

# Contraception Champion Newsletter



## Welcome!

**This is where we share news and information related to contraception and sexual health, highlight any upcoming training and share information about local services.**

Please continue to share information about the scheme with your colleagues and encourage them to join too. If you would like us to come and discuss this with your team or service, please get in touch.

### In the news...



1. [Office for Health Improvement and Disparities \(OHID\) have published latest \(2022\) national abortion statistics showing highest annual figure since the introduction of the Abortion Act 1967.](#)
2. [Calls for a new national emergency hormonal contraception service in England.](#)
3. [Rise in rates of STI infections in 2023, particularly for gonorrhoea and syphilis](#)

If you have any feedback or questions, please email:

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

## Local service...Pharmacy Contraception Service

Participating local pharmacies can provide free oral contraception to women aged 16 to 54 years old without the need to see a doctor or nurse for a prescription first. This applies to those seeking a first or next supply. To find the closest participating pharmacy, [check here](#). Find out more [www.england.nhs.uk/pharmacycontraception](http://www.england.nhs.uk/pharmacycontraception)



Downloadable resources, and social media tools are available from: Pharmacy Contraception Service - [Community Pharmacy England \(cpe.org.uk\)](http://Community Pharmacy England (cpe.org.uk))

## Learning Zone



### Making Every Contact Count:

**[MECC Link East of England](#) - Talking about sexual health and contraception can feel tricky. The Very Brief Intervention section on this webpage is targeted towards supporting professionals with starting conversations about sexual health and supporting access to further information and services.**



The updated e-SRH programme comprises of 32 sessions organised around 15 different topics. Sessions are 20-30 minutes in duration and are interactive and accessible.

Learners can access information, read articles, undertake self-assessments, view video clips and animation, along with real-life case studies to support learning.

The content of current eSRH sessions 17 and 18 have been improved to align with FSRH's current FSRH standards and guidance as well as offer a more engaging educational experience: <https://www.e-lfh.org.uk/programmes/sexual-and-reproductive-healthcare/>

## Did you know...Age extension for provision of free emergency hormonal contraception:

The emergency hormonal contraceptive (commonly 'morning after') pill is now available FREE for over 24 year olds in Hertfordshire via participating community pharmacies (previously only available free for those aged under 25) To find details of where this can be accessed:

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



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## Where is emergency contraception available in Hertfordshire?

- **Sexual Health Hertfordshire Clinics** in Hatfield, Stevenage, Watford, Elstree or Cheshunt can offer emergency IUD fittings. Online appointment booking via [Sexual Health Hertfordshire](#) or by calling **0300 0085522**
- **GPs:** Some are able to offer emergency IUD fittings to registered patients: [Contraception :: Sexual Health Hertfordshire \(clch.nhs.uk\)](#) or [check directly with a specific Practice.](#)
- The emergency contraceptive pill is available for free from some community pharmacies. Details of participating pharmacies can be found [here.](#) – filter by emergency contraception.
- The emergency contraceptive pill can be purchased at most pharmacies at a cost of between approximately £15 – 35.
- The emergency contraceptive pill can be ordered for free from [SH:24.](#) – though important to be mindful of delivery time and timeframe for effective use.



## Spotlight on... Emergency Contraception

Emergency contraception can be used to prevent pregnancy after unprotected sex.

### There are two different types of emergency contraceptive methods available:

- An IUD (intrauterine device), also sometimes called a copper coil. This is the most effective type of emergency contraception and can be fitted within 5 days (120 hours) after unprotected sex and works by releasing copper into the womb making it harder for fertilised eggs to implant in the womb. Some types of copper IUDs are T-Safe, Nova T, Neo Safe, GyneFix, Multiload, and UT 380. This would need to be fitted by a nurse or doctor either at a GP surgery or a sexual health clinic. Once fitted, this can be left in place as an ongoing method of contraception lasting for 5 or 10 years, depending on type.
- The emergency contraceptive pill, commonly known as the 'morning after' pill or emergency hormonal contraception (EHC). These work by delaying or preventing the release of an egg from the ovaries (ovulation) The two main types of emergency pill used in the UK are levonorgestrel (such as Levonelle) which need to be taken within 3 days (72 hours) after unprotected sex, and ulipristal acetate (including ellaOne) which needs to be taken within 5 days (120 hours) after unprotected sex.

### Important information to consider in relation to conversations around emergency contraception that you may have:

- The most common reason women give when accessing emergency hormonal contraception via community pharmacies is that no contraception has been used – therefore, continuing to support and inform people on contraception choices available is essential.
- The sooner emergency contraception can be used, the more effective it will be.
- Both methods of emergency contraception can be safely used together. The emergency contraceptive pill can be taken in case it isn't possible to get an IUD fitted in time.
- Those having or who have had unprotected sex should get an annual STI test as a minimum.
- Free condoms and dual STI tests (chlamydia and gonorrhoea) are available from some community pharmacies.

