

A plan for improving sexual health, relationships and family health

Sexual and reproductive health & HIV strategy
2025 to 2030




Lambeth

Southwark
Council


Lewisham

 LONDON BOROUGH OF
BEXLEY


THE LONDON BOROUGH

**Easy Read
Summary**



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Sexual and reproductive health is important for good physical and mental health.



Sexual and reproductive health is about:

- having a healthy sex life



- having healthy relationships



- getting pregnant and having children.



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Some people have worse sexual health than others because:



- they have a fear of being judged by others



- they had poor sex education



**Burrell Street Sexual
Health Clinic, Southwark**

- they have problems getting to sexual health services.



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This document is the **Lambeth, Southwark, Lewisham, Bexley and Bromley** or **LSLBB partnership's** plan for:



- improving sexual and reproductive health for people



- helping people to have safer relationships where everyone feels comfortable



- stopping **sexually transmitted infections**, or **STIs**, from being passed from one person to another



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- giving people information about their pregnancy choices when they did not plan a pregnancy.



The **LSLBB partnership** is five boroughs in South East London working together to make sexual health services fairer and easier to use in:



- Lambeth
- Southwark
- Lewisham
- Bexley
- Bromley.



To write this plan, we spoke with many people and groups living and working across the five boroughs.



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**Camberwell
Sexual Health Clinic**

The **LSLBB partnership** oversees services for:

- sexual and reproductive health, including contraception



Marie Stopes House

- contraception and abortion – ending a pregnancy



- treating **STIs** and lowering the number of people who get **STIs**



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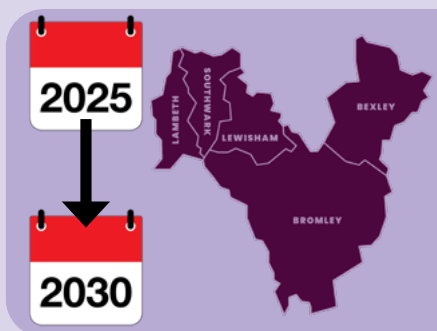
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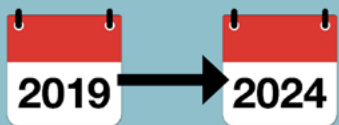
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- stopping the passing on of HIV and giving care and support services for those living with HIV.



This plan aims to improve sexual health services across South East London from 2025 to 2030.



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Started an online testing and treatment service for **sexually transmitted infections or STIs** run by **Sexual Health London**

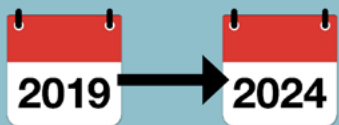
www.shl.uk



An **STI** is an infection that you can get from having sex with another person.



Created information about stopping **STIs** and how to use online services or local sexual health clinics



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Set up projects that focused on different groups:

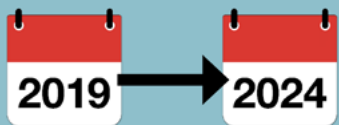
- Black communities
- people from other communities
- young people



- Lesbian, Gay, Bisexual, Transgender and Queer people.



Set up a special clinic for transgender people in King's College Hospital offering contraception and other reproductive services.



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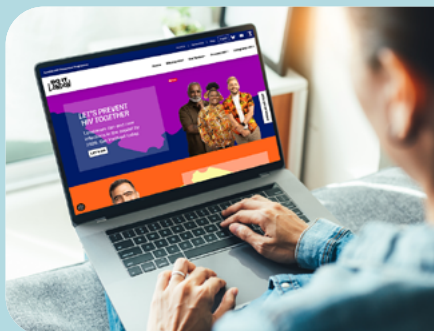
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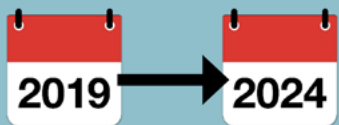
The **London HIV Prevention Programme** offered services to help end **HIV** infections.



HIV is a virus that can be passed on during **sex** or through **blood**.



To find out more about the work of the London HIV Prevention Programme, visit doitlondon.org



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Over 600 staff from different organisations across the five boroughs went on training courses about improving sexual health.



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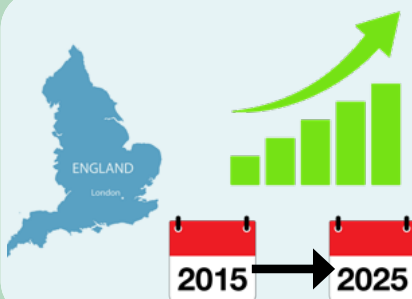
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There are still some big challenges to improve sexual health across London and England.



The five boroughs have higher numbers of people with **HIV** and **STIs** than other areas of England.



Over the last 10 years, the number of people with **gonorrhoea** and **syphilis infections** has increased in England.



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Gonorrhoea and **syphilis** are infections you can get from having sex.

Tablets and injections can treat these infections.



The number of people treated each year for **gonorrhoea** across the five boroughs has gone up.



The number of people getting HIV has gone down by nearly 40% since 2015.



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This has happened because:

- getting an **HIV test** is easier



- more people are taking medicine called **PrEP** before having sex to stop getting **HIV**



- more people since lockdown are getting **contraception**, like the pill, and **STI tests** online.



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Contraception is a device, injection or pill that stops someone from getting pregnant.



We are supporting people not to listen to those on social media who give the wrong information about sexual health and contraception.



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Chemsex, or sex while taking drugs, is a public health issue in the **GBMSM** community.



GBMSM stands for gay, bisexual and men who have sex with men.



We have done a lot, but there is much more to do.

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This plan focuses on:

- people who need sexual health services the most



- people who find it difficult to use services in the five boroughs



- making sure there is better information about sexual and reproductive health, HIV and contraception.

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We will offer different types of support that work together with sexual health services, such as:



- mental health



- drug and alcohol misuse



- **health inclusion teams** that support groups who do not use the NHS very often.

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In all our work, we will make sure we:



- listen to people of all ages to get their feedback to change and update services



- use new technology

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Minnie Kidd House Sexual Health Clinic, Lambeth

- create sexual health services that will last a long time, using up-to-date information



- work closely with other people and other organisations



- keep things fair and equal.



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We want to support people to stay safe in their relationships



These things work well



Offer good sex education in schools.



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Offer good information about sexual and reproductive health at places like local shops and supermarkets.



Support, advice and outreach services targeting different groups in local areas.



Use video, podcasts and social media to tell more people about sexual health.



Train other education and health workers to increase awareness of people at risk of abuse and violence.



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What should happen?



We want to support people to have happy and healthy sexual relationships by:



- Increasing the ways that local people can find information about sexual health and local services



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- Helping people in unsafe or harmful sexual relationships to get the right support



- Increasing awareness of healthy sexual behaviour



- Making sex education available for adults and young people in different languages and local places



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- Having services to support people who have had difficult experiences



- Having services that respect different people and their needs



- Supporting people to **feel less worried** about:
 - their sexual health



- having abortions
- living with HIV.



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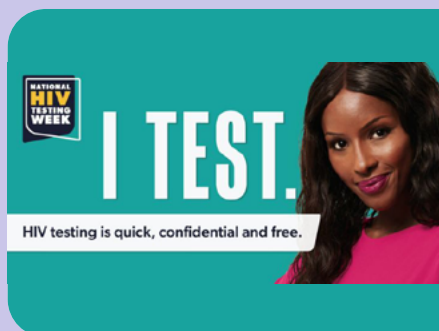
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What we plan to do



Our **sexual health services** will promote positive attitudes towards sexual health. We will:



- support more people to understand healthy sexual relationships



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- work closely with other organisations to improve sex education in schools



- make information available that supports people to make safer choices.



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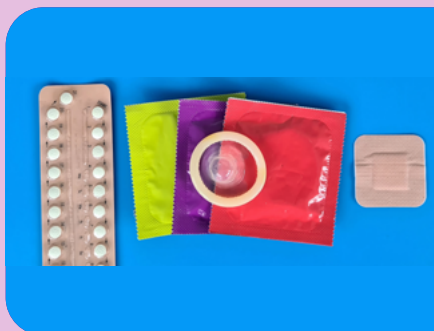
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Help people choose the best birth control for them and make it easier to get contraception.



These things work well



Make contraceptive services available in lots of different places.



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Make it easy for people to find information and advice about contraception.



Make sure more people can use abortion care as early as possible.



Work with women's health services so that local women can quickly and easily get contraception.



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What should happen?



We want local people to make the best decisions they can about pregnancy and contraception.



Local people should:

- understand what could affect their reproductive health



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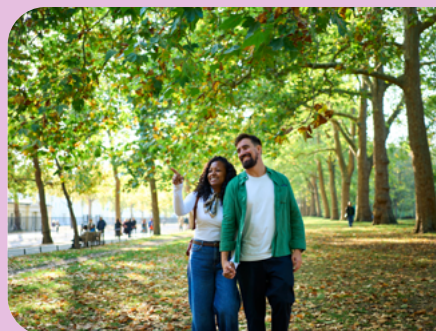
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- know about and know how to get contraceptives.



For local people to have better health and wellbeing, we want to:



- support people to find out more about reproductive health and local services, and make good decisions



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- support people, including young people and **LGBTQ** people, to use contraceptive services



LGBTQ people are individuals who are lesbian, gay, bisexual, transgender, or queer.



- reduce the number of abortions and pregnancies that were not planned.



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What we plan to do



- Make it easier for people to get contraception pills, including emergency contraception pills, in person and online



- Make contraception available in different places, and make it easier to get an appointment for contraception



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- make it easier to get contraception after pregnancy



- make it easier to get advice about contraception and sexual health after abortion



- offer free condoms at sexual health clinics and other places



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- continue **cliniQ**, a special clinic for transgender people in King's College Hospital, offering contraception and other reproductive services.



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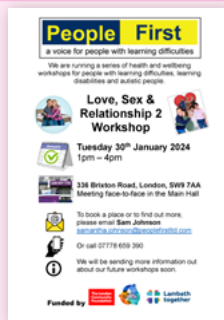
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Reduce STIs and make it easier and fairer to get tested



These things work well



Arrange different activities that improve health and make things fairer.

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People use condoms correctly all the time.



Make it quick and easy to get treatment for **STIs** or sexually transmitted infections.



When people tell their sexual partners as soon as they know they have an infection.



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Use vaccinations and medicines that stop **STIs** and **HIV**.



Make it easier to order tests online.



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What should happen?



We want to support and help people to test and treat **STIs**.



Lower the number of **STIs** and the number of people who get the same infection more than once.



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Change opinions towards people who get tested, so they do not feel others are judging them.



Offer high-quality tests, treatments and vaccines.



Offer a high-quality messaging service so that sexual partners know about positive tests.



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What we plan to do



Our sexual health services will:



- Work with organisations to change opinions towards **STIs** by offering services in different places, including:
 - GP surgeries
 - health centres
 - sexual health clinics.

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- Work with organisations to do more **STI testing**



- Find out why people do not get tested sooner for **STIs**



- Find out the best ways to improve what people understand about **STIs**.

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No more new people with HIV
No more judging people with HIV
No more deaths from HIV



These things work well



Training for healthcare professionals about **HIV** and medications that stop **HIV**.

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Working in the local community to support people who are at risk of **HIV** infection.



Offering peer support services to people living with **HIV**.



Make it easier to get **HIV** tests at places in the local community and online.

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Supporting more people to take **PrEP** before they have sex to stop them getting **HIV**.



Post more correct information about **HIV** on social media and websites.

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Theme Four: Stopping HIV and Living Well with HIV



What should happen?



We want people to know more about HIV, so we need to:



- get more people to test early for HIV.

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- support people living with HIV to live well in their community.



To stop more people getting HIV, we need to:



- increase the number of people taking **PrEP**

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- increase the number of people using condoms.

We also need to:

- tell more people about HIV so they make the right choices to stop getting HIV

- increase the number of people getting tested for HIV

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- make **HIV** testing available in lots of different places



- make sure people living with **HIV** can get support and medicine quickly and easily.



Then we can:

- find out who is living with **HIV**

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- bring down the number of people who find out they have HIV **a long time after** they were infected



- stop new **HIV** infections.

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What we plan to do



- Work with other organisations in different places to stop people from being judged if they get **HIV**



These places include GP surgeries, pharmacies and sexual health clinics.

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- work with other organisations to increase **HIV** testing



- work with other organisations so that high-risk groups know the benefits of **PrEP** and how to get the medicine



- make it easier for local people to get **HIV** tests and use services that stop **HIV**

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- find out what stops people from getting tested and why they get tested late



- offer **HIV** training for health care professionals



- carry on supporting people living with **HIV** to live well.



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This plan is managed by the **South East London Sexual Health Improvement and Innovation Steering Group**.



This group includes people from:

- the five boroughs



**Staff outside Burrell
Street Clinic, Southwark**

- organisations offering sexual health services



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- NHS healthcare services



- community organisations.

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Each of the five boroughs has its own local action plan to meet the needs of their local community.



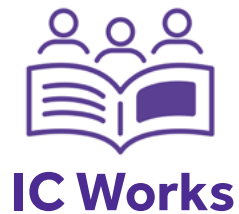
If you would like to find out more about your borough's plans and sexual health services, you can email:



sexualhealth@lambeth.gov.uk

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the **IC Works experts by experience** and the **Lambeth Partnership**.



www.easy-read-documents.com



www.findsexualhealth.org.uk