



## Had unprotected sex?

### **You are at risk of pregnancy and STIs (Sexually Transmitted Infections)**

**Safe sex - Use a condom** - Using condoms is the best way to protect yourself and your partner from STIs. Choosing a contraceptive method that is right for you will avoid unplanned pregnancy. Emergency contraception and Chlamydia screening are available free from all contraception and sexual health clinics and from some chemists. Just ask, they are happy to help.

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**Emergency Contraceptive Pill** - Act fast. It must be taken within three days (72 hours) of unprotected sex but it is more effective the sooner it is taken. Avoid the worry of an unplanned pregnancy in the future. Talk to a health worker about your contraception needs and choose the right option for you.

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**Chlamydia screening** - Confidential testing and treatment is available for those aged 16 - 24. Many people don't know they have Chlamydia. Ask for a pack to find out and get the best treatment.

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**STIs** - If you are worried about, or develop symptoms you can get an appointment by contacting local sexual health clinics at:

**Queen Elizabeth Hospital, Trafalgar Clinic 020 8836 6969**

**Darent Valley Hospital, Renton Clinic 01322 428740**

## Useful Contacts



### Worth Talking About:

2pm-10pm 0800 282930

[www.worhtalkingabout.nhs.uk](http://www.worhtalkingabout.nhs.uk)

### Wise Up (Local services)

24hr info 020 8298 6213

**The Metro Centre** (Lesbian, Gay and  
Bisexual advice)

10am-5.30pm 020 8305 5000

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

**NHS Direct** 0845 4647

### Chlamydia Screening

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

**Brook** (free and confidential sexual  
health advice for young people under 25)

9am-6pm 0808 302 1234

07717 989 023 (Text only)

[www.brook.org.uk](http://www.brook.org.uk)



[www.oxleas.nhs.uk](http://www.oxleas.nhs.uk)

# Sex and relationships



**Free and confidential contraception  
and sexual health advice  
for young people under 25**

August 2012

## Contraception and sexual health clinics

**FREE** and **CONFIDENTIAL** help and advice for people under 25. Contraceptive pills, implants, injectables, C-Card and condoms, emergency contraception, pregnancy testing and Chlamydia screening and treatment.

### 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

#### Oval Clinic

Sherwood Park Ave, Sidcup, DA15 9HW  
Tel: 020 8302 3381 **3.30pm - 7.30pm**

#### Cray Surgery

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

### MONDAY - FRIDAY

#### Northumberland Heath Medical Centre

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

## Urgent care and pharmacy services - during opening hours

**Emergency contraception (EHC) - FREE** for young people aged 14-24.

As this can only be supplied by the named pharmacist please telephone in advance to check they will be there when you go. **Condoms - FREE** for the under 20s, if you have a C-Card (**CC**) Chlamydia screening - free for young people aged 16-24.

### **Barnehurst and Bexleyheath**

- **Davidson:** 5 Midfield Parade  
01322 528990 **EHC CC**
- **Broadway Pharmacy:** 172 Broadway  
020 8303 2707 **EHC CC**

### **Belvedere**

- **Spadeground:** 11 Picardy Street  
020 8311 4087 **EHC**
- **Lloyds Pharmacy:** 7 Nuxley Road  
01322 433777 **EHC**
- **Knightons:** 36 Nuxley Road  
01322 432710 **EHC**

### **Crayford**

- **Sainsbury's Pharmacy:** Stadium Way  
01322 524506 **CC**

### **Erith**

- **Soka Blackmore:** 2 Pembroke Road  
01322 432146 **EHC**

- **Ormay Pharmacy:** 224 Bexley Road  
01322 347796 **EHC**
- **Daysol Pharmacy:** 3 Parkside Parade,  
Northend Road 01322 556356 **EHC CC**
- **Northumberland Health Medical Centre:**  
Hind Crescent  
01322 336556 **EHC CC**

### **Sidcup**

- **Brownes Chemist:** 252 Blackfen Road  
020 8301 2621 **EHC CC**

### **Thamesmead**

- **AF Browne's Pharmacy:** 4 Tavy Bridge  
020 8310 7209 **EHC CC**

### **Welling**

- **Hayshine:** 54 Wrotham Road  
020 8303 3616 **EHC CC**
- **Falconwood Pharmacy:** 3 Falconwood  
Parade, The Green 020 8303 7064 **EHC CC**

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**The Urgent Care Centre at Queen Mary's Hospital, Froggnal Avenue,  
Sidcup is open 24 hours 7 days a week for free **EHC** and **CC****