

# Hertfordshire County Council

## Sexual Health and Contraception Services in Hertfordshire

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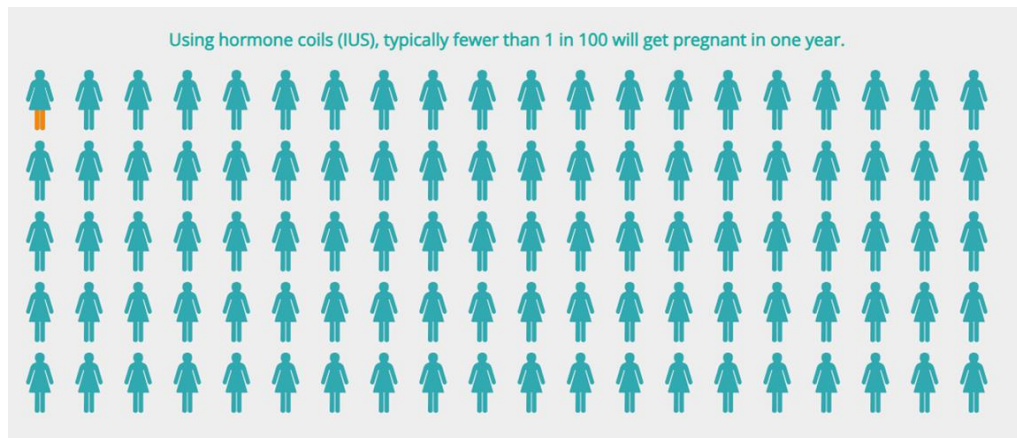
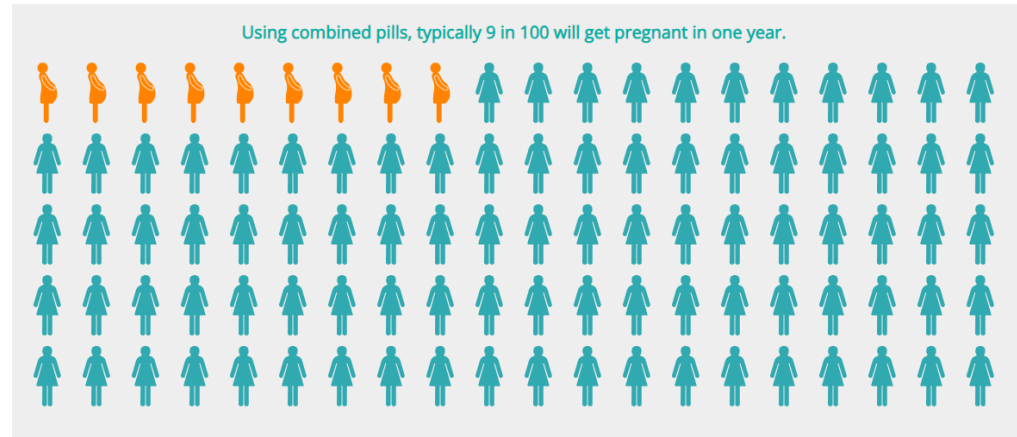
# Long-Acting Reversible Contraception

- Consultations should include a conversation with the person regarding alternative and more effective forms of contraception, e.g., Long-acting reversible contraception (LARC)
- There are four long-acting reversible contraception methods - intrauterine device (copper coil), intrauterine system (hormonal coil), contraceptive injection or implant
- Information on other forms of contraception can be found at the [Contraception Choices](#) website
- Long-acting reversible contraception should also be offered to those attending the pharmacy for emergency hormonal contraception (EHC)



# What are the Benefits?

- High efficacy (>99%)
- High continuation rates
- Multiple non-contraceptive benefits
- Long-lasting protection
- Convenient
- Decreased risk of ectopic pregnancy
- Cost-effective
- Quick return of fertility after removal
- No interference with sex
- Discreet



# Where to Signpost for LARC?

- **GPs:** Many offer IUDs alongside other methods of Long-Acting Reversible Contraception (LARC). Details of GPs can be found on the interactive map [here](#) or check with a specific Practice:
- **Sexual Health Hertfordshire:** Clinics in Hatfield, Stevenage, Watford, Elstree or Cheshunt. Online appointment booking via the [Sexual Health Hertfordshire website](#)
- **MSI:** Contraception Clinic in Hemel Hempstead. Online appointment booking and further information via the [MSI website](#)



<https://www.sexualhealthertfordshire.clch.nhs.uk/contraception>

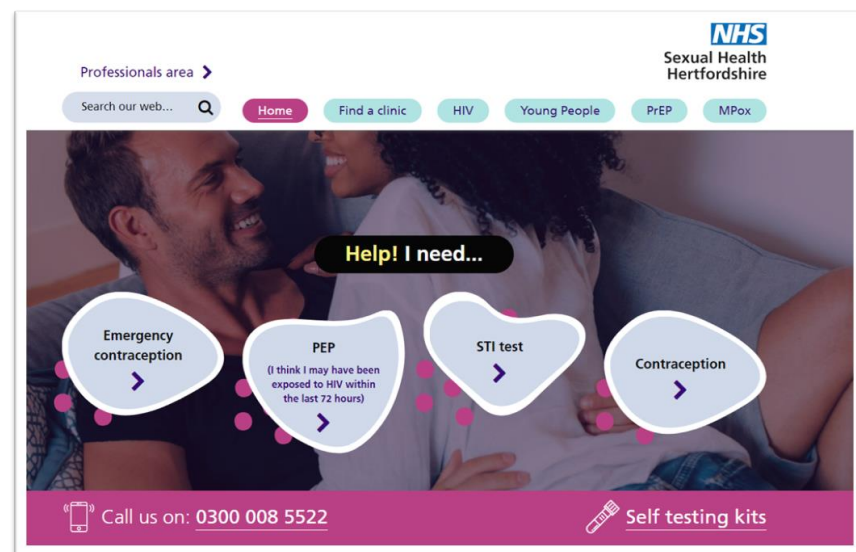
# Other Referral Options

- If you decide not to provide the National Contraception Service or are unable to offer a consultation within the time needed to meet the person's contraception need, these are the other services you can signpost to for a consultation:
  - Another pharmacy signed up to the National Contraceptive Service
  - GP
  - Sexual Health Hertfordshire
  - SH24 (online)



# Sexual Health Hertfordshire (clch.nhs.uk)

- Specialist STI testing and treatment, contraception, 'walk-in' clinics for those under 21 years
- Clinics in Stevenage, Hatfield, Watford
- One day clinics in Cheshunt and Borehamwood
- Free Self testing kits, contraceptive pill, emergency contraception available via digital services ([SH:24](#)) Must be Hertfordshire resident



# Metro Charity

Condoms and dual testing kits via Get IT website:

[Free condoms & advice for young people | Get It](#)

Metro can offer support/training for the delivery of dual testing and condom distribution services

Provide general sexual health advice and support:

[sexualhealthhertfordshire@metrocharity.org.uk](mailto:sexualhealthhertfordshire@metrocharity.org.uk)



## Get it

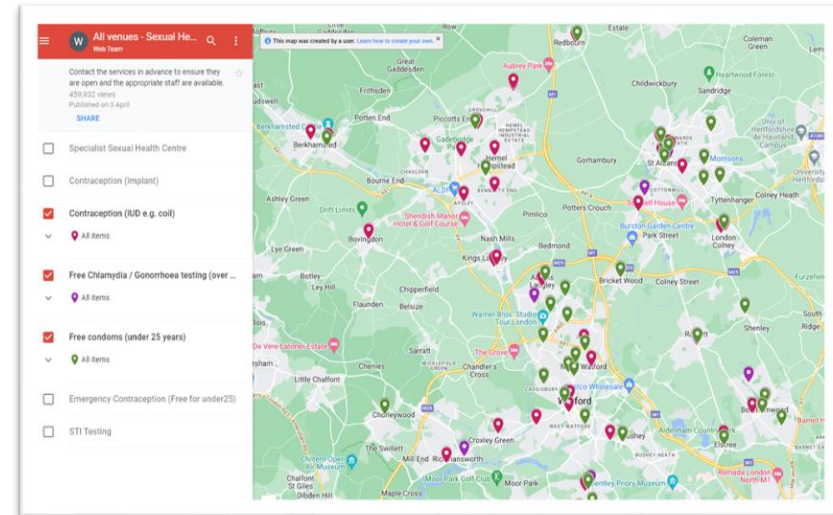
Free condoms, testing and sexual health advice and support

# Community Pharmacy

Some community pharmacies offer free condoms, dual testing kits and emergency contraception to anyone living in Hertfordshire aged 13 years (if Fraser competent) to 24 years.

There is an interactive map of local pharmacies offering services\*:

[www.hertfordshire.gov.uk/sexualhealth](http://www.hertfordshire.gov.uk/sexualhealth)



\*Always check service is available prior to sending anyone there.



# Contraception Champion Scheme

Sign Up!

- Encourage conversations with residents and service users that promote contraception, good sexual health and signposting to services
- Review training requirements of frontline practitioners
- Share information, service provision updates, training opportunities

https://www.hertfordshire.gov.uk/services/health-in-herts/professionals/sexual-health-professionals.aspx#keymessages

Our services > Health in Herts > Health in Herts - profess... > Sexual health professiona...

## Sexual health (professional)

Sexual health is an important and wide ranging area of public health.

Poor sexual and reproductive health results in significant costs for health services and local authority budgets.

Key messages >

Sexual Health Services >

Training >

Campaigns >

Strategies >

Sexual Health Network >

HIV Action plan >

**Key messages**

Provides advice, information and resources on dealing with issues with sex and relationships that may arise when working with young people. It is aimed at anyone working with young people in Hertfordshire and contains links to local services as well as national resources.

**'Ask me about Contraception' champion scheme**

The 'Ask me about Contraception' champion scheme is a Hertfordshire County Council led initiative for frontline practitioners and professionals to support you having conversations with residents and service users that promote contraception and good sexual health and signposting to contraception and sexual health services.

[contraceptionchampion@hertfordshire.gov.uk](mailto:contraceptionchampion@hertfordshire.gov.uk)

Any Questions?

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