Free Condoms for Adults

When used correctly, condoms are a simple and effective way to prevent the transmission of STIs and unplanned pregnancy.

Condoms come in different sizes, fits, colours, flavours and textures. There are also latex free condoms for those with allergies.

Adults can access free condoms from any bSHaW clinic during an appointment. You can also register for the C4C Scheme and collect free condom packs monthly from reception.

To register for the C4C Scheme, please call **0300 303 2880.**

Free C-Card Condom Scheme for Young People (under 25)

The C-Card scheme is a free and confidential service, which allows young people (aged 13-24) to access free condoms and lubrication.

Visit our website for more information on how to register for a C-Card and where to collect free condoms and lube.

Condoms by Post

If you are over 16 AND already registered for the C-Card, you can also use the free condoms by post service and get condoms delivered to your door. Please note, you must be a Buckinghamshire resident to use this service.

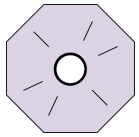
Scan the QR code to order your free condoms and lube online.

Emergency Contraception

If you have had unprotected sex (sex without any form of contraception), you may be able to prevent pregnancy by using emergency contraception. The sooner you use emergency contraception, the more effective it usually is.

There are different types of emergency contraception you can use:

Emergency Contraceptive Pill



There are 2 types of emergency contraceptive pill (also known as the morning after pill), which can be taken up 72 hours (3 days) or 120 hours (5 days) after unprotected sex.

The emergency contraceptive pill is FREE for women in Buckinghamshire aged 13+ from all bSHaW clinics and many community pharmacies.

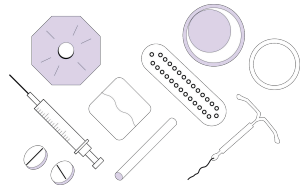
Scan the QR code to view a full list of pharmacies that offer this service.

Intrauterine Device (IUD)

An IUD, also known as the coil, can be fitted within 5 days after unprotected sex or 5 days after the earliest time you could have ovulated.

Contact your GP or a bSHaW clinic on **0300 303 2880** to arrange a free coil fitting.

Contraception



There are 15 methods of contraception available FREE of charge on the NHS for people of all ages.

You can visit a bSHaW clinic to discuss your contraception needs or speak to your GP.

Home STI Test Kits

If you've had unprotected sexual contact, then there's a chance you could have a sexually transmitted infection (STI). Many common STIs don't always present symptoms, so it's important to get tested regularly.

If you have no symptoms and just want a check up you can order a free Home STI Test Kit online, using the QR code.

If you have any symptoms, or have been told that a partner has an STI, you'll need to arrange to be seen in a clinic.

One-to-One Support

Brook offers free and confidential one-to-one sexual health and wellbeing support for both adults and young people in Buckinghamshire.

To find out more about our one-to-one support and make a referral, please scan the QR code.

HIV Testing & Support

If someone has HIV, finding out means they can start treatment, stay healthy and avoid passing the virus on to anyone else.

Testing for HIV is free at bSHaW clinics, or you can order a home STI test kit.

PrEP and PEP

PrEP and PEP are also available at bSHaW clinics free of charge.

- PrEP (Pre-Exposure Prophylaxis) is a form of medicine which prevents the transmission of HIV. It is taken by a HIV negative person before sex and exposure to HIV.
- PEP (Post-exposure prophylaxis) is medication which you can take if you think you may have been exposed to HIV within the last 72 hours (three days). It is most effective if taken within the first 24 hours after potential exposure.

If you need PEP when the clinics are closed you should go to A&E or the Urgent Treatment Centre.

HIV Peer Support Service

If you are living with HIV you can access free and confidential one-to-one support with a peer caseworker from Positively UK. You can discuss anything related to HIV - from accepting your diagnosis and HIV treatment to sharing your status and have a fulfilling life.

To book an appointment with an HIV peer caseworker please call **0207 713 0444** or email **info@positivelyuk.org**

POSITIVELY UK

bSHaW Sexual Health Clinics

All ages - booked appointments only:

- Amersham Hospital
- Brookside - Aylesbury
- Buckingham Hospital
- Chesham Clinic
- SHAW - High Wycombe

Appointments can be booked online or by calling **0300 303 2880.**

Walk-in Clinics:

- Brookside - Aylesbury
- SHAW - High Wycombe

We have all ages clinic and under 21's only clinics. Please check the exact days and times of walk-in clinics on our website.

Scan the QR code for more information about our clinic locations, opening hours and how to book a clinic appointment online.

Connect With Us

Visit our website or follow our social media pages for local sexual health updates and information:

sexualhealthbucks.nhs.uk

@sexualhealthbucks

Sexual Health Bucks

bSHaW
bucks sexual health and wellbeing

Buckinghamshire's Integrated Sexual Health and Wellbeing Service (bSHaW)

We offer a free, confidential service to meet the needs of all.

bSHaW services are provided by Buckinghamshire NHS Trust in partnership with Brook.

bSHaW clinics offer free sexual health services, including contraception, testing and treatment for all STIs, including HIV, PEP and PrEP.

0300 303 2880

sexualhealthbucks.nhs.uk

Buckinghamshire Council est. 2020

brook

NHS Buckinghamshire Healthcare NHS Trust