

This update aims to bring you the latest updates on the delivery of sexual and reproductive health services in Suffolk. We have faced new and unprecedented challenges during the Coronavirus pandemic, but we wanted to remind you of the services still available to your patients at this uncertain time, as well new initiatives being put in place in response to Covid-19.



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## What's new?

Public Health have recently launched a targeted social media campaign aimed at 15 – 29-year olds living in Suffolk. Recognising the recent lifting of some of the lockdown restrictions, the campaign is aimed at raising awareness of the services still on offer to support people in maintaining good sexual health, and to encourage access to free condoms and STI testing services where necessary.

A suite of targeted social media posts have been developed and will be shared over the next month up until Friday 17th July. We will also be holding an Instagram Live session facilitated by the Terrence Higgins Trust to provide young adults with an opportunity to ask questions around how to maintain good sexual health, access services and remain safe throughout the pandemic. For more information, or to get involved with the campaign, get in touch with [Matthew.Bury@suffolk.gov.uk](mailto:Matthew.Bury@suffolk.gov.uk)

## Current service offer from iCaSH

**In clinic services** – iCaSH have changed the way they are delivering services (i.e. are no longer offering sit-and-wait clinics), to limit the number of patients in clinic. However, they are still offering a full range of urgent sexual health and contraception services face to face. This includes (but isn't limited to):

- Those with positive results for STI test, or symptoms of an STI
- Emergency contraception
- Complications with coils or implants
- Contraception for vulnerable groups
- Sexual Assault management
- Emergency HIV care

iCaSH are asking all patients to call first, so they can triage over the phone and then invite urgent or emergency cases into clinic. If your patients need iCaSH services, please ask them to call on 0300 300 3030.

**Remote Services** – iCaSH have moved many services to remote services to minimise face to face contact in service. This includes the introduction of a postal service for medications, and telephone consultations for all patients accessing the service.

Suffolk residents have access to the iCaSH Express test – a free, confidential and easy way to test for STIs without attending the clinic. This is a home test, suitable for anyone who is aged 16 or over and who do not have symptoms. Anyone can simply log onto the website and order a kit, which will be posted to their address. Once complete, the kit can simply be returned in the post in the freepost envelope provided. [These tests can be ordered here.](#)

iCaSH are also started to introduce a home test kit for symptomatic patients, but these are only offered to patients they have triaged over the phone first.

Free condoms are also available via post for young people aged 16 – 24, and people who fall into high-risk categories such as sex workers, men who have sex with men and people with black and other ethnic heritage. This is available via the Terrence Higgins Trust, and can be accessed by patients by completing the online order form, or sending an email to [sexualhealthsuffolk@tth.org.uk](mailto:sexualhealthsuffolk@tth.org.uk) with their name, age and full postcode.

## **Where to find out more**

Please check the following pages for further information, which are updated regularly as things change.

[iCaSH Suffolk](#)  
[pages](#)

[iCaSH COVID](#)  
[page](#)

[FSRH COVID](#)  
[page](#)