

Booking a No Worries appointment

Simply ask for a no worries appointment at reception and they can book you into an appointment to see a practice nurse, on the day within surgery hours.

I'm worried or embarrassed to ask

If this sounds like you, then there is no need to worry as we won't ask you to say out loud why you need the appointment. At reception there will be a question card for you to take and fill in, simply give it back to reception and they will give you an appointment best suited to you.

“I am not a patient at your practice, can I still book a no worries appointment? “

“Yes! Young people are still able to book a no worries appointment even if you are not registered with us!”

For more information...At the surgery we have a representative for young people, Kirsty Tripp, who can be contacted if you have any questions about what the Surgery can do for you or to find out information on something which may be worrying you.

Conversations with Kirsty are confidential
Telephone Kirsty on : 01225 866611, or if easier, just drop into the surgery (The Health Centre, BOA) to see if she is available.



Helpful services for you

No Worries!
CONFIDENTIAL
Teenage Health Service

Across Wiltshire there are a range of sexual health services which provide you with essential support and advice. Some of these are below:

BPAS-(British pregnancy advisory services) Is open 24 hours a day the service they provide is supportive, caring, impartial and non-judgemental so you are able to feel comfortable to discuss any of your issues/problems. They can offer you advice on abortion, emergency contraception, pregnancy testing and unplanned pregnancy.

Telephone: 08457 30 40 30

Text phone Service: 08453 651 450

Website: www.bpas.org

Marie Stopes– Is open 24 hours a day, where you can seek advice and support on sexual health contraception, emergency contraception, pregnancy testing, unplanned pregnancy and for further information and support on pre and post abortion counselling.

Telephone: 08453 008 090

Website: www.mariestopes.org.uk

Other great websites to check out:

www.teenagehealthfreak.com

www.nhs.uk/LiveWell/TeenGirls

www.ruh.nhs.uk/sexualhealth

www.sparksite.co.uk

If you have a smartphone, download the No Worries App, for more great information!



THE BRADFORD ON AVON & MELKSHAM HEALTH PARTNERSHIP

Young people Service

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The Health Centre

**Monday - Friday
8.30am - 6.00pm
01225 866611**

St. Damian's Surgery

**Monday - Friday
8.30am - 6.00pm
01225 898490**

Winsley Health Centre

**Monday - Friday
8.30-1.00 + 2.00-6.00
01225 860003**

No Worries

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No worries is a free service to advise those who are **aged 24 and under** about sexual health issues, relationships or any other health issues which may cause them some concern. This service also deals with young people who have un-answered questions and queries about sexual health.

Includes:

- Free emergency contraception
- Contraception advice
- Free condoms
- Pregnancy testing
- Chlamydia testing
- Drug + Alcohol advice
- Any other sexual, health or relationship advice

Confidentiality!

The no worries service, is available to under **16 year olds right through to 24 year olds**, it is a **confidential and free** sexual health service. We would only share your information with other professionals to protect you or others from serious harm. We would always try to discuss this with you first.

If you have any questions about confidentiality, please feel free to speak to the Nurse or your Doctor.

Patients of any age are able to make an appointment to see a doctor or nurse. We provide a confidential service to all young people including under 16's. This means **you** can tell others about your visit, **but we won't**.

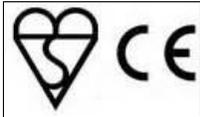
Contraception

No Worries!
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Be proud to carry a condom!

Condoms are the only contraception to protect against both pregnancy and sexually transmitted infections (STIs). Condoms are the number one protection to prevent pregnancy, if used correctly they are 98% effective.

There are different types of condoms to use, but it is important to check the wrapper for the BSI or CE kite mark which stands out to be good quality and safe to use. It is also important to check the date displayed on the condom wrapper.



Here are the kite marks to look out for.

Free condoms!

As apart of the no worries service at the surgery we provide free condom packs to anyone who is aged 24 and under. **In the packs you will find: 10x variety of condoms, 1x lube, 1x no worries info card, 1x best to test card, 1x best to test leaflet, 1x condom info sheet.**

Simply pick up a pack at reception or book a no worries appointment.

Best to test....

If you are worried that you've had unprotected sex, **free test me kits** are available to pick up from front reception.

Free test me kits are a simple kit to test against Chlamydia. You can also order them online at www.freetest.me

Emergency Contraception

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The sooner the better...

If you have had unprotected sex, or may think the contraception did not work, you can use emergency contraception which can still prevent pregnancy.

There are two methods of emergency contraception:

1) Emergency hormonal contraception (The morning after pill) - The pills come in a packet of two and must be taken together, the sooner you take it the more effective they are.

Taken within 24hours– Prevents 9 out of 10 pregnancies expected to occur without the emergency contraception.

Taken within 72hours– Prevents 5 out 10 pregnancies expected to occur without the emergency contraception.

2) The Copper IUD– Intrauterine device
This emergency contraception will need to be fitted within a clinic by a doctor or nurse, it can be fitted up to five days after having sexual intercourse. IUD prevents 9 out of 10 pregnancies expected to occur without the emergency contraception.



USE EMERGENCY CONTRACEPTION AS A BACK UP OPTION, NOT YOUR ONLY PROTECTION OPTION!