

Local Sexual Health Services

Information for Northern Test Valley taken from the www.getiton.nhs.uk

local sexual health services website

NB: Information for Southern Test Valley has been completed to the best of my knowledge and need to be checked by a representative from the South West Hampshire PCT's.

Contraception services provide free and confidential advice and supplies for the prevention of unwanted pregnancy e.g. emergency contraception, contraceptive pills, injections, coils, implants, referral for abortion and condoms.

All sexual health services are confidential even if you're under 16.

For contraceptive services you should make an appointment for routine supplies i.e. the pill and you will definitely need an appointment for some procedures like coil fitting. Emergencies, urgent advice and supplies are available at walk-in clinics.

GUM services provide free and confidential advice and treatment for people who are worried about infections that can be passed on by sexual contact. Staff can also help you to tell your partner that they may have been exposed to an STI. It is suggested that at any one who is sexually active with more than one partner goes along for a sexual health check-up at least once every six months. If you notice any signs or symptoms that are unusual for you it's best to go and get them checked out.

All sexual health services are confidential even if you're under 16.

For GUM services you can either make an appointment by popping in in person or by calling. You might be asked some questions to help staff assess how urgently you need to be seen and you might be asked for a contact number. If it's urgent you might begin as a same day appointment.

Clinics in Andover

The clinic is located on the first floor at Andover Health Centre. The Health Centre is on Charlton Road next to the Andover War Memorial Hospital.

Appointments: 01264369962 (during clinic hours only)

Contraception

Monday 4.00pm-6.30pm (Walk-In)

Tuesday 5.30pm-6.30pm

Saturday 10.30am-11.30am (Walk-In)

Sexual Health

Tuesday 8.30am-11.00am

Friday 9.15am-11.30am

South Test Valley residents under 25 can access a contraception drop-in at Youth In Romsey one day a week. Sexual Health services for this part of Test Valley are commissioned through Southampton City PCT and residents would be signposted to the City. However, all sexual health services are free and can be accessed by anyone.

Emergency Contraception

If you've forgotten to take your pill, your condoms split or you've had unprotected sex in the last 72 hours then you may need emergency contraception, and the sooner you take it the better. Emergency contraception is available free from [Contraception and Sexual Health Services](#), some GP's (family doctors) and selected pharmacies (chemists), even if you're under 16.

You can also receive emergency contraception from your pharmacist. Certain pharmacies can provide this for free if you are under 25 or for approximately £20-25 if you are older.

In this area, pharmacists that can issue emergency contraception for free to young women under 25 will display this logo (pink window sticker)

You can also use this card to tell a pharmacist or a health professional that you have had an unprotected sex and may need emergency contraception

Cards can be obtained from your local Connexions or youth service centre.

Only pharmacists who have undergone training will be able to issue emergency contraception for free and under 16's so it's probably worth ringing ahead to check that the pharmacist who has been trained will be there. Participating pharmacies are listed below:

Area	Pharmacy	Opening hours
Andover	Alliance Pharmacy (formerly Moss, Coopers) 27 High Street Andover Hampshire SP101LJ Tel: 01264 396611	Monday 0830–1800
		Tuesday 0830–1800
		Wednesday 0830–1800
Andover	Shepherds Spring Pharmacy Ltd The Oval Cricketers Way Andover Hampshire SP105DN Tel: 01264 361126	Thursday 0830–1800
		Friday 0830–1800
		Saturday 0830–1730
Andover	Boots the Chemist Ltd 31-37 Chantry Centre Andover SP101LT Tel: 01264 352180	Sunday Closed
		Monday 0900–1800
		Tuesday 0900–1800
Andover	Pharmacy Ltd The Oval Cricketers Way Andover Hampshire SP105DN Tel: 01264 361126	Wednesday 0900–1800
		Thursday 0900–1800
		Friday 0900–1800
Andover	Pharmacy Ltd The Oval Cricketers Way Andover Hampshire SP105DN Tel: 01264 361126	Saturday 0900–1200
		Sunday Closed
		Closed 1230–1330 Mon–Friday
Andover	Pharmacy Ltd The Oval Cricketers Way Andover Hampshire SP105DN Tel: 01264 361126	Monday 0900–1400
		Tuesday 0900–1400
		Wednesday 0900–1400
Andover	Pharmacy Ltd The Oval Cricketers Way Andover Hampshire SP105DN Tel: 01264 361126	Thursday 0900–1400
		Friday 0900–1400
		Saturday 0900–1400
Andover	Pharmacy Ltd The Oval Cricketers Way Andover Hampshire SP105DN Tel: 01264 361126	Sunday 1000–1600
		Monday 1500–1800
		Tuesday 1500–1800
Andover	Pharmacy Ltd The Oval Cricketers Way Andover Hampshire SP105DN Tel: 01264 361126	Wednesday 1500–1800
		Thursday 1500–1800
		Friday 1500–1800
Andover	Pharmacy Ltd The Oval Cricketers Way Andover Hampshire SP105DN Tel: 01264 361126	Saturday 1500–1800
		Sunday 1500–1800
		Sunday 1000–1600

Stockbridge Pharmacy
 High Street
 Stockbridge
 Hants
 SO206EX
 Tel: 01264
 810967

Monday	0900–1800
Tuesday	0900–1800
Wednesday	0900–1800
Thursday	0900–1800
Friday	0900–1800
Saturday	0900–1730
Sunday	Closed

Closed
 13.00– 14.00
 Mon–Sat

Whitchurch Lloyds Chemists
 7 Newbury Street
 Whitchurch
 Hampshire
 RG287DW
 Tel: 91256
 892058

Monday	0900–1830
Tuesday	0900–1830
Wednesday	0900–1830
Thursday	0900–1830
Friday	0900–1830
Saturday	0900–1300
Sunday	Closed

In South Test Valley 3 pharmacies offer this service - Boots, Alliance and Moss in Romsey.

If you miss the 72 hours it is still possible to have an emergency coil fitted up to 5 days after unprotected sex. You can have an emergency coil fitted for free at your local sexual health clinic or at some GP surgeries. The GP's that can fit emergency coils are listed below:

Address	Telephone
Adelaide Medical Centre Adelaide Road, Andover SP10 1HA	01264351144
Andover Health Centre Charlton Road, Andover SP10 3LD	01264350270
Derry Down Clinic St Mary Bourne, Andover SP11 6BS	01264738368
Gratton Surgery Sutton Scotney, Winchester SO21 3LE	01962760236
Shepherds Spring Medical Centre Cricketers Way, Andover SP10 5DE	08444770951
St Mary's Surgery Church Close, Andover SP10 1DP	01264361424
Stockbridge Surgery New Street, Stockbridge SO20 6HG	01264810524
Whitchurch Surgery Bell Street, Whitchurch RG28 7AE	01256892113

Some of these GP's will only fit emergency coils for their own patients so it's best to phone ahead to see if they will fit one for you.

In South Test Valley I would encourage someone to check with their own GP, or otherwise attend a Sexual Health Service.

Pregnancy Testing

If you think you may be pregnant or have missed a period, you need a pregnancy test. The test is **only** reliable 3 weeks after an unprotected sex or one week after a missed period.

It's really important that you think through the consequences for you of a positive or negative result so that you are prepared and know what questions you may want to ask. You may also want to have someone who can support you through the process of having a pregnancy test, like a friend or family member.

Free pregnancy testing is available at all [contraception and sexual health clinics](#) and some GP's. Pregnancy tests can also be bought from chemists.

Free pregnancy testing is currently available in the following locations:

Address	Telephone
Andover Department of Sexual Health	01264369962
Sexcare on Saturday, Andover	01264369962 07990603098
Andover Crisis and Support Centre	01264366122
Oakbank Family Centre, Andover (Faith based service)	01264351111

Youth In Romsey offers free pregnancy testing to young people.

Connexions PA's and Youth Workers across Test Valley are recurrently undertaking the first pilot training for pregnancy testing for young people and selected staff/centres will offer this service in the next month.

Unplanned Pregnancy

Continuing with pregnancy

As soon as you decide to continue with the pregnancy your GP will refer you to a named midwife who can arrange antenatal care. There are also groups that are just for teenagers. It's really important that you talk through your decision with friends and family and seek support throughout pregnancy and after the birth. Connexions will have details of local groups that can support young parents and they can offer support on benefits, housing, continuing education, training and employment.

Andover Birth Centre 01264352517

Young Mums 2B, Andover 01264369694

Connexions, Andover 01264369947

Abortion

Abortion is legal up to **24 weeks** of pregnancy but is safer when it is carried out in the early pregnancy. It can also be difficult to get an abortion after **12 weeks** of pregnancy so it's important to seek advice quickly even if you're not sure you want an abortion.

Abortion care is available **free** on the NHS or through private clinics and hospitals for a fee. In order to receive an abortion on the NHS you need to be referred to by someone at your local contraception and sexual health clinic or a GP. Some GP's will not refer women for an abortion. If the doctor you see does not refer women for abortion then they must refer you to another doctor who will.

The majority of NHS abortions in Mid Hampshire are carried out by BPAS (formerly British Pregnancy Advisory Service). You would have 2 visits, the first is a consultation and the second is your procedure. BPAS has consultation centres in Basingstoke and Bournemouth but your procedure would be conducted in Bournemouth. If you choose you can also self-refer to an NHS funded abortion by calling the **BPAS Actionline 08457304030**.

Adoption

Social services can offer advice and support about the to find out more about adoption and discuss the process 387400.

adoption and fostering of babies. If you would like to see further information on Andover Social Services on 01264

The same options would apply to young women in Southern Test Valley. Young Parent group exist in the New Forest and Eastleigh as well as Andover. BP AS is also the service provider for abortion services in Southern Test Valley. Adoption contacts would be the same.

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Chlamydia Screening

Chlamydia Screening drop-in clinics provide free and confidential advice and testing for under 25's. You do not need an appointment to attend these clinics.

Confidential advice and testing for under 25's. You do not need an appointment to attend these clinics.

For more information, call **08007836877** or visit www.haveyougotit.nhs.uk

Area	Clinic	Hours	Contact
Andover	Andover Health Centre	Thursday 8.30am-10.30am	01256314993

Some GP surgeries and Youth Workers or Connexions PA also offer this service.

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Chlamydia Screening is also about to commence at Cricklade College on a termly basis.

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Chlamydia Screening is not officially offered in Southern Test Valley as the PCT covering this area did not commission this service. However, several GP's are signing up to the service, a drop-in currently runs in Eastleigh Health Centre and some Youth Workers and Connexions staff offer this service 121. The existing programme that covers Andover will roll-out across Test Valley over the next year.

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Services to support those infected or affected by HIV

Positive Action

Positive Action is based in Aldershot and covers support services for anyone in North and Mid Hampshire and the Surrey borders. Positive Action offers a range of support services including information and advice, massage, complimentary therapies, counselling, one-to-one support with a range of specialists, group sessions and drop-in services - Tel: 01252345019

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The Ribbons Centre

The Ribbons Centre is based in Southampton and offers a range of support services for the positive community. They hold regular drop-in sessions as well as offering complimentary therapies, counselling, group sessions and one-to-one support - www.ribbons-centre.co.uk Tel: 02380225511

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Positively Sexy

Positively Sexy is part of the HIV Prevention project your sexual health, maintaining safer sex in relationships and disclosing your HIV status to new partners then contact us. A one-to-one service is available on request and this can be in a venue that is easily accessible to you. Free condoms, lube, oral shields, Femidoms and sexual health information are also available - www.positivelysexy.org.uk Tel: 01256312294

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Services for the LGB community

All of these sexual health services shown on this website are available to the Lesbian, Gay and Bisexual (LGB) community but if you are LGB or exploring your sexuality you may want to access some specialist information and support. Below are some of the options for you to access information, advice and further support if you identify as LGB or are exploring your sexuality.

These services are available to the Lesbian, Gay and Bisexual (LGB) community but if you are LGB or exploring your sexuality you may want to access some specialist information and support. Below are some of the options for you to access information, advice and further support if you identify as LGB or are exploring your sexuality.

In the Mid Hampshire area there are several projects designed for young people who are exploring their sexuality or who identify as LGB.

that you can get in touch with, which are specifically designed for young people who are exploring their sexuality or who identify as LGB.

If you are in **Andover** you can access the **GAP** (Gay Andover Project). This project is held in a town centre location and is supported by the youth service. This is a great place to meet new people and explore your sexuality in a safe environment. For more information contact Janice on 07958202219.

If you don't think that a group environment is the best place for you to explore what it means to be young and gay then you can always contact the GMHP for free confidential advice and support. GMHP can offer telephone support or even arrange to meet you in a safe place to talk through some of the issues and questions you may have. Contact Andrew on 01256312233 or 07785223722. www.gmhp.net or www.e4d.org.uk.

For men who have sex with other men in the Mid Hampshire area you can access free and confidential support, advice and information from GMHP. GMHP can offer sexual health information designed specifically for gay and bisexual men, one to one support around a range of issues including coming out, sexual health and legal issues. GMHP also has a useful website which has a range of interesting information on it. Contact GMHP on 01256312233 or www.gmhp.net.

You can access free Hep B jabs, sexual health checkups and HIV testing at local sexual health clinics and if you need some support in accessing these services you can contact GMHP.

Sexual health clinics offer a free confidential service and will not pass any data about your sexuality or sexual health status to any other parties.

Support for women who have sex with other women is limited in the Mid Hampshire area, (as it is nationally). If you need support, information or advice about any issues related to your sexual health or your sexuality you can contact GMHP for free confidential support.

Young people in the South of Test Valley would officially access Break Out at present (Southampton based, Youth Service staff). Adults could access Gay Community Health Services (also Southampton). However, with PCT re-organisation it is likely that the health community in the South of Test Valley will be able to access a local service provider in Hampshire later this year.

Free Condoms

The **GETITON** condom distribution scheme is running in this area. It means that you can get free condoms if you are under 25 from lots of different organisations, all you have to do is see a trained worker so make sure you call in advance to check that they are there:

Organisation	Address	Telephone
<i>Lockerley Youth Centre</i>	Butts Green Lockerley SO510JG	
<i>Middle Wallop Barracks*</i>	Middle Wallop Barracks Stockbridge SO208DY	01980674209
<i>Andover Crisis centre</i>	Andover Crisis and Support Centre 15-21 New Street Andover SP101EL	01264366122
<i>The Wedge</i>	The Wedge Youth Centre London Rd Andover Hampshire SP102PS	01264336553
<i>Blenheim Hall Youth Club</i>	Blenheim Hall Youth Club (King Arthur's Hall) King Arthur's Way Andover	01264336553

<i>AndoverFamilyLearning</i>	LongmeadowCentre CricketersWay AndoverSP105DE	01264359062
Connexions	(Andover) WinchesterHouse WinchesterStreet Andover SP101LP	01264369947
<i>TheJunction</i>	45JunctionRoadAndover SP103XA	01264369694
<i>StockbridgeSurgery</i>	NewStreet Stockbridge SO206HG	01264810524
<i>TestwayHousing</i>	GreenwichWayAndover SP104BF	01264405625
<i>TestValleyNeighbourhood Wardens</i>		Askyourlocalwardenwhether theyaretrained
<i>YoungMums2B</i>	HeldattheJunction 45JunctionRoad Andover SP103XA	01264369694

*FormembersoftheArmedForcesonly.

Condomsarealsofreefromall [sexualhealthclinics](#) aswellassomeGP's.

MoremembersfromAndoverarebeingrecruitedinOctober.

InSouthTestValleyyouthserviceandConnexionsstaff aretrainedincondomdistribution,youthin Romseyalsooffersfreecondomseverydayoftheweek.