

## What is “The Point”?

A friendly & confidential service for Young People aged 18 years & under

The following services are provided (for free):

- Sexually Transmitted Infections (STIs): Advice, Testing & Treatment
- Emergency Contraception
- Contraception: Advice, Starting or Continuing
- HPV & Hepatitis vaccination for gay/bi men
- Pregnancy testing & unplanned pregnancy advice
- Condoms
- Advice about Sex, Sexuality & Relationships
- Support following Sexual Assault

### REGISTRATION

If you are a new patient you will be registered by a receptionist in one of our confidential registration booths.

At this time you can request to see a male or female clinician if you have a preference.

### PATIENT CONFIDENTIALITY

Your confidentiality is important to us. Your clinic records will only be accessed by staff within the clinic involved in your care. Information will not be given to someone outside of the clinic (GP, Social Worker or Parent etc.) unless we explain why and ask your permission. We will only pass on information without your consent if we are concerned for your safety.

Confidentiality will be discussed at your visit and more information can be found in our separate leaflet ‘Confidentiality, Your Rights.’

### DO I NEED TO TELL ANYONE I ATTENDED?

You don’t have to tell anyone that you have been to see us, however if you are thinking about or are having sex we would always recommend that you have a trusted adult that you can speak to about this. They can be a source of advice and support. A parent may be ideal but if not a relative, family friend or social worker etc. could be suitable.

### SEXUAL ASSAULT / SEX WITHOUT CONSENT

If you have experienced a sexual act that you did not give consent for we can support you – please call for immediate advice.

### CONSULTATION

You will be called to a private room by your first name. You may be seen by a Doctor, Clinical Nurse Specialist or Nurse depending on why you have attended. You will be asked about your general, sexual and mental health and social situation.

Depending on your need, symptoms and when you last had sex you will be offered a variety of services. Contraception will also be discussed and provided as appropriate.

If you are offered tests for STIs we will always tell you which infections we are testing for and gain your consent.

### ASYMPTOMATIC TESTING

Testing for those without symptoms – may include:

- Chlamydia & Gonorrhoea** (urine or self-taken swab)
- HIV and Syphilis** (blood test)

### SYMPTOMATIC TESTING

Testing for those with symptoms – may include an examination and the collection of samples from the throat, vagina, penis and rectum as appropriate. You will always be offered a chaperone (someone else with you as well as the clinician taking the samples).

During this examination we may diagnose or test for all or some of the following:

- |   |   |
|---|---|
| <input type="checkbox"/> <b>Chlamydia</b>                   | <input type="checkbox"/> <b>Gonorrhoea</b>      |
| <input type="checkbox"/> <b>Trichomonas vaginalis</b>       | <input type="checkbox"/> <b>Urethritis</b>      |
| <input type="checkbox"/> <b>Genital Warts</b>               | <input type="checkbox"/> <b>Herpes</b>          |
| <input type="checkbox"/> <b>Pelvic Inflammatory Disease</b> | <input type="checkbox"/> <b>Hepatitis A/B/C</b> |
| <input type="checkbox"/> <b>Candida / Thrush</b>            | <input type="checkbox"/> <b>HIV</b>             |
| <input type="checkbox"/> <b>Bacterial Vaginosis</b>         | <input type="checkbox"/> <b>Syphilis</b>        |

### WEBSITE FOR ACCURATE INFORMATION

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

### RESULTS

Some infections may be diagnosed (found) while you are in the clinic – we can then provide treatment & advice straight away.

Other tests are sent away – we will contact you by text message or phone to give you the results.

- If a text says “your tests are negative” – this means you do not have an infection.
- If a text says “your test was positive” – this means you do have an infection and we will need to speak to you.

If we text or call you & ask you to call us or to come back into the clinic please don’t ignore us...many STIs are easily managed so it’s better to come and see us ASAP...if we can’t get hold of you & we are worried about you we may need to contact you via your GP, Social Worker, School Nurse etc.

### TREATMENT

If you have an infection we will explain what the infection is, how it is caught or passed on and how it can be treated.

Treatments are normally given out from the clinic (you don’t have to collect them from a pharmacy) and are free. It is really important that you take all the medication that we give you and follow any additional advice (such as not having sex for a while or coming back to us to reassess your symptoms).

Some infections may require that you come more than once for treatment – we will discuss this with you.

Some infections will need a follow up test to confirm that they the treatment has worked - we will discuss this with you.

If you have any concerns or questions once you’ve left the clinic you can call us to discuss.

### WHAT ABOUT MY PARTNER?

If we diagnose an infection your current or previous partner/s may also need testing / treating. It is really important that we stop the spread of STIs by treating everyone that may have come into contact with an infection.

We will discuss how and what to tell a partner.

We encourage that *you* tell your partners however if you feel unable to do this we may be able to do it for you.

## EMERGENCY CONTRACEPTION

Emergency Contraception can be used to reduce the risk of pregnancy if a condom or your hormonal contraception method has failed.

It should ideally be used as soon as possible after sex. The best method for you depends on your specific circumstances. The Copper IUD (Coil) is most effective and there are 2 types of pill ('The Morning After Pill').

Call us as soon as possible to find out when we can see you for emergency contraception. Other services also provide the emergency pill for free (<http://bitly.ws/3TGo>).

## CONTRACEPTION

Emergency contraception may be effective but it's not as good as using another method consistently.

We will discuss which contraception may be best for you – some things to think about:

- Do you want a method you take every day (e.g. pill) or one you can't forget (e.g. implant)
- How effective should it be - more or less than 99%
- Do you prefer a method with or without hormones
- Any issues you've had with previous contraception

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## PREGNANCY

If you have had a pregnancy risk (sex without a condom or another method of contraception) we can do a pregnancy test, talk about your options if you are pregnant and ways to avoid future risks.

## CONDOMS

Condoms reduce the risk of STIs. We can give you free condoms, tips on how to use them and sign you up to the CCard (so you can pick up more condoms at other venues).

## SEX, SEXUALITY & RELATIONSHIPS

No two people experience their sexuality, sexual encounters and relationships in the same way – we will treat you as an individual and address your specific needs.

Asking for and receiving consent for each sexual act is very important – we can discuss how best to do this.

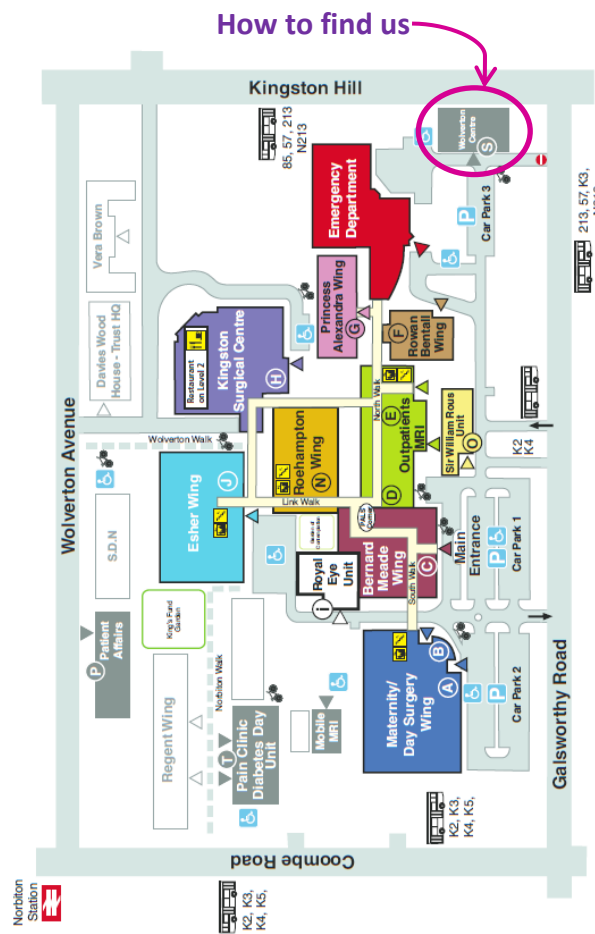
## Other places to get information

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

Local information and services for 13-19 year olds on sexual and mental health issues, drugs & alcohol and relationship problems

National Sexual Health Helpline – 0300 123 7123

If you would like to talk to someone about a sexual health issue – 9am-8pm Monday – Friday



Tel: 020 8974 9331

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

Kingston Hospital   
NHS Foundation Trust

**WOLVERTON**  
Sexual Health Kingston



**Sexual Health &  
Contraception Walk-In  
Service  
for 18 year olds & under**

**TUESDAY 4-7PM**

**AT THE WOLVERTON CENTRE**

**Kingston Hospital NHS Foundation Trust**

Galsworthy Road

Kingston, Surrey, KT2 7QB

(see map & transport links on back page)

**Tel: 020 8974 9331**

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Living our values *everyday*

