

# Staying safe

## *HIV and Sexual Health Information*

*English*



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ACTION FOR SEXUAL HEALTH AND HIV

This booklet will provide you with advice and information about sexual health, relationships and where to get help if you need it.

It is a guide for people from outside the UK living in the county of Cambridgeshire.

Please keep this booklet in a safe place so that you can use it if you need to in the future.

## **Sexual health**

Every adult has the right to a healthy and enjoyable sex life.

Sometimes you may have concerns or worries about sexual health and sexuality.

For some people sexual health can be sensitive and embarrassing.

## The law

The law in the UK is for your protection. Here is a summary of the important points:

- You can only say “**YES**” to sex if you are over **16 years old**.
- In the UK the age of consent, or at which you can legally have sex is **16 years old**. If you are **under 16 and having sex** you can still access the sexual health services listed in this booklet.
- Rape is when you have sex with someone who **said No** or does not want to have sex with you.
- If you have sex with someone who does not speak your language, make sure that you both say “**YES**”.
- Sex should only take place in ‘private’. Having sex in a public place is a crime.
- It is illegal to cause or encourage prostitution (having sex for money).

## **Confidentiality**

Any information that you give will NOT be passed on to another person or agency except in exceptional circumstances which you would be told about.

This would only be if there are concerns about a child or young person being hurt or abused or if another adult is at risk of serious harm.

If you would like to ask for more information about using any sexual health service you can do so, and this will not affect your immigration status or claim for asylum.

## **Sexually Transmitted Infections (STIs)**

If you have sex without a condom you can get pregnant or pick up an infection (disease or illness) called a sexually transmitted infection..

There are many sexually transmitted infections (STIs). If you have any of these symptoms, do not ignore them, but go to your doctor:

- lumps, sores or swellings on genital (between your legs) areas
- lower abdominal/pelvis (lower stomach area) pain or discharge from penis or vagina
- some do not have any symptoms or signs that you are unwell but are still dangerous.
- STIs can result in not being able to have a baby in the future and increase the risks of catching HIV or other infections.

If you are worried that you may have a STI or would like to be tested you can get help and advice:

Please call:

Wisbech – Clinic 1	(0800) 5879799
Cambridge – Clinic 1A	(01223) 217774
Huntingdon - Clinic 6	(01480) 423131
Peterborough Sexual Health Clinic	(01733) 875077
King's Lynn GUM Clinic:	(01553) 613766

## **What is HIV?**

- HIV is a serious infection.
- People who have HIV are known as “HIV positive”.

## **How is HIV transmitted (caught)?**

- By having vaginal or anal sex without using a condom with someone who is HIV positive. HIV can also be passed on by oral sex without using a condom, although this is less risky than vaginal or anal sex.
- Sharing needles to inject drugs with someone with HIV.
- From a pregnant mother who is HIV positive to her child, when giving birth and from breastfeeding.
- Infected blood transfusion and other blood products, but this is rare.
- It is safe to have a blood transfusion in (the UK).

## **You cannot catch HIV from the following activities**

- Touching an infected person
- Holding hands
- Using the same cups
- Sharing seats
- Kissing

## **How to make an appointment for an HIV test**

- The HIV test can be carried out at a special clinic called a GUM clinic (Genito- Urinary Medicine).
- An HIV test can also be carried out by your doctor, who is also called a GP. The place where you go to see your doctor is called a GP Practice or a surgery.
- All pregnant women in the UK are offered an HIV test.
- Make an appointment to visit a GUM clinic or your doctor.
- You may have to wait.
- If you go to the GUM clinic the health advisor will talk through the blood test.
- If you go to your GP surgery your doctor will talk through the blood test.

### **The HIV test involves:**

- A small sample of blood being taken from the arm by a doctor or nurse.
- This is sent off to the laboratory for testing.
- The results of the test are usually available within 7 to 10 days.

If you do not speak or understand English well, you can ask the GUM clinic to provide an interpreter for you to explain this in your own language. The interpreter will be approved by the clinic and this service is confidential, ideally you should give the clinic 5 days notice if you need an interpreter.

- HIV tests are confidential. The results will only be given to people who need to know such as consultants, doctors, midwives, nurses and care professionals.

If you need help or advice about the HIV test, you can call the Sexual Health Advisor at the GUM Clinic who will be able to find you someone to interpret. You can find the telephone numbers for the GUM clinics at the back of this booklet

## **What is AIDS?**

HIV, can make a person more likely to get specific illnesses. If this happens they have AIDS

## **Treatment for HIV**

There is no cure for HIV but treatment is available for most people and doctors will give advice.

- Most HIV positive people remain well for many years.
- Most infections can be avoided if HIV is treated before the body is too damaged by the HIV.
- Regular health checks are specially important for people with HIV

## **Staying Healthy**

### **Use a condom - protect against HIV and other STIs**

- A condom is a thin sheath that is rolled down over a man's penis before sex
- The Femidom is inserted into the woman's vagina before sex
- It is important always to use a condom to protect yourself from HIV infection, and to protect your partner if you already have the virus.
- Using a condom can also protect you from getting other STIs
- It can protect a woman from an unplanned pregnancy
- Condoms are free at all sexual health and family planning clinics and also from some GPs.

If you think you need help, you should contact your own doctor, or any of the GUM clinics listed at the back of this booklet.

## **Contraception**

If you are worried about contraception or pregnancy, you can contact a doctor or family planning clinic for free and in confidence. There is a list of family planning clinics at the end of this booklet.

Here are some of the ways that could be used to prevent a woman getting pregnant (expecting a baby).

### **The pill**

A pill is a tablet that a woman can take by mouth to stop her from becoming pregnant.

### **Contraceptive injection**

- An injection called Depo-Provera is given intramuscularly (into the muscle) every 12 weeks.

### **Contraceptive Implant**

- A contraceptive implant called Implanon, is placed beneath the skin. This can prevent pregnancy for up to three years.

### **The contraceptive coil or IUCD (Intra-Uterine Contraceptive Device)**

- It is a small copper and plastic device that is put into the womb through the vagina.

## **A condom**

- A female condom is called Femidom or Reality. It is put inside the vagina and part of it stays outside to cover the external part of the genital area.
- A male condom is a thin sheath that is rolled down the outside of a man's penis.
- Condoms also protect against sexually transmitted infections. You should always use condoms with a new sexual partner even if the pill or coil is being used for contraception.

## **The contraceptive cap**

A cap is a rubber dome that fits over the top part of the opening of the womb called the cervix.

## Emergency contraception

If you are worried about getting pregnant after having unprotected sex, there are pills that can be taken up to 72 hours (3 days) after sex, although they work best taken within 24 hours.

Remember, it is better to use contraception when you have sex rather than relying on emergency contraception.

Family planning clinics offer free contraception, condoms and confidential advice for people of all ages, and can be called on:

### Cambridge

Sexual Health & Contraceptive Service, The Laurels,  
Newmarket Road (08456) 505152

### Wisbech

The New Horsefair Clinic, 27 St Augustines Road (01945) 488008

### Huntingdon

Family Planning Clinic, Huntingdon Treatment Centre  
Hinchingsbrooke Hospital (01480) 363541

### St Neots

Dumbelton Medical Centre, Barford Road (01480) 357955

### Peterborough

CASH – Contraceptive and Sexual Health Service  
Wellington Street (01733) 466601

For details of specific local services for young people under 25 please contact one of the services above or visit:  
**[www.purplepigeon.net](http://www.purplepigeon.net)** or call (01480) 418690.

**[www.youthoria.org](http://www.youthoria.org)** , a local website for young people also provides local information.

## **Abortion**

It is possible for a woman to end a pregnancy in the early stages.

This is a very serious decision to make and your GP or family planning clinic will help you with this choice.

The NHS Direct Line will also provide you with more information about who to talk to.

Telephone: 0845 4647 (Open 24 hours a day)

## **Sexual partners**

Some people like to have sex with people of the opposite sex.

Some people like to have sex with people of the same sex. This may be women who are attracted to other women (lesbian) and men who are attracted to other men (gay).

Some people are prejudiced against people who are attracted to those of the same sex; Others may have negative opinions of people who are from a different race, or culture and who speak a different language. This is often due to lack of understanding, and leads to prejudice and fear.

If you find people do not treat you fairly because of their perceptions of your sexuality, you can talk to the police or your social worker, or any agency listed at the back of this booklet.

## Agencies

**C** = free condoms available

**W** = Wheelchair accessible

**I** = Service has access to interpreters.

### Family Planning Clinics

#### Advice and contraceptives, pregnancy testing

##### Cambridge

Sexual Health & Contraceptive Service

**The Laurels, Newmarket Road, Cambridge**

(08456) 505152

**CWI**

##### Wisbech

The New Horsefair Clinic, 27 St Augustines Road

(01945) 488008

**CWI**

##### Huntingdon

Family Planning Clinic, Huntingdon Treatment Centre

Hinchingbrooke Hospital

(01480) 363541

**CWI**

##### St Neots

Dumbelton Medical Centre, Barford Road

(01480) 357955

**CWI**

##### Peterborough

CASH – Contraceptive and Sexual Health Service

Wellington Street

(01733) 466601

**CWI**

##### King's Lynn

St James, Extons Road,

(01553) 769336

**CWI**

Contact services above for details of young peoples clinics.

## Genito Urinary Medicine Clinics (GUM)

### Testing and Treatment of STIs and HIV.

Clinic 1, North Cambs Hospital,  
**Wisbech**  
(0800) 5879799 **CWI**

Clinic 1A, Addenbrooke's Hospital,  
**Cambridge**  
(01223) 217774 **CWI**

Clinic 6, Hinchingsbrooke Hospital,  
**Huntingdon**  
(01480) 423131 **CWI**

Department of Sexual Health, Edith Cavell Hospital,  
**Peterborough**  
(01733) 875077 **CWI**

GUM Clinic, Queen Elizabeth Hospital,  
**King's Lynn**  
(01553) 613766 **CWI**

### NHS Direct General advice and information about all aspects of health.

Freephone 0845 4647 |

### Voluntary HIV organisations (C,I, and W (by arrangement))

**DHIVERSE – Sexual Health and HIV charity** (01223) 508805  
www.dhiverse.org.uk (01480) 420011

**Peterborough HIV Support Services** (01733) 311555

**EAST** (HIV Support in Norfolk) (01553) 776655

### Projects supporting refugees and minority communities

**The Spectrum Project** A Cambridgeshire sexual health project for Black and Ethnic Minority Communities (01223) 508807

**Cambridge Refugee Support Group** (01223) 575489

**New Link** (Peterborough) (01733) 742801

**KLARS** (Kings Lynn) (01553) 773905

### **Rape**

**Services for people who have been raped or sexually assaulted**

**Cambridge Rape Crisis** (01223) 245888

**Choices (for survivors of sexual abuse)** (01223) 471574

**Peterborough Rape Crisis** (01733) 311311

**MARS Project (for Men) – Peterborough** (01733) 311574

### **Drugs**

**Support and information for people who are drug users**

Dialdruglink (Huntingdonshire) (01480) 413800

Bridgegate (Fenland and Peterborough) (01733) 314551

The Bridge Project (Cambridge and area) (01223) 214614

### **Alcohol**

**Support and information around alcohol misuse**

Drinksense (Cams and Peterborough) (01733) 555532  
offices in various locations

### **Advice for young people (Under 25)**

Centre 33 (Confidential advice and support in Cambridge, South Cambs and East Cambs) (01223) 316488

AICH (Young Peoples counselling in Huntingdonshire) (01480) 435061

Connexions 0800 56 13 2 19

[www.purplepigeon.net](http://www.purplepigeon.net) – including listings for local young peoples sexual health clinics

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

[www.ruthinking.co.uk](http://www.ruthinking.co.uk)

## **Sexual orientation**

### **Support for lesbians and gay men**

**Dimensions Project** (for gay and bisexual men) (01223) 508805  
[www.dhiverse.org.uk/4men](http://www.dhiverse.org.uk/4men) (01733) 311555

**2byouth** (for lesbian, gay and bisexual under 25s)  
(01223) 369508

## **Social Services**

**Social support and care for asylum-seekers who have claimed asylum after they had entered the UK. Protection of all children and vulnerable people.**

**Cambridgeshire** (01223) 717011

**Peterborough - New Link** (01733) 742801

**King's Lynn** (01553) 669300

If you would like this leaflet in large print, audio, Braille, alternative format or in a different language please contact DHIVERSE on 01223 508805 or ask the person who gave you this leaflet.

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