetesting.hiv](http://www.freetesting.hiv)

# HIV Testing

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## iCaSH Rapid Testing

**Appointment with practitioner is required**

Testing lasts just a few minutes.

You receive your result straight away.

Available to **anyone** in Norfolk.



Email: [ccs.icashnorfolkoutreach@nhs.net](mailto:ccs.icashnorfolkoutreach@nhs.net) to book a test



**0300 300 3030 / 01603 226666**

# National Chlamydia Screening Programme – NCSP



Chlamydia and gonorrhoea are the **most diagnosed STIs** in England.

It affects people of **all ages and genders** but is higher in young adults.

Chlamydia and gonorrhoea can be **treated with antibiotics**.

## How to get a test in Norfolk

### Pick a test up



Young people can collect a postal testing kit at a range of [pickup points](#) including many youth organisations, pharmacies, GP surgeries.

### Ask for a test online



**Young women and men** (16 to 24) can also order a test kit online via the [Chlamydia order form](#).



# Condom Distribution



All young people aged 13 to 24 can collect two packs of six condoms/lube using a **valid C-Card**.

You can get condoms from **C-Card Pick up points**. These include Pharmacies, GP Surgeries and some youth clubs.

## How to get a C-Card

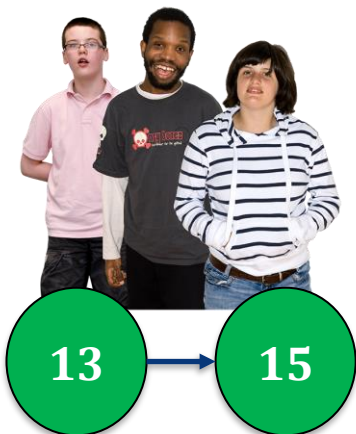
### Young People aged between 16-24



You can join the scheme without a consultation with a practitioner at **any** C-Card pick up point

You can collect condoms as often as you need.

### Young People aged between 13-15



You can join the C-Card scheme following a short consultation with a trained practitioner at some pick up points.

You can collect condoms 6 times before you need another consultation.

You can find C-Card pick up points by [clicking here](#) or visiting: [www.icash.nhs.uk/where-to-go/icash-norfolk/c-card-norfolk](http://www.icash.nhs.uk/where-to-go/icash-norfolk/c-card-norfolk)

# Condom Distribution

## Condoms by Post



Free condoms and lubricants are available by post to **anyone aged 16 and over** and has a Norfolk address.

Condoms can be ordered directly using the [Norfolk condoms ordering form](#).



[www.icash.nhs.uk/where-to-go/icash-norfolk/free-condoms-by-post-norfolk](http://www.icash.nhs.uk/where-to-go/icash-norfolk/free-condoms-by-post-norfolk)

## Other places in the community



You can also get **free condoms** in other places.

They could be at your Local Library or through community outreach.

# Primary care Provisions

Primary Care provisions are places like GP Surgeries, Pharmacies.



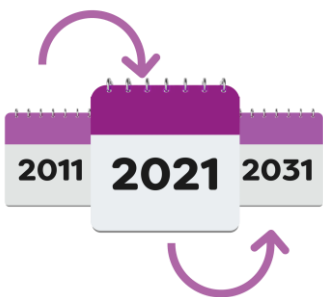
They can offer you some support around your sexual Health.

## GP Surgeries



GP Surgeries offer contraception to Women in Norfolk such as coils or implants.

Coils and Implants are types of contraception to stop you getting pregnant.



These types of contraception need to be fitted by a nurse and changed every few years.

They do not stop the spread of Sexually Transmitted infections



You can also get Sexually Transmitted infection screening, condoms and the Emergency Hormonal Contraception (The Morning After Pill)

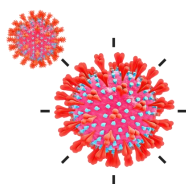
# Primary Care Provisions

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## Pharmacies



At most pharmacies you can get free Emergency Hormonal Contraception (The Morning After Pill) if you are **a woman aged 13 or over.**



You can also pick up Chlamydia testing kits and condoms if you have a C-Card.



To find your nearest Pharmacy [click here](#) or visit: [www.nhs.uk/nhs-services/pharmacies/](http://www.nhs.uk/nhs-services/pharmacies/)

# Level 2 STI Service – Breckland Alliance

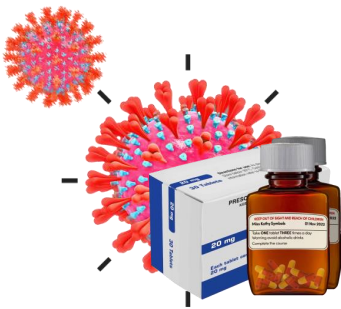


The Breckland Alliance sexual health service helps people who live far away from iCaSH clinics.

## GP Surgeries



A group of Doctors and Nurses help people with STI care.



They do full tests for STIs and HIV. They also give treatment for simple STI cases.

## GP Surgeries that offer this service are:

### Thetford

Grove Surgery  
(01842 752285)

School Lane Surgery  
(01842 753115)

Thetford Healthy Living Centre  
(01842 753115)

### Watton

Watton Medical Practice  
(01953 881247)

# Chemsex



Chemsex is when people use drugs like Crystal meth to have sex.

They do this to make sex feel better and to try new kinds of sex.



These drugs can change how people feel and act during sex.

## Norfolk Alcohol and Drug Behaviour Change Service



This services can help people with drug and alcohol problems. They also help those who use drugs during sex.



To find out more about this service you can call them on [01603 514096](tel:01603514096) or email on [norfolk.info@cgl.org.uk](mailto:norfolk.info@cgl.org.uk).



[Changegrowlive.org/alcohol-drug-behaviour-change-norfolk](https://changegrowlive.org/alcohol-drug-behaviour-change-norfolk)



# Termination of Pregnancy (Abortion)



An abortion is a way to stop being pregnant. It is also called ending a pregnancy.



You can end a pregnancy by taking special pills or having an operation.

## British Pregnancy Advisory Service (BPAS)



BPAS can help stop a pregnancy across most of Norfolk.

You can book an appointment on the phone or online.



They also have a clinic in at Norwich Community Hospital, NR2 3TU.



[www.bpas.org](http://www.bpas.org)



03457 304030

# Termination of Pregnancy (Abortion)

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## James Paget University Hospital



James Paget hospital provide pregnancy services for East Norfolk



You will need to be referred by a Health professional or someone from iCaSH.

# Sexual Assault Referral Centres (SARC)



Sexual Assault Referral Centre help people who have been hurt in a sexual way.



They can give you medical care and check-ups. They also help with police reports if you want.



They can give you medicine to stop pregnancy.

They can also test for infections that can be passed on during sex.



You can talk to them about what happened. They will keep your information private.

# Sexual Assault Referral Centres (SARC)



You can find your nearest SARC centre by using the [NHS SARC finder](#).

In Norfolk, the clinics are:

## The Harbour Centre



Helps people after rape or sexual assault. It does not matter if it happened recently or a long time ago. This support is for everyone, no matter if they are a man or woman.



[theharbourcentre.co.uk](http://theharbourcentre.co.uk)



01603 276381

## Sue Lambert Trust



A Norfolk charity helps people who have been hurt by sexual abuse or violence. They offer kind and safe support without judging anyone.



[suelamberttrust.org](http://suelamberttrust.org)

# Authors and Contact Details

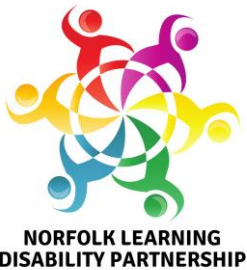


This Easy Read guide was put together by The Norfolk Learning Disability Partnership, iCaSH Norfolk, and Norfolk County Council Public Health.



If you need to contact the organisations.

Their contact details are below:



**Norfolk Learning Disability Partnership**

Email [contact@norfolkldpartnership.org.uk](mailto:contact@norfolkldpartnership.org.uk)



**iCaSH**

Telephone  
0300 300 3030

**Norfolk Public Health**



Telephone  
0344 800 8006

Email  
[Chisom.Okafor@norfolk.gov.uk](mailto:Chisom.Okafor@norfolk.gov.uk)

