

## INFORMATION FOR YOUNG PEOPLE, YOUNG PEOPLE'S WORKERS AND CARERS

# Health Promotion and Outreach (HPO) Team

## Guidance and information

The HPO Team works in conjunction with the Nottinghamshire C-Card service to provide free condoms and sexual health advice and support to young people aged 13-19.

For more information on the C-Card service:

<https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/sexual-health/c-card-scheme>

C-Card now offers a postal service for young people to obtain condoms at:  
[www.ccardnottinghamshire.co.uk](http://www.ccardnottinghamshire.co.uk)

### Sexual health

Useful websites:

- **Sexual Health Services Nottingham and Nottinghamshire**  
(<https://www.sexualhealthnn.co.uk/>)
- **Health for Teens**  
([www.healthforteens.co.uk](http://www.healthforteens.co.uk))
- **Brook**  
([www.brook.org.uk](http://www.brook.org.uk))
- **Abortion clinics - information, advice and treatment**  
([www.bpas.org](http://www.bpas.org))
- **Contraception Choices**  
([www.contraceptionchoices.org](http://www.contraceptionchoices.org))
- **SHUK (home testing STI kits)**  
(<https://www.sh.uk/>)

### Support for children and young people

Helpful information for parents/carers is available on the NSPCC website. There is also information on reporting child abuse:

- [www.nspcc.org.uk](http://www.nspcc.org.uk)
- [www.childline.org.uk](http://www.childline.org.uk)

### Testing for sexually transmitted infections

#### HIV

If the young person is over 16 and living in Nottinghamshire, and concerned regarding the need for HIV screening, they can order a free postal HIV test at:  
[www.sh.uk](http://www.sh.uk)

#### Chlamydia

If the young person would like access to a free postal Chlamydia test, this can be ordered at: [www.sh.uk](http://www.sh.uk)

Tests are posted out in an unmarked brown cardboard box.

### Wellbeing and mental health

#### KOOTH

This is a helpful online service for young people to get support anonymously.

They have live online chats and the website has some great information to help support young people:  
[www.kooth.com](http://www.kooth.com)

## YoungMinds

YoungMinds are a charity for helping children and young people's mental health. There is also information for parents:

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

## Samaritans

If you require immediate support or are having a crisis, please call the Samaritans - telephone free on 116 123.

Sometimes it can be better to write down your feelings. You can do this via email: [jo@samaritans.org](mailto:jo@samaritans.org)

## LGBTQ+ support websites:

- **Notts LGBT+ Network**  
<http://www.nottslgbt.com>
- **LGBT+ Service Nottinghamshire**  
[lgbtplusnotts.org.uk](http://lgbtplusnotts.org.uk)

## Social media

Follow our social media pages for up-to-date information and services:

- Instagram @sexualhealthservicenotts
- [www.facebook.com](https://www.facebook.com/ISHSNN) @ISHSNN
- Tiktok @SHSNN



## To contact a member of the HPO Team:

- **Claire Smith and Phil Eardley**  
Telephone: 07990 585642
- **Jenny Timms and Emma Calhabeu**  
Telephone: 07580 749522
- Email:  
[nottinghamshire.outreach@nhs.net](mailto:nottinghamshire.outreach@nhs.net)

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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