

What can your local SAFE pharmacy provide?

SAFE pharmacies:

Your local SAFE pharmacy offers a FREE and confidential sexual health service to all young people. They are easily accessible, have long opening hours, and you do NOT need an appointment to get what you need. You also should not have to wait too long before you can be seen.

Each SAFE pharmacy can provide you with emergency contraception (morning after pill), free pregnancy test kits if you're under 25, free Chlamydia testing and treatment if you're under 25, free condoms if you have a C card, and also plenty of free advice and information!

All the pharmacies have private consultation rooms to ensure your confidentiality is respected at all times. If the pharmacy can't help with your query then they will direct you to an alternative service that can. See each of the following sections for more details.

Emergency Hormonal Contraception

Emergency Hormonal Contraception (EHC) is sometimes known as the 'morning after pill'

You can use emergency contraception if:

- You have had sex and didn't use a condom
- If the condom split or came off during sex
- If you have forgotten to take your pill

... if you have had sex without contraception or you think it may not have worked, it is still possible to prevent a pregnancy:

- By taking a pill within 72 hours (EHC or the morning after pill). The morning after pill is not actually a very good name as it works up to 3 days after having unprotected sex - but it is more effective the sooner you take it.
- By having a 'coil' fitted within 5 days. This is only available at CASH clinics and GP surgeries.

SAFE pharmacies provide Emergency Hormonal Contraception (EHC or morning after pill) to any women for FREE. An accredited pharmacist must be on duty in order to give you EHC – so ensure that you ring one of the pharmacies listed overleaf before you attend to check.

Free condoms

Condoms can prevent pregnancy if used correctly, and also can protect you from most Sexually Transmitted Infections (STIs)

SAFE pharmacies can provide ongoing supplies of condoms if you are already registered with a C card.

All you need to do is show your C card key fob at the counter of any SAFE pharmacy, and you can collect FREE packs of condoms.

You are only eligible for a C card if you are under the age of 25. To find out where you can register for a C card, visit www.ccardfreecondoms.co.uk

If you do not have a C card, you can get free condoms from your local CASH (Contraceptive & Sexual Health) clinic, or you can buy them in supermarkets, petrol stations, pubs, clubs and pharmacies.

Make sure you always choose condoms with a British Kite mark or CE make and check the date of expiry and that the packet is intact.

Chlamydia test kits and Chlamydia treatment

Chlamydia is the most common STI in the UK. Rates are highest in young people, with up to 1 in 12 sexually active people under 25 infected. Most people with Chlamydia have no symptoms. Left undiagnosed and untreated, Chlamydia can cause long-term problems including infertility and pain.

Everyone under the age of 25 who is sexually active should do a Chlamydia test every year and after every new sexual partner.

You can pick up a self test kit from any SAFE pharmacy. The test is simple, painless and you do not need to be examined. For men, the test is a urine sample, and for women the test is a self taken vaginal swab. Pick up a kit, do the test at home, and then put it in the post in the pre addressed box.

If you are told you do have Chlamydia, your local SAFE pharmacist can also provide FREE treatment – usually one dose of antibiotics.

For more information about Chlamydia, ask your pharmacist, or any other health professional. Postal test kits can also be requested online at www.checkout.me.uk

Alternatively call the Avon Chlamydia Screening Programme: 0845 180 0050, or Email: csp.avon@nhs.net

Advice and information

Are you worried about sex or your sexual health?

Talk to someone. Don't keep worries or questions to yourself. There are many services that can advise or support you, including your local SAFE pharmacy. They will listen to you and help you find the right information or service that you require.

What about confidentiality?

All SAFE pharmacies offer a confidential service to all young people and adults. This means they won't pass on anything you have told them, even if you are under 16. Very rarely (e.g. if you are in danger), someone else might need to be told.

This would not be done without talking to you first. If you are still worried – why not ring the pharmacy before you go and ask them about confidentiality.

Pregnancy testing

If you think you might be pregnant and your period is late, it is important that you do a pregnancy test as soon as possible.

If you are under 25, you can pick up a FREE self test kit at any SAFE pharmacy. If you are over 25, you may have to pay for a kit at a pharmacy, but you can access free kits at your local CASH (Contraceptive and Sexual Health) clinic.

- A negative result means that you are probably not pregnant, but if your period still doesn't come, you should visit your doctor, local CASH clinic or young people's clinic.
- A positive result means that you are pregnant. This means you have to make a decision: You could choose to end the pregnancy by having an abortion
- You could choose to become a parent

It is important that you get medical advice as quickly as possible so that all of these options are open to you. You don't need to cope with unplanned pregnancy on your own. There are many professionals who can help you think about your options, so talk to someone.



CHLAMYDIA, GET IT CHECKED, GET IT SORTED!

'Under the age of 25? Sexually active?'

There's up to 1 in 12 chance you could have Chlamydia – see inside for more details or pick up a test kit from your pharmacy!

Free and confidential Sexual health advice and services from your local SAFE pharmacy

- Free emergency contraceptive pill
- Free chlamydia Screening

- Free condoms
- Free pregnancy test kits

YOUR PHARMACIST – HELP AND ADVICE YOU CAN TRUST!

An NHS Bath and North East Somerset Initiative

Bath Central

			Mon-Fri	Sat	Sun	Late eve
Boots	1 The Southgate Centre, Bath, BA1 1AT	01225 464402	✓	✓am/pm	✓am/pm	✓Mon-Sat 7pm
Hawes Whiston Co	38 St.James Square, Bath, BA1 2TU	01225 424662	✓	✓am	–	–
Pulteney	35 Great Pulteney Street, Bath, BA2 4BY	01225 466454	✓	–	–	–
Sainsbury's	J Sainsbury Store, Green Park Station, Green Park Road, Bath, BA1 2DR	01225 444737	✓	✓am/pm	✓am/pm	✓Mon-Sat 8pm
Lifestyle	14 New Bond Street, Bath, BA1 1BE	01225 465576	✓	✓am/pm	✓am/pm	–
Superdrug	30-32 Westgate Street, Bath, BA1 1EL	01225 336198	✓	✓am	–	–

Bath other

Boots	84-85 High Street, Twerton, Bath, BA2 1DE	01225 423382	✓	✓am	–	–
Boots	201 London Road East, Batheaston, Bath, BA1 7NB	01225 858753	✓	✓am	–	–
Boots	100 Mount Road, Southdown, Bath, BA2 1LN	01225 423391	✓	✓am/pm	–	–
Bathampton	27 Holcombe Lane, Bathampton, Bath, BA2 6UL	01225 485314	✓	–	–	–
Dudley Taylor	87 Bradford Road, Combe Down, Bath, BA2 5BP	01225 833640	✓	✓am	–	–
Lloyds	Combe Down Surgery, Combe Down House, The Avenue, Combe Down, Bath, BA2 5EG	01225 833195	✓	–	–	–
Lloyds	88 Frome Road, Odd Down, Bath, BA2 2PP	01225 833003	✓	✓am	✓am	–
Preddy J Co	41-42 Moorland Road, Oldfield Park, Bath, BA2 3PN	01225 425356	✓	✓am/pm	–	–
National Co-op	3 Claremont Terrace, Fairfield Park, Bath, BA1 6EH	01225 319445	✓	✓am	–	–
Wellsway	2 Hayes Place, Bear Flat, Bath, BA2 4QW	01225 427456	✓	✓am	–	–

Peasedown St. John/Norton Radstock area

Clement	7 The Street, Radstock, Bath, BA3 3PL	01761 434687	✓	✓am	–	–
Dudley Taylor	9 Elm Tree Avenue, Westfield, Radstock, Bath, BA3 3SX	01761 434692	✓	✓am	–	–
Lloyds	Elm Hayes Surgery, Clandown Rd, Paulton	01761 412146	✓	✓am/pm	–	–
Lloyds	Chesterfield House, High Street, Midsomer Norton, Bath, BA3 2DD	01761 413231	✓	✓am/pm	–	–
Timsbury Pharmacy	High Street, Timsbury, Bath, BA2 0HT	01761 470476	✓	✓am	–	–
Peasedown	15 Bath Road, Peasedown St. John, Bath, BA2 8DH	01761 432235	✓	✓am/pm	✓am	–

Keynsham area

Boots	40 High Street, Keynsham, Bristol, BS31 1DX	0117 986 3247	✓	✓am/pm	–	–
Lloyds	Keynsham Health Park, St Clements Rd, Keynsham, Bristol, BA3 2DD	0117 986 4578	✓	✓am	–	–
National Co-op	Broadmead Lane, Keynsham, Avon, BS31 1ST	0117 986 2089	✓	✓am/pm	✓am/pm	✓

All pharmacies can provide free Chlamydia test kits, free condoms (if you have a C card) and free pregnancy test kits at any time during their normal opening hours. However to get emergency contraception or Chlamydia treatment, there has to be a specially trained Pharmacist on duty. For this reason we strongly advise that you ring ahead to your chosen pharmacy to check before turning up.

Additional useful contacts:

WWW.CCARDFREECONDOMS.CO.UK

Local information on sexual health clinics in B&NES, and where to get free condoms

WWW.CHECKITOUT.ME.UK

Information about Chlamydia and free, confidential tests for under 25's

WWW.MARISTOPES.ORG.UK

Expert and supportive advice on terminations and sexual health services

YOUR GP SURGERY

Information & advice, Chlamydia kits, and some sexual health services

CASH (Contraceptive & Sexual Health):

01225 474242

Bath (Riverside Health Centre):

Mon 3.00-5.00pm, Tues 2.00-6.00pm,

Fri 3.00-5.00pm, Sat 11.00am-2.00pm.

Appointments available Mon-Fri upon request

Keynsham (Keynsham Health Centre):

Weds 6.30pm-9pm (by appointment only)

GUM CLINIC (Royal United Hospital):

01225 824558

BATH NHS HEALTH CARE CENTRE

01225 478811, 7 days a week, 8am-6.30pm