HUTANO HWEPANDO (Sexual Health)

Munhu mukuru wese anekodzero yekuva nenguva yepabonde inofadza zvakare ine hutano.

Dzimwe nguva nyaya dzepabonde dzinogona kusiya munhu aine mibvudzo kana kugunun'una.

Kune vamwewo vanoona nyaya yehutano hwepabonde iri nyaya inovanyadzisa kana kuti isingade kubatwa-batwa.

MUTEMO

Mutemo wemu UK ndewekukudzivirirai. Hechinoi chidimbu chezvakakosha pamutemo :

- Unogona chete kubvuma kuti **“hongu”** kuenda nemunhu pabonde kana uine makore anopfuura gumi nematanhatu (**16**).
- Pamutemo wemu UK munhu anotenderwa kuenda pabonde nemumwe kana kubvumirana nemunhu, anofanira kunge aine makore **kubvira pagumi nematanhatu.** Zvakadaro, kana uine makore ari pasi peiwaya uchienda pabonde unokwanisa hako kuwana rubatsiro kumapato anoona nezvehutano hwepabonde ayo akanyorwa mukabhuku kano.
- Kubatwa kana kubata chibharo zvinoreva kuenda pabonde nemunhu anenge ati **kwete** kana kuti wausiri kuda kuenda naye pabonde
- Kana uchienda pabonde nemunhu asingataure mutauro wako iva neidi kuti mese mati “**HONGU**”.
- Kuenda pabonde kunofanira kuitirwa pachivande. Imhosva kuitira pachena.
- Imhosva kukurudzira kana kukonzera chipfambi (kuenda pabonde nemunhu uchibhadharwa).

KUCHENGETEDZA MUCHIVANDE

Mashoko ese amunopa **haatauririrwe** mumwe munhu kana bato kunze kwedzimwe nguva dzakatsarukana dzinomanikidzira kuti zviitwe asi munotanga maziviswa.

Zvingazoziviswe vamwe vakakodzera kana kuri kunzi parikufungidzirwa kuti pangaite dambudziko kumucheche kana kumwana mudiki rakaita sekukuvadzwa kana kubatwa zvakaipa kana kuti angave munhu mukuru ari panjodzi yekukuvadzwa zvakanyanya.

Makasununguka kubvunza mamwe mashoko akawanda pamusoro pekushandisa mapato anoona nzveutano hwepabonde, zvakare hazvikanganise mamiriro emvumo yenyu yekugara munyika kana kupotera.

ZVIRWERE ZVEPABONDE (Sexually Transmitted Infections – STIs)

Ukaenda pabonde nemunhu musingashandise kondomu unogona kubata pamuviri kana kubata chirwere chinonzi chirwere chepabonde.

Zvirwere zvepabonde zvakawanda. Kana uine chimwe kana zvakawanda zvezvinotevera, rega kushaya hanya nazvo, ona chiremba :

- Mapundu, maronda kana kuzvimba pasikarudzi (pakati pemakumbo)
- Kurwadziwa pazasi pedumbu kana kuburitsa zvinhu zvisingabude mazuva ose pasikarudzi
- Zvimwe zvirwere zvepabonde hazviratidzire nechimwe chinhu kuti zvabatika asi zvingori nenjodzi zvakadaro
- Zvirwere zvepabonde zvinogona kushaisa munhu mbereko mune remangwana zvekare zvinowedzera njodzi yekuvhurira zvimwe zvirwere mukana kana hutachiona hwe HIV

Kana uchityira kuti ungangove uine chirwere chepabonde kana kuti uchida kuvhenekwa unokwanisa kuwana rubatsiro neyambiro ukafonera kunotevera :

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

HUTACHIONA HWEMUKONDOMBERA (HIV) CHII?

- HIV hutachiona hwakakomba
- Vanhu vane HIV vanonzi nechirungu vari "*HIV positive*"

HIV INOBATWA KANA KUTAPURIRANWA SEI?

- Panzira dzose dzekuenda pabonde nemunhu ane HIV, memberi kana neshure pasingashandiswe kondomu. HIV inogona kutapuriranwa nekunanzvana pasikaruddzi pasina kondomu asi kunanzvana zvako kune njodzi shoma pane kuenda pabonde nemberi kana neshure.
- Kuzvibaya zvinokora netsono yashandiswa nemunhu ane HIV
- Kubva kuna amai vakazvitakura vane HIV kuenda kumwana wavo ari mudumbu, pakusununguka kana pakuyamwisa.
- Kuwedzerwa ropa rine HIV kana zvimwewo zvine ropa, asi izvi hazviwanzoitika
- Mu UK kuwedzerwa ropa hakuna njodzi

HIV haibatwe nenzira dzinootevera

- Kubata munhu ane HIV
- Kubatana maoko
- Kushandisirana makomichi
- Kuchinjana zvigaro
- Kutsvodana

Munonyoresa sei kuti muvhenekwe HIV?

- Munogona kuvhenekwa HIV pamakiriniki ezvepabonde anonzi GUM (*Genito-Urinary Medicine)*
- Chiremba wenyu uyo anonziwo GP, anogona kukuvhenekai HIV. Dzimba dzamunoenda kunoona chiremba wenyu kunonzi kwa GP kana kuti ku Surgery.
- Madzimai ese akazvitakura mu UK anopiwa mukana wekuvhenekwa HIV
- Nyoresai zuva nenguva yekuona chiremba venyu kana yekuenda kukiriniki yeGUM
- Dzimwe nguva zvinotora chinguva makamirira zuva nenguva dzacho
- Mukaenda kukiriniki yeGUM mubatsiri wezvehutano ndiye anokutsananguririrai zvese zvichaitika pakutorwa ropa
- Kana kuri ku Surgery kwa Chiremaba wenyu, chiremba ndiye achakutsananguririrai nezvekutorwa ropa

Chinotora nzvimbo pakuvhenekwa HIV:

- Chiremba kana mukoti anokutorai ropa rekuvheneka
- Rinotumirwa kunyanzvi dzinoongorora zvirwere
- Zvinobuda pakuongorora uku zvinodzoka mumashure memazuva 7 kana 10

Kana musingataure kana kunzwa chirungu munogona kukumbira vekiriniki yeGUM kuti vakudaidzirei muturikiri kuti mutsanangure nerurimi rwaamai. Muturikiri akakodzera anotsvagwa nekiriniki zvakare zvinoitika hazvishambadzirwe kuvanhu. Naizvozvo kana muchida muturikiri zivisai kiriniki muipe mazuva mashanu ekumuwana.

- Kuvhenekwa HIV kwakavandika. Zvinobuda kana mavhenekwa zvinongoziviswa vanokodzera chete sevaya vanoyambira, vanachiremba, vananyamukuta, vakoti kana nyanzvi dzinochengeta vanhu.

Kana muchida rubatsiro kana yambiro nezvekuvhenekwa kana kuongororwa HIV, munogona kutaurira vabatsiri vezvehutano hwepabonde veku kiriniki yeGUM avo vanokuwanirai muturikiri. Munowana nhamba dzerunhare dzemakiriniki e GUM kuseri kwekabhuku kano.

MUKONDOMBERA (AIDS) CHII ?

Utachiwana hwe HIV hunovhurira munhu kunjodzi yekubata zvimwe zvirwere. Kana izvi zvaitika munhu anonzi ave nechirwere chemukondombera (AIDS).

KURAPWA KWE HIV

HIV hairapike ichipera asi vanhu vanogona kuwana mishonga yekuirwisa zvakare vanachiremba varipo kuti vape vanhu mazano.

- Vanhu vazhinji vane hutachiona hwe HIV vanogona kurarama kwemakore akawanda vakasimba
- Zvirwere zvizhinji zvinogona kudzirirwa kana HIV ikarapwa muviri usati wanyanya kukuvadzwa ne HIV
- Zvakakosha zvikuru kuti vanhu vane HIV vagare vachiongororwa hutano hwavo.

KUGARA MAKAGWINYA

Shandisai kondomu – Zvidzivirirei kubva ku HIV nezvimwe zvirwere zvepabonde

- Kondomu kakanda katetet-tete kanopfekedzwa pasikarudzi yemurume asati aenda pabonde
- Femidom inoiswa musikarudzi yemukadzi asati aenda pabonde
- Zvakakosha kushandisa kondomu kuti muzvidzivirire kubata HIV nekudzivirirawo mudiwa wenyu kana mutori nehutachiona hwacho kare
- Kushandisa kondomu kunobatsira zvakare kuzvidzivirira pakubata zvimwe zvirwere zvepabonde
- Rinobatsirazve mukadzi kuti asabate pamuviri pasina kurongwa
- Makondomu anowanikwa pachena kumakiriniki ese ehutano hwepabonde neekuronga mhuri nekumamwe machiremba.

Kana muchiona muchida rubatsiro taurai naChiremba venyu kana kiriniki yese yese yeGUM yakanyorwa kuseri kwekabhuku kano.

KUDZIVIRIRA NHUMBU

Kana muchishushikana nezve nhumbu kana kuidzivirira munogona kutaura naChiremba kana kiriniki yekuronga mhuri zviri pachena zvakare pachivande. Kumagumo kwekabhuku kano kune mazita emakiriniki ezvekuronga mhuri.

Hedzinoi dzimwe nzira dzinogona kushandiswa nemudzimai kana achida kudzivirira kubata pamuviri.

MAPIRITSI

Mapiritsi ekudzivira pamuviri anogona kunwiwa nemunhukadzi kuti asabate pamuviri

JIKISENI

- Jikiseni rinonzi Depo-Provera rinogona kubaiwa pamasvondo 12 ega ega

ZVINOPINZWA MUGANDA

- Implanon kanhu kekudzivirira pamuviri kanobairirwa pasi peganda. Inodzivirira pamuviri kwemakore anosvika matatu

KOIRI KANA KUTI IUCD

- Aka kanhu kakamonana kanogadzira nekopa nepurasitiki kanopinzwa muchibereko nepasikarudzi

KONDOMU

- Kondomu rechikadzi riononzi Femidom kana kuti Reality. Rinoiswa musikarudzi yemukadzi rimwe divi rosara panze kuti richengetedze kunze kwesikarudzi
- Kondomu rechirume kakanda katete-tete kanopfekedzwa kunze kwesikarudzi yechirume
- Makondomu anodzivirawo kubva kuzvirwere zvepabonde. Kondomu rinofanira kushandiswa nguva dzese nemudiwa wepabonde mutsva kana dai mapiritsi kana koiri richishandiswa senzira yekudzivirira pamuviri.

KEPE YEKUDZIVIRA PAMUVIRI

Kepe karabha kakapinda mukati kanovharwa pamuromo wechibereko

KUDZIVIRIRA PAMUVIRI KWECHIMBICHIMBI
(EMERGENCY CONTRACEPTION)

Kana muchishushikana nekubata pamuviri kumashure kwekuenda pabonde kusina kudzivirirwa, kune mapiritsi anogona kunwiwa kusvika kumazuva matatu (72 Hours) mabva pabonde, asi anowanzoshanda zvakanaka mukaatora mazuva maviri (24 Hours) asati apfuura.

Yeukai kuti zviri nani kushandisa zvekudzivirira pamuviri kana muchienda pabonde pane kuvimba nezvinodzivirira nechimbichimbi.

Makiriniki ekuronga mhuri anopa zvekudzivirira pamuviri pachena, makondomu nemazano aripachivande kuvanhu vemazera ose, munogona kuvafonera panhamba dzinotevera:

Cambridge
Hutano hwepabonde nekudzivira nhumbu
The Laurels Newmarket Road (08456) 505152

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

Huntingdon
Kiriniki yekuronga mhuri, Huntingdon Treatment Centre
Hinchingbrooke Hospital (01480) 363541

St Neots
Dumbelton Medical Centre, Barford Road (01480) 357955

Peterborough
CASH – **Hutano hwepabonde nekudzivira nhumbu**
Wellington Street (01733) 466601

Kana muchida kunyatsoziva mamwe masangano ari padyo nemi anoona nevechidiki vari pasi pemakore makumi maviri nemashanu (25) fonerai vese vese vabva kutaurwa nezvavo ava kana kutarisa pakombiuta pa: **www.purplepigeon.net** kana kufona pa (01480) 418690.

Pa **www.youthoria.org ,** pane mamwe mashoko anobatsira vechidiki vemunzvimbo menyu.

KUBVISA PAMUVIRI

Kana nhumbu ichiri diki munhukadzi anokwanisa kuibvisa kana achida.

Ichi chinhu chinoomera munhu zvikuru kuita saka Chiremba venyu kana kiriniki yekuronga mhuri inokubatsirai pasarudzo yenyu.

Runhare runoti tande rwe NHS runopa mamwe mashoko anokuudzai kuti motaura nani

Nhamba dzavo dzinoti : 0845 4647 (Vanovhura masikati nehusiku hwose)

VADIWA VEPABONDE (Sexual partners)

Vamwe vanhu, kana vari vakadzi vanoda kuenda pabonde nevarume, kana vari varume, vanoda kuenda pabonde nevakadzi.

Kune vamwewo vanoda kuti kana vari varume voenda pabonde nevarume kana kuti kana vari vakadzi voenda pabonde nevakadzi zvakare. Vose vanonzi ngochani.

Vamwe vanhu vane mafungiro asiri ivo nenyaya yengochani; vamwe vanogona kuva nemafungiro akaipa nezvevanhu veganda rakasiyana neravo, tsika nemagariro dzakasiyana kana kuti vanotaura mumwe mutauro. Izvi zvinowanzokonzerwa nekusanzwisisa zvichizogumisira nemafungiro asiri ivo nekutya.

Mukaona munhu asingakubatei zvakanaka nekuda kwekwamakarerekera nezvepabonde, munogona kutaurira mapurisa kana mubatsiri wemagariro evanhu (social worker), kana bato rese rese rakanyorwa seri kwekabhuku kano.

MABATO

C = Zvinoreva kuti panowanikwa makondomu pachena
W = Zvinoreva kuti panogona kufambika neWiricheya
I = Zvinoreva kuti vanokwanisa kukuwanirai vaturikiri.

MAKIRINIKI EKURONGA MHURI

Mazano nekudzivirira nhumbu, kuvhenekwa pamuviri

Cambridge
Hutano hwepabonde nekudzivirira pamuviri **CWI**
The Laurels, Newmarket Road, Cambridge
(08456) 505152

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

Huntingdon
Kiriniki yekuronga mhuri, Huntingdon Treatment Centre
Hinchingbrooke Hospital
(01480) 363541 **CWI**

St Neots
Dumbelton Medical Centre, Barford Road
(01480) 357955 **CWI**

Peterborough
CASH – **Kudzivirira pamuviri nehutano hwepabonde** **CWI**
Wellington Street
(01733) 466601

King's Lynn
St James, Extons Road,
(01553) 769336 **CWI**

Taurai nevese vabva kutaurwa nezvavo ava nezvakanangana nemakiriniki evechidiki.

MAKIRINIKI EZVEPABONDE (GUM)

Kuvhenekwa nekurapwa zvirwere zvepabonde ne HIV.

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

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

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

Bato rehutano hwepabonde, Edith Cavell Hospital, **CWI**
Peterborough
(01733) 875077

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

Nhare dze NHS Direct Uko kunopiwa mazano akasiyana siyana nemashoko ezvese zvehutano.
Runhare rwemahara 0845 4647 I

MABATO AKAZVIPIRA E HIV (C,I, and W (ZVINOITA KURONGWA)

DHIVERSE – Bato reruyamuro rinoona nezvehutano hwepabonde ne HIV (01223) 508805
www.dhiverse.org.uk (01480) 420011

Peterborough Bato rinotsigira zve HIV (01733) 311555

EAST (Rutsigiro rwe HIV mu Norfolk) (01553) 776655

ZVIRONGWA ZVINOTSIGIRA VAPOTERI NEVATORWA MUNYIKA

The Spectrum Project Chirongwa chehutano hwepabonde hwe vatema nevamwe vatorwa mu Cambridgeshire (01223) 508807

Bato rinotsigira vapoteri mu Cambridge (01223) 575489

New Link (Peterborough) (01733) 742801

KLARS (Kings Lynn) (01553) 773905

CHIBHARO

Mapato evanhu vakabatwa chibharo kana kubatwa zvakaipa pabonde

Cambridge Rape Crisis (01223) 245888

Choices (Yevanhu vakabatwa zvakaipa pabonde)
(01223) 471574

Peterborough Rape Crisis (01733) 311311

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

ZVINOKORA (drugs)

Rutsigiro nemashoko anobatsira vanoshandisa zvinokora

Dialdruglink (Huntingdonshire) (01480) 413800

Bridgegate (Fenland and Peterborough) (01733) 314551

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

Doro

Rutsigiro nemashoko anobatsira vanonwa doro zvakaipa
Drinksense (Cambs and Peterborough) (01733) 555532
Mahofisi avo ari kwakawanda

Mazano evechidiki (Vari pasi pemakore 25)

Centre 33 (Mazano nerutsigiro muchivande mu Cambridge, South Cambs and East Cambs) (01223) 316488

AICH (Kupangwa mazano kwevechidiki mu Huntingdonshire) (01480) 435061

Connexions 0800 56 13 2 19

www.purplepigeon.net –Panowanikwawo mazita nenhamba dzemakiriniki ezvepabonde

www.youthoria.org

www.ruthinking.co.uk

Kwamakarerekera nezvepabonde

Rutsigiro rwengochani

Dimensions Project (Yengochani dzechirume nevasiri)(01223) 508805

www.dhiverse.org.uk/4men (01733) 311555

2byouth (yengochani dzechikadzi vari pasi pemakore 25) (01223) 369508

Mabato emagariro evanhu (Social Services)

Rubatsiro rwekugara nekuchengeteka zvakanaka kwevakakubira kupotera vapinda muUK. Kudzivirirwa kwevana nevanhu vese vari panjodzi.

Cambridgeshire (01223) 717011

Peterborough - New Link (01733) 742801

King's Lynn (01553) 669300

Kana muchida kabhuku aka kakadhindwa nemavara makuru kana kuti muchida kunzwa riri izwi, kuverenga neruoko rwemapofu runonzi Braille kana kuti imwe nzira yekunyora kana mumwe mutauro, taurai neve DHIVERSE pa 01223 508805 kana kubvunza munhu akutambidzai kabhuku kano.

Tinotenda ve

Norfolk NHS HIV/AIDS and Sexual Health Unit ne Norfolk Social Services Asylum Seekers/Refugee Team avo vakaburitsa mazano ekutanga nemashoko ekabhuku kano.