

Clinic timetable

MONDAY

Bexley Youth Advice
233 Broadway,
Bexleyheath, DA6 7EJ
Tel 020 8301 3900
4pm - 6.30pm

Erith Health Centre
50 Pier Road
Erith, DA8 1RQ
Tel: 01322 357953
3.30pm - 7.30pm

TUESDAY

Erith Health Centre
50 Pier Road
Erith, DA8 1RQ
Tel: 01322 357953
4pm - 7.30pm

WEDNESDAY

Lakeside Health Centre
Yarnton Way,
Thamesmead, SE2 9LH
Tel: 020 8320 7357
4.30pm - 6.30pm

THURSDAY

Bexley Youth Advice
233 Broadway
Bexleyheath, DA6 7EJ
Tel: 020 8301 3900
4pm - 6.30pm

FRIDAY

Cray Surgery
42 Cray Road
Footscray, DA14 5BZ
Tel: 020 8309 7990
3.30pm - 5.00pm

The Oval Clinic
Sherwood Park Avenue
Sidcup, DA15 9HW
Tel: 020 8302 3381
3.30pm - 7.30pm

MONDAY - FRIDAY

**Northumberland Heath
Medical Centre**
Hind Crescent
Erith, DA8 3DB
Tel: 01322 336556
9am - 5pm

Local Information 020 8298 6213

Advice on sex and relationships



Free confidential contraception
and sexual health information
for young people under 25

What are Contraception and Sexual Health

Advice Clinics?

These clinics offer a free confidential service promoting safe sex by providing contraception and sexual health advice.

They are all walk-in clinics where you can just turn up and you will be seen by a nurse without an appointment.

If you wish to see a doctor you will need to make an appointment. Appointments can be made between 4pm - 5pm on Mondays and Tuesdays at the Erith health clinic.

To make an appointment, please call the clinic 01322 357953 during opening hours.

The Contraception and Sexual Health Advice Clinics are run by Bexley Community Health Services which is part of Oxleas NHS Foundation Trust.

How can the clinics help you?

We offer:

- Oral contraceptive pills
- C-card for free condoms (for under 20s only)
- Emergency contraception after unprotected sex
- Provide long acting contraception such as implants, contraceptive injections, (IUD coil and Mirena coil - by appointment at Erith Health Centre only)
- Free pregnancy testing and support
- Referrals for unwanted pregnancy
- Chlamydia screening and treatment for 15-24 year olds, including self testing packs



There will be a chance for you to ask questions and you may like to write them down before your appointment and keep them handy.

Confidentiality

Please remember that anything you discuss at the clinic will not be shared with anyone unless the nurse or doctor has a concern that you are being hurt or abused. We will always try to discuss this with you first.

All our staff are required to abide by a strict code of conduct on confidentiality. We will only share information with those who need to know in order to provide good quality care. Occasionally there may be exceptions to this, for example to support a clinical audit or to monitor the quality of care provided. We will usually discuss this with you beforehand.

Your opinion matters

Oxleas NHS Foundation Trust is committed to providing the highest standards of care, so we welcome your views on the services we provide. If you would like to comment, make a suggestion or make a complaint, please speak to the person you normally see or ask to speak to the team manager.

You may also like to speak to our Patient Advice and Liaison Service (PALS) by ringing the freephone number on 0800 917 7159. See www.pals.nhs.uk/